

## PA NEN - Weekly Food & Nutrition News Nibbles

Week of April 9, 2012

### IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)

### PA NEN News

#### **"What's on Your Plate?" PA NEN's annual conference wants to help you!**

Sessions are filling up fast! Registration for our annual conference, "What's on Your Plate?" closes April 20th! Late registration rates begin on April 14th. [Register today!](#)

Many sessions are already full. Review the list of available sessions 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!

#### **PA NEN is 'Blogging' With Mark Winne!**

PA NEN has added a blog to its 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 comment.

### International and National News:

[The whole grain foods market rakes in big bucks for food corporations.](#) But, as health-conscious consumers, it's important to know that the industries motives aren't necessarily nutrition oriented. [People must learn how to read whole-grain product packaging.](#)

[New Jersey's Fresh Food initiative has 12 million dollars in funding to support underserved communities.](#)

[Chicken might be the next “pink slime.”](#)

[Obesity rates may be worse than we think.](#)

[Sufficient government food safety monitoring of imported goods proves challenging.](#)

[A gourmet chef cooks for high school lunch programs and loves it.](#)

[There’s hope for fruit and vegetable packed bodegas in areas of NYC with little food access.](#)

[How much power does social media have over what the public wants to eat?](#)

## Local:

**State College:** The [Penn State Cooperative Extension](#) focuses on [ways](#) to handle kids’ temper tantrums in the grocery store aisles.

**Philadelphia:** [More sleep and healthy family routines may help kids lose weight.](#)

**Montgomery County:** [Take a look at eggs the size of you! A Montgomery County school art teacher helped his kids promote healthy foods by sculpting larger-than-life healthy food.](#)

## Resources:

A resource for food service employees, known as [ServSafe](#), came out with the next edition of teaching manuals.

[Here](#) is a United Nations report with claims that food is a basic human right, and our current food system fails to address this right because hunger and malnutrition (obesity included) are widespread.

[The Family, Food and Fitness website](#) by the [Mississippi Cooperative Extension](#) features family- and budget-friendly recipes and tips.

Review this easy-reading [resource](#) explaining genetically modified foods.

[Researchers released a website about food fraud.](#) Look at the actual site [here](#). [Here](#) is an article displaying examples of what is considered food fraud.

The [USDA](#) printed a [poster](#) about making half your lunch and dinner plate fruit and vegetables. It’s free and downloadable. The USDA also

announced their winners for the fruit and vegetable video challenge. [See how real people are incorporating fruits and vegetables in their submissions.](#)

On the [MyPlate website](#), you can find the Ten Tip Nutrition Education Series with FREE [supplemental materials](#) available for download.

[Check out tips for buying healthy, affordable foods in the grocery store.](#)

## Webinars:

There is a webinar called, "Creating Just and Healthy Food Systems: The Role of Professional Associations" on Wednesday, April 25, 2012 from 2:00-3:00 PM (EST). These days, food systems reach out globally. To realize a healthier, more just food system, it will take the strength of numbers. Professional associations can bring this type of support from their members and their resources. If this topic spikes your interest, you can [register now](#).

On April 10 at 1:00 PM, 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. They'll also take input from children in attendance. [Click here to register.](#)

## Events:

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 17-18th. 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:

*NEW*-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](http://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.

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.

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](mailto:aaron.doeppers@heart.org) or 608.886.2988

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