

PA NEN - Weekly Food & Nutrition News Nibbles



Week of August 11, 2014

IMPORTANT PA NEN LINKS

PA NEN's 2014 SUMMER WORKSHOP
[REGISTRATION](#) IS NOW OPEN.

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717.233.1791



PA NEN News

Submit your Workshop Proposals for PA NEN's 2015 Annual Conference

While we may be a long ways from the conference, the planning committee has been hard at work. We have already started the process of soliciting some proposed workshop topics and speakers based off of the feedback we received from last year's conference evaluations.

Of the workshop proposals that we have received, there is one expert that we have yet to hear from--that's you!

To submit a workshop topic, visit the [PA NEN website](#), and complete the "Call for Speaker" proposal.

The deadline to submit is September 22, 2014.

SNAC Vegetable of the Month: Cauliflower

Why did the cauliflower cross the road?

Answer: Because the chicken took the day off!

PA NEN members - who lovvvves their cauliflower? Then, try adding it to this simple sauté with onion, tomato saute on this [website](#) ([En español](#)).

International and National News:

A Smart Phone App encourages people to receive food leftovers without wasting them. [See how the system connects grocery stores with the hungry.](#)

[This is a hilarious beginners guide to the farmers market.](#)

[Six innovative farm and food projects from around the world](#)

[How does certain food affect mood?](#)

[Because of this organization, \\$10 spent at an eligible farmers market is doubled!](#)

[101 facts about food that put the food system into a positive light](#)

[Let's grill fruits and veggies!](#)

[Regrow vegetables to reduce food waste and save money.](#)

[An NYC food bank is highlighted with one of the nation's top 50 non-profit leaders!](#)

[This girl doesn't let judgment cause her self-esteem to dip. Hear this obese woman's story through the #livebold campaign.](#)

[Country of Origin Labeling \(COOL\) on meat is a contended move. The food industry fights it, but public health advocates wish it was required.](#)

[More than half the registered farmers markets in Colorado allow people to pay with their Supplemental Nutrition Assistance Program Benefits!](#)

A dietitian jumps into the details of breastfeeding. [Click on the article to zoom in.](#)

[The research behind being obese and pregnant and knowing how to treat them.](#)

This [dietitian](#) looks to reduce sodium in the school breakfast and lunch menu. Here again, [this chef](#) works for a healthier school district.

[Weight reduction links to lower depression rates in teenage girls.](#)

[How do you make a restaurant menu nudge people toward healthier food? Make free use of the following tips!](#)

[Community eligibility is way to qualify a school for free breakfast and lunches. But, who's paying for it?](#)

Local

Central Pennsylvania: [The Central PA Food Bank aims to receive more donations with your vote!](#)

Philadelphia: [A local dietitian names the food on her "not-going-to-touch-that" list.](#)

Resources:

[10 snack tips for parents from MyPlate](#)

[Having done their homework, these dietitians listed lots of back-to-school resources for