

PA NEN - Weekly Food & Nutrition News Nibbles



Week of April 30, 2013

IMPORTANT PA NEN LINKS

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PA NEN News

PA NEN Conference Continuing Education Credit Instructions

Need your credits? All credit information is available [online](#). Did you forget to sign in for Act 48, Act 58 or DPW credits? Email [Rose](#), and she will submit your information to the proper sources. Click [here](#) for additional information regarding continuing education credits.

International and National News:

[People urge supermarkets and pharmacies to sell low- or no-calorie drinks.](#)

[The soda industry's marketing scheme targets Latino kids.](#)

[Brazil fines a fast food restaurant for their unhealthy kids meals.](#)

Nutrition professionals and organizations write to the Food and Drug Administration ([FDA](#)) about the hot debated issue of labeling artificially sweetened milk as a "low-sugar" product. Read their letter [here](#).

[Obesity prevention policies show success and progress!](#)

[Open-air gyms can be found in the park!](#)

[A credentialed dietitian spills the beans on digestive enzyme supplements.](#)

[New restaurants practice stealth health.](#)

[Chicken and ground beef get tagged as the riskiest meats in regards to foodborne illness.](#)

[Farm to School Programs bring new strategies to make healthy appealing to kids!](#)

[One study showed that people eat less when menus are labeled with the amount of exercise needed to burn off the calories being eaten.](#)

[At 80-years-old, you can feel like your 40? Regular exercising throughout your life can reduce the repercussions of aging.](#)

[A smartphone application maps out places to forage for food.](#)

[Overweight or obese patients may experience bias from their doctors.](#)

[A new bill was introduced requiring a label on foods containing genetically modified ingredients.](#)

[How can you keep avocados from turning brown?](#)

[Facebook may be a high-value, low cost resource for looking at the data on the health of a population.](#)

We tend to think negative statistics don't pertain to us or our kids, even when it comes to health. [Listen in!](#)

[Do you think it's fair that companies, selling non-nutritious food, can provide money for health programs?](#)

[Are you worried that your picky-eating 3-year-old is not getting enough food? A dietitian will relieve those anxieties.](#)

[Start dreaming up a new kind of soup kitchen!](#)

[Better jobs would help people pay for better food.](#)

[Five fad diets that nutrition professionals would wish away](#)

[A fact-filled report shows details online food advertising.](#)

[Review these highlights from a successful school garden!](#)

[Do a little jig, and feel the burn! Shed pounds while dancing!](#)

[Obesity predictions for 2020](#)

[Restaurants need to know their food allergens.](#)

[A smartphone application alerts people to start moving.](#)

[Michael Pollen addresses issues within our food system in this radio interview about his new book.](#)

[Using social media makes health promotion interactive.](#)

[More schools want farm-fresh produce.](#)

[Is charging more money for a flight ticket considered weight-based biased?](#)

[Shelf-tags aim to point consumers toward healthier food choices that meet their personal needs from lactose to low sodium products.](#)

[Kids don't mind veggies in their desserts. That's why chefs are trying them in their foods!](#) Mushroom ice cream anyone?

[Food Stamps help, but people still can't afford to pay the rent!](#)

Local:

Pennsylvania: [Two Pennsylvania counties weigh in on America's top ten most obese metro areas.](#)

Hershey: [Hershey Foods strives to provide the message of health and well-being in multiple ways.](#)

Philadelphia: [Researchers find that deep brain stimulation helps obese animals thin out.](#)

Resources:

Check the new guidelines for managing Type 2 diabetes. Look [here](#) for the news briefing.

The Partnership for a Healthier America teamed up with [Birds Eye Vegetables](#) and [Share Our Strength](#) to launch a new texting program that increases access to tools and information that help make the healthy choice the easy choice! [Check it out!](#)

[A report notes that energy drinks display confusing marketing and unclear labeling.](#) See a news briefing on the issue [here](#).

[A study links technology to the rise in obesity.](#) Review the actual [study](#).

Gut bacteria? Genetics? Hypothyroidism? [Here](#) is a long but interesting read about the contributing factors to obesity.

Webinars:

NEW-Baltimore acts as a healthy city role model, as they have brought healthier food options to their communities through inter-governmental initiatives. Their model programs include a healthy food retail program, a virtual supermarket, healthier food markets in underserved communities, maps of food quality throughout the area and so much more. Hopefully, you will learn from their example in this presentation called, "Baltimore: A Healthy Food Access Case Study," on May 16, 2013 at 2:00 PM (EDT). Learn more and register [here](#).

