

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of April 8, 2013

## IMPORTANT PA NEN LINKS

SAVE THE DATE!  
[PA NEN ANNUAL  
CONFERENCE 2013](#)  
APRIL 30TH-MAY 1ST

[NEWS NIBBLES](#)

[NEWSLETTERS](#)

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## PA NEN News

### Discounted Annual Conference Registration Rates have been Extended to April 19th!

Save money by registering for PA NEN's Annual Conference before April 19th! Only a few spots remain for this conference, and sessions are filling up quickly. Register at [this site!](#) Registration closes on April 22nd.

### SNAC VEGETABLE of the Month: Cabbage

Pennsylvania farmers have started seeding spring crops like cabbage! You can crunch into this hearty vegetable in lots of different recipes. Keep it raw in a cold salad. Cut it thin for a vinegar-based slaw. Or, wrap it around juicy meat and veggies, then bake until soft and translucent. Look [here](#) ([en Espanol](#)) for cabbage selecting, growing, prepping and cooking tips! This [site](#) also contains the same information for lots of Pennsylvania-grown vegetables!

## International and National News:

[30 public health organization team up and support New York City's soda ban.](#)

[Nonprofit hospitals could reap credit for improving the eating habits of their patients and communities.](#)

[Smaller portion sizes help kids eat less.](#)

[Map out your way to a better exercise routine.](#)

[Kids think it's cool to eat healthy.](#)

[A chemical in red meat, different from saturated fat or cholesterol, could be linked to heart disease. More research is necessary.](#)

[A new Smartphone app helps to reduce food waste.](#)

[A program empowers families to eat and prepare healthy, affordable food.](#)

[Avian Flu usually doesn't spread from our food, but proper precautions should be taken.](#)

[Changing the structure of the lunchroom helps kids eat healthily.](#)

[A testament to a changing rural food, nutrition and exercise scene](#)

[Hoop houses lengthen the season for growing vegetables and fruits.](#)

More people are using the Supplemental Nutrition Assistance Program ([SNAP](#)), but [this article](#) does not link the increase with changes to SNAP eligibility.

[The price of obesity](#)

[Professionals remain divided about pink slime.](#)

[School lunch battles childhood obesity and slow behavior change.](#)

[A charity successfully receives leftover food.](#)

[International land grabs and trade agreements influence global food security.](#)

[How do food stores play into food insecurity?](#)

[A case for safety testing in our meat supply](#)

[Sodium hides in food.](#)

[The US Department of Agriculture aligns the Supplemental Nutrition Assistance Program Education \(SNAP-Ed\) goals with the Healthy Hunger Free Kids Act.](#)

### **Local:**

**Pittsburgh:** [A featured food pantry director speaks about supplying culturally-friendly food during the holidays.](#)

**Pennsylvania:** [More fresh fruits and veggies can be placed in homes that need them because of Central PA food bank's larger refrigeration system.](#)

### **Resources:**

[The "Fresh Fruits and Vegetable Program" helped boost kid's fruit and veggie intake by 15% this year!](#)

Check out the new "[SNAP-Ed Obesity Prevention Toolkit for Childcare, Schools and Communities.](#)"

A report notes that most restaurants' kids meals don't meet healthy nutrition standards. Here's the [summary](#) and the [actual report](#).

The [World Health Organization](#) led a [campaign](#) to reduce blood pressure around the world. See the materials at [this site](#).

The U.S. Department of Health and Human Services ([HHS](#)) just released a 5-year follow-up report to the 2008 Physical Activity Guidelines for Americans called, "The Physical Activity Guidelines for Americans Midcourse Report: Strategies to Increase Physical Activity Among Youth." The report gives recommendations for increasing exercise at schools, preschools and childcare facilities, in the community, at home, and in healthcare settings. See how this resource applies to you at [this site](#).

The [PEW Research Center](#) released a [report](#) about reducing the stretch between the time takes to identify of foodborne illness outbreak and the response time.

A [study](#) shows the association between the Supplemental Nutrition Assistance Program ([SNAP](#)), dietary quality and obesity.

### Webinars:

*NEW*-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.

*NEW*-The Food Research and Action Center ([FRAC](#)) is presenting on new School snack reform in schools. See the [recorded webinar](#).

