

PA NEN - Weekly Food & Nutrition News Nibbles



Week of April 2, 2012

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)



PA NEN News

One more week to go! Discounted conference registration rates have been extended to April 13th!

Sessions are filling up fast....Save money, and be sure to get into the sessions you want by registering for PA NEN's Annual Conference before April 13th!

Registration closes April 20th. Late registration rates begin on April 14th. Register today!

Many sessions are already full! Review the list of available online [here](#)

"Keystone Kids Go!" has resources to improve children's health!

Are you looking for new initiatives that focus on improving young children's nutrition and physical activity? Then what "[Keystone Kids Go!](#)" has to offer is for you!

Would you like to attend PA NEN's Board Meeting?

The next PA NEN Board Meeting is scheduled for Tuesday, April 24, 2012. The meeting is open to all of our members. If you are interested in attending, please RVSP to [Julie Davis Bartol](#) by April 11, 2012. To find out more details, click [here](#).

Vote for members of the PA NEN Board!

All PA NEN members are eligible and encouraged to vote for new Board Members. The vote closes noon on April 17th. To review the ballot today, click [here](#).

"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 must be reviewed by our Board and other stakeholders for comment.
- Required logos have been confirmed and will be placed accordingly on our materials.
- A second evaluation draft has been created. This survey will eventually gain feedback from the beginning of our Campaign. Surveys must be edited approved by PA NEN's management before carrying them out at participating sites in mid-2012.
- Our goals include completion of 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 the Campaign's reach across Pennsylvania.

International and National News:

Access to healthy food is an important component to helping kids eat nutritiously, as is presenting these healthy options in a way that is desirable. That's why ["Let's Move Salad Bars Into Schools"](#) is raising money to place 6,000 salad bars in schools across the country.

What does sugar do to a kid's body? Dr. Sanjay Gupta explains that the amount of sugar some people eat could actually be toxic. Check out this [video](#) from 60 Minutes to get his opinion and research.

A California school is eliminating unhealthy, a-la-carte options in favor of balanced meals while addressing the social stigma of the free lunch line in the process. [See how this plan works here.](#)

Obesity rates for all Americans are rising but even more so for Mexican Americans. [This report](#) explores the culturally specific interventions to reverse the trend for the fastest growing minority group.

Counting calories is a science and not an easy one! [This article](#) describes the complicated nature of trying to recall your daily caloric intake.

["Girls on the Run"](#) is teaching girls to have a positive body image and encouraging their involvement physical activity. The program empowers girls to stand a little taller.

Acclaimed author, nutrition and public policy expert—Marion Nestle—[gives her take](#) on "Pink Slime". It seems the issue may be linked more to culture and cost than safety.

[Tired of yogurt and cereal in the morning?](#) Expand your breakfast horizons with some healthy options from around the world.

[Youth services teach nutritious lessons](#) to the Sacramento homeless teens but contend that access to affordable, healthy food remains the single most important determination in a good diet.

[You can expand your garden vegetable repertoire by looking at this list of good eats and all the health benefits!](#)

[A new study shows](#) that residents of food deserts are just as concerned about quality of fruits and vegetables as their counterparts in places with access to fresh produce.

Rose Hill Elementary school thinks creatively to fit in their physical activity! [Look here](#) to see how cup-stacking fits into their exercise plan.

[New nutrition labels](#) on meat contain information for one portion size which can be an easy way for people to understand how much they should eat.

Chicagoans are invited to "Rate Your Plate" this week by taking a picture of their healthiest plate and sending it to the [Chicago Department of Public Health on Facebook](#). The campaign is based on [MyPlate](#) standards.

Local:

Pennsylvania: There's a nationwide recall of "Artisan Fresh, All Natural chicken & apple sausage" bearing the USDA mark of inspection and a sell-by date of June 23, 2012. Review the [news release](#) and the [label here](#).

Pennsylvania: The WIC program, which provides fresh fruit and veggies to low income women and children, is [slated to be cut by 30%](#) in 2012.

State College: [Dietitians recommend top ten tips to lose weight](#). A Penn State research study takes an honorable mention.

Resources:

The March 2012 issue of [USDA Agricultural Research Service's Agricultural Research Magazine](#) is devoted to monitoring America's nutritional health. It includes articles on what we eat, the nutrients in our food supply and other data on the U.S. population's diet. See all the articles found [here as a PDF](#) or [here as a digital version](#).

It's American Public Health Week until April 8th. See how you can promote active living and healthy eating. Resources, toolkits, news articles and much more are available [here](#).

[Edible Schoolyard](#) launches an [online gardening resource](#).

[This report](#) examines the 2011 trends in USDA's food and nutrition assistance programs through [fiscal year 2011](#).

[This report from the USDA](#) highlights the beneficial and harmful aspects of snacking. While snacking accounts for approximately one-third of

fruit consumption, it also accounted for nearly one-third of empty calories (fats, sugars and any unhealthy foods that come to mind).

[A new report](#) by the [Robert Wood Johnson Foundation's Leadership for Healthy Communities program](#) provides information for policymakers on ways to combat hunger and childhood obesity.

Webinars:

NEW-On April 10 at 1:00pm the [Food Research and Action Center](#) will host a conference call for [Summer Food Service Program](#) coordinators and vendors to communicate and research ways to make their site healthier, while taking input from children in attendance. [Click here to register](#).

Events:

NEW-The Food Network is having a TV special called, "[Hunger Hits Home](#)" focusing on the repercussions and reality of childhood hunger in the U.S. The first showing commences on April 14th at 8 PM. Look to this site for a synopsis, more show times and other details.

The [35th Annual National Food Policy Conference](#) will be held in Washington D.C. on May 17-19th. 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.

The 79th Annual [Pennsylvania Dietetic Association](#) Annual Meeting and Exhibition, "Putting the Pieces Together," will be held April 15-17, 2012 at the Holiday Inn, Grantville, PA. Go to [this site](#) for more information.

Are you a Registered Dietitian or Dietetic Technician interested in policy? Then the [Academy of Nutrition and Dietetics](#) is holding the Public Policy Workshop in Arlington, VA on April 15-17th, 2012. Topics to cover include the Farm Bill, the Healthy Hunger Free Kids Act, the Older Americans Act and reimbursement. On the last day, congressmen from Capitol Hill will visit. For more information and the early-bird special conference price, look [here](#).

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:

NEW-Registered dietitians and "[Kids Eat Right](#)" members, there is a new toolkit called, "Family Mealtime. Any Time. Any Place." There are fifty, \$200 grants available to promote this theme to at least two groups of parents and teens between May 21 and August 31, 2012. The deadline for grant applications is April 30, 2012, and they are [available here](#). Currently, the toolkit material is not available on the website.

NEW-Administered by the [American Heart Association](#) and the [Robert Wood Johnson Foundation's](#) Childhood Obesity Rapid Response Fund announced a funding opportunity (ranging from about \$5,000 to \$75,000) for strategic, supplemental assistance to state, local, and tribal efforts to change policy on childhood obesity. Though the first grants were awarded last month, applications are being accepted on a rolling basis. [Click here](#) to read an overview of the fund, and [go here](#) for additional information. The direct contact and the fund manager is Aaron Doeppers, Manager for State and Local Obesity Initiatives of the American Heart Association aaron.doeppers@heart.org or 608.886.2988

NEW-The [Robert Wood Johnson Foundation](#) lists 2012 grants available at [this site](#).

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