

PA NEN - Weekly Food & Nutrition News Nibbles



Week of April 23, 2012

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)



PA NEN News

PA NEN's Summer Workshop, "Fast Food on A Skinny Budget," is back with Amanda Archibald!

This one day culinary-nutrition workshop focuses on preparing health-supportive dishes using a variety of convenient kitchen equipment, affordable familiar ingredients and basic cooking techniques. Recipes are purposely chosen to illustrate that healthful and affordable meal preparation is achievable in minimal time, using limited cooking equipment and basic cooking skills. Look to this [site](#) for workshop locations, dates and registration information. Five CPEs are available for Registered Dietitians and Dietetic Technicians.

PA NEN is 'Blogging' With Mark Winne!

PA NEN has added a blog to the website! What is a blog? It is an online journal that can be used to post articles, breaking news or a collection links for you to comment on, provide feedback or simply read. Our first blog post has been submitted by Mark Winne—an outstanding author, advocate for healthy food for everyone and supporter of sustainable food systems. Click [here](#) to check out his post, "Food Elitism for All," and add your thoughts.

"Eat Together PA": A PA NEN Social Marketing Family Meals Campaign

What is the Campaign?

The "Eat Together PA" campaign is well on its way to promoting family dinners, eating together and nutrition for the food stamp eligible populations. It will do so through a variety of social marketing venues (i.e. direct mailings, posters, a website, billboards and much more). This is a 2012 pilot project in Allegheny, Lancaster and Tioga counties.

Campaign Update:

- Our website www.EattogetherPA.org is in the works; relevant tips, recipes and resources that promote family meals are being posted.
- County Assistant and Women Infant and Children offices in Lancaster, Allegheny and Tioga are ready for the Eat Together PA printed materials.
- Editing of the promotional materials is complete. A final copy has been reviewed by our Board and other stakeholders for comment.
- A second evaluation draft has been created for approval. This survey will eventually gain feedback from the beginning of our Campaign.
- Future goals include photography, final approval and continuous development of Campaign materials, initiation of the Campaign in 2012 and a collection of survey data from the participants. In 2013-2014 we hope to spread it across Pennsylvania.

International and National News:

[Kids practice what nutrition educators teach them.](#)

[Weight loss can be simple. Eat less and move more!](#)

[Urban gardening and healthier living](#)

[See whether families who eat together make healthier food choices.](#)

[Here's](#) the research behind eating too much sugary cereal.

One study suggested that people might be healthier living in healthy, active neighborhoods. More research needs to be done to prove this hypothesis. ABC News ran a [story](#) quoting a number of researchers on the topic. Here is the actual [research](#) from this news article.

Local:

Philadelphia: [What a showing for National Walk at Lunch Day!](#)

Resources:

The [Center on Budget and Policy Priorities](#) published the [SNAP Chartbook](#) revealing key characteristics of [SNAP](#) participants.

This paper, "[Building a Healthy America: A Profile of the Supplemental Nutrition Assistance Program](#)," reports [SNAP's](#) opportunities to make the nation healthier through this program.

Your health might be related to factors like income, air quality and access to healthy foods. See how your county stacks up to [national health rankings](#) documented by The [University of Wisconsin](#) and the [Robert Wood Johnson Foundation](#).

The Agriculture & Applied Economics Association's Choices magazine has published an issue on the potential impacts of the [2010 Dietary Guidelines for Americans](#). Click [here](#) to view those articles.

The [Center on Budget and Policy Priorities](#) analyzed the impact of the [SNAP](#) cuts. View them [here](#).

The Senate Agriculture Committee released its [900 page farm bill draft](#). Find the nutrition provisions on pp. 289-329.

[Pew](#) and [Robert Wood Johnson](#) foundations [polled people](#) to see what they thought of setting nutrition standards for food and drink sold at public schools. Eighty percent of the participants polled in favor of national nutrition standards that would limit calories, fat and sodium in snack and à la carte foods. They want to encourage the consumption of fruits, vegetables and low-fat dairy items. This research was commissioned by the [Kids' Safe & Healthful Foods Project](#).

AGree is working to inform the public about transformations in our food and agriculture policy. [Review their website here](#).