NEW-Are you interested in healthy food retailing? Then join this webinar,

"Resources to Create or Expand Healthy Food Retail: Public and Private Grant and Loan Programs," on May 30th at 2:00 PM (EDT). Today, more grants, loans and other incentive opportunities will start healthy food retails in underserved communities. [This webinar](#) will explore ways to find money and provide examples of specific federal, state and local resources that can be tapped.

NEW- "Encouraging Healthy Food Choices in the Supplemental Nutrition Assistance Program ([SNAP](#))," brings to light incentives to encourage healthy shopping behaviors for SNAP users. Listen to the webinar on Tuesday, May 14 at 9:00-10:30 AM (EDT). [Register today!](#)

NEW-Join "Early Childhood Nutrition: Bridging the Gap from Infancy to Toddlerhood!" It's a webinar on Thursday, May 23, 2013 12:00 - 1:15 PM (EDT). Parents want to know what food is best for their children. But, food choices and conflicting nutrition information makes it challenging to decide what's best. Listen to the presenters for effective teaching and counseling techniques to guide families toward healthier choices. 1 Continuing Education Credit is available for Dietetic Technicians and Dietitians. This session is only free for the Society of Nutrition Education and Behavior ([SNEB](#)) members. Details can be found [here](#).

The recording of the, "Why Obesity Is Important to the Latino Community Web Forum," (originally broadcasted on Tuesday, April 16, 2013) is now available. Supplemental resources and presentation slides can be found on this [site](#) too!

Today's Dietitian keeps a listing of continuing education webinar recordings! Some are free, and others are not. See if any on [this list](#) spark your interest.

The People's Garden site contains lots of webinars about gardening, procurement, asking for volunteers at a community garden, starting a school garden and more. Look to this [archive](#).

The Farm to School Grant Webinar recording is now available. The US Department of Agriculture ([USDA](#)) presented a 4-webinar series about applying to the Farm to School Grant Program for fiscal year 2014. Visit [this website](#) to watch them.

During this webinar you can learn to create a healthy workplace. Check it out on May 15th from 1:00-2:00 PM (EST). Register and learn more at [this site](#).

Events:

Stamp out Hunger! Place a bag of non-perishable food items on your doorstep on the morning of May 11th, and your postal carrier will pick it up for a donation to end hunger! [Find out more!](#)

Teachers, administrators, youth garden instructors, even volunteers can come to Longwood Garden from July 8-11th for gardening class! Find ways to integrate teaching curriculum into school and campus gardens too! Continuing education credits for teachers will be provided. [Learn more and register.](#)

The Highmark Walk for a Healthy Community is raising money for local health and human service agencies in Pennsylvania. Join today and walk through these Pennsylvania locations: Pittsburgh, Erie, Bethlehem, Harrisburg and Johnstown. [See this site](#) for race times, locations and more registration details.

Check out a listing of food and agriculture conferences happening across the nation. There will be an event held in Philadelphia in August. Look to [this site](#) for more details.

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Both the Nutrition and Prime Time Health Conferences will be held from May 1-3, 2013 in State College, PA. Please phone the [Long Term Living Training Institute](#) at (717) 541-4214 for additional information, and registration materials will soon be available [here](#).

Grants and Opportunities:

NEW-The "Robert Wood Johnson Foundation Roadmaps to Health Prize" honors outstanding community partnerships that move people towards healthier lives. If your community fits the bill, you can apply for \$25,000 by May 23, 2013 at 3 PM (EDT). See more details [here](#).

[Jump With Jill](#) wants you to dance, film it, and send it her team by May 17th! By doing so, you could win a \$1,000 grant and a Watermelon Party. Even without the grand prize, you could be featured on her website! [Here are winning tips](#), so you might make the best video out there. And, [take last year's winners as an example!](#) Find out more contest information [here!](#)

The [Second Harvest Food Bank](#) in Erie, PA has a sponsorship opportunity available for their Buffet on the Bay 2013 event! If your business or organization is interested in sponsoring and joining the fun on Saturday, June 29, please call Heather today at (814) 459-3663, ext. 113.

Chefs that are ages 8-12 can enter the [Let's Move](#) lunch recipe contest until May 12th. Go to [this site](#) for recipe requirements and details.

The [National Garden Association](#) presents multiple grants and awards for garden interventions and initiatives. Click [here](#) to get to their website, and then click on the "Fundraising and Grants" tab.

The [US Department of Agriculture](#) announced the Childhood Obesity Prevention Program Development Grant opportunity open to universities and researchers. Click [here](#) for details.

Do you own a restaurant or run a foodservice facility? Then highlight healthy options on your kids menu for this recipe challenge! Applications aren't due until October 1, 2013. Find out more details [here](#).

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