*NEW*-The Society of Nutrition Education and Behavior is presenting, "Spring into Active Learning - Use Simulation to Develop Counseling Skills" on Thursday, April 30th at 12:00 - 1:00 PM (EST). During the webinar, you will explore an innovative method to promote advancement of skills among practitioners in the areas of assessment, education and counseling of obese clients. 1 continuing education credit is provided. It costs \$10 to attend. Click [here](#) for a detailed description and registration information.

*NEW*-TedMed Live is hosting a 3-day event featuring presentations by innovators in health and medicine. From April 16 - 19, the event will run through topics like childhood obesity, other chronic diseases, and innovations in health data. Go to [this site](#) for details.

*NEW*-On April 18th, from 1:00 - 2:00 PM (EST), a webinar, "Procurement as a Tool to Promote Healthy Food Environments," will be held. Purchasing healthier options can create better food environments. State and local governments have an opportunity to use this type of procurement to improve the health in their community. One example might include the formation policies that can promote healthy foods in schools, the work place and beyond. At this webinar you will begin to understand healthier procurement, the research and best practices. Click [here](#) for the webinar

information.

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](#).

Learn about San Diego's creative approach to childhood obesity with this webinar recording. Directions and further information can be found [here](#).

Here is a [link to the webinar recording](#) on healthy vending in school.

Early Learning and School-Age Practitioners in Pennsylvania! There are self-learning modules available on [ECELS website](#). Here are just a few of the topics they explore:

- [Self, Active Play](#)
- [Environmental Health](#)
- [Family Child Care Health and Safety](#)
- [Food Allergy](#)
- [Model Child Care Health Policies](#)
- [Oral Health and Nutrition](#)

For more on breastfeeding and child feeding, see the list of self-learning modules, [here](#).

The [Summer Foodservice Program](#) is holding webinars about expanding summer feeding programs. These webinars will be at various times and dates. [Please fill out the survey for more information](#).

### Events:

*NEW*-The M.E. John Lecture titled, "Growing Health: A Vision for U.S. Food and Agriculture Policy" will be presented by David Wallinga, M.D., M.P.A. He is the Senior Advisor in Science, Food and Health at the Institute for Agriculture and Trade Policy and founder of [www.HealthyFoodAction.org](http://www.HealthyFoodAction.org). The event will begin at 2:30 PM on Friday, April 19th at Penn State's Agricultural Science and Industry Building, room 101. Stop [here](#) for details.

*NEW*-Sink your teeth into some local treats at the [Central PA Food Bank's](#) 17th Annual Taste of Lancaster County on Sunday, April 14th! Purchase your tickets [here](#).

*NEW*-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.

On April 17 and 24, the Cumberland County Cooperative Extension Office is holding sustainable garden classes and much more. Look to [this site](#) for

details.

The 2013 Nutrition Conference is scheduled for May 1 – 2, 2013 at the Penn Stater Conference Center Hotel. Attention to elderly nutrition and care will be brought center stage. The registration deadline is April 19, 2013. See more information at [this site](#).

Are you interested in the *Lets Move!* Initiative or learning about employee health and stress management? Then the ECELS Workshop for Health and other Technical Assistance Professionals might work into your schedule. It will be held on Thursday, April 18, 2013 from 9:00 AM – 4:00 PM at the Berks County Intermediate Unit: Education Centre (Room EC 177). CME/CEUs are pending from the University of Pittsburgh. Credit will also be awarded through the PA Keys Professional Development System. For more information, contact [Nancy Alleman](#), the ECELS Lead Training/Technical Assistance Coordinator or call toll free at 800-395-3948 or locally in Pennsylvania at 717-303-0406.

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.

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](#).

How do you cope with natural disasters and food distribution? When will sodium be reduced in our foods? What role does immigration reform play within our food system? Answer these questions and then some at the National Food Policy Conference to be held on April 15-16 in Washington D.C. Review the [agenda](#), and [register here](#).

The [Pennsylvania Dietetics Association](#) wants members to lick their chops to get ready for their annual conference, "Setting the Table for Life Long Learning." Free the dates of April 21st- 23rd for a trip to Monroeville, PA. You can register [here!](#)

### **Grants and Opportunities:**

NEW-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.

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

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

Might you be interested in our health status of the elderly? Then you could

check out the [Health and Aging Policy Fellowship](#) available to health professionals within this realm. Learn about this opportunity at this site. Applications are due on April 15th.

Do you think food insecurity in America is an important issue for the Academy of Nutrition and Dietetics? [Tell them your thoughts](#).

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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