Webinars:

NEW-A webinar called, "The Way We Eat: Looking Beyond Nutrients to Help Clients Build Better Diets" is going to be held on May 14th at 2:00 PM (EST). The [Society for Nutrition Education and Behavior](#) will charge \$25 for non-members, and it is free for the first 200 SNEB members to register. The webinar will focus on the impact of our changing food environment, especially over the past 50 years. See how food environment, culture, social economic status and other factors influence our health. [Register today!](#)

NEW-Though it's not a mandatory requirement, more and more restaurants are labeling their menus with the calories in each food item. According to a federal menu labeling law, restaurants with more than 20 locations across the US should label the calorie values. Nevertheless, the [FDA](#) has not finalized this mandate, so this webinar will update you on the status of this process. On May 16, 2012 at 3:30 PM (EST), listen in. Register [here](#).

NEW-On May 16th at 2:00 PM (EST), a webinar called, "Consumer Food Trends: Do Consumers Practice What Nutritionists Preach?" will focus on the behaviors that drive shoppers to buy certain foods. What is the disconnect from the [2010 Dietary Guidelines](#) and consumer food purchases? What are simple behavioral changes that might influence their choices? Continuing Education credits for DTRs and RDs are available. Register [here](#).

Events:

NEW-A four-part HBO series, "[The Weight of the Nation](#)," will promote healthier habits and lifestyles for the nation. This program starts by documenting individuals' and families' struggles with obesity—from socioeconomic disparities to evolutionary biology's role. The series will debut on Monday, May 14th from 9:10 PM-10:25 PM (EST).

The [35th Annual National Food Policy Conference](#) will be held in Washington D.C. on May 17-18th. Discussion topics include: the progression of nutrition policy, antibiotics in our food supply, the changing climate of our food system, genetically engineered foods, the

future of food assistance programs, school food nutrition and much more. Look [here](#) for the agenda and [here](#) to register.

Do you know any kids in Philadelphia and surrounding areas? Might they like hiking, biking, swimming or running? [Triyouthalon](#) (pictures of their events are available on [Youtube](#)) was organized to bring families together to enjoy exercising, eating healthy and supporting each other. Three or four duathlons and triathlons are held throughout the year for participants of various ages. Their next event for kids age 15 and older will be held on May 19th, 2012 at Pennypack Park. Check out [this site](#) to learn more and register for upcoming events.

On Monday, May 7, 2012 at the Leows Philadelphia Hotel a culinary event called, "Taste of the Nation Philadelphia" will be held to fight childhood hunger. Organizations involved include the [Greater Philadelphia Coalition Against Hunger](#), [Philabundance](#) and the [Food Trust](#). Click [here](#) for more information and registration.

Grants and Opportunities:

The USDA released a Request for Applications for the Farm to School Grant Program. The RFA is posted on grants.gov and the USDA Farm to School [website](#). Two kinds of grants are available: (1) a Planning grant is intended primarily for K-12 school food authorities who participate in the [National School Lunch](#) or [Breakfast Programs](#) that are beginning Farm to School. (2) an Implementation grant is geared towards advancing already existing Farm to School initiatives. K-12 school food authorities, state and local agencies, Indian tribal organizations, agricultural producers or groups of agricultural producers and non-profit entities working in partnership with school districts, may apply for implementation grants. Applications are due June 15, 2012 and awards are expected to be made in October 2012. Two webinars will be offered to inform applicants about this grant opportunity. The first will be on Tuesday, May 15th at 1:00 PM (EST) for Implementation grants and on Thursday, May 17th at 1:00 PM (EST) for Planning grants information. Visit the [USDA Farm to School website](#) for more details.

[Action for Healthy Kids](#) its School Grants for Healthy Kids opportunities in the 2012-2013 school-year. Schools will be awarded \$1,000 to \$5,000 with further contributions from Action for Healthy Kids in the form of people, programs, and school nutrition expertise. Participating schools must take part in the [National School Lunch](#) or [Breakfast Program](#). Over 50% of their student population must be eligible for free and reduced school meals. Sign up here to attend a [webinar](#) to learn more about the available grant opportunities for 2012-2013. Applications are due on May 5th. If you are applying in Pennsylvania, email [Ralph Godbolt](#) or contact him at this number: 484-80-8492 for more information.

The USDA is looking for people willing to promote farmers markets, produce stands and other farm-to-consumer marketing efforts. Through their Farmers Market Promotion Program grant, the hope is to spread the word about fresh, affordable, healthy food choices available to all Americans, especially those with limited food access. Grants will be accepted through www.grants.gov and are due on May 21, 2012. Information on applying for the grant is available online at this [site](#). Look to the [USDA blog](#) or [press release](#) for more information and direct contact people.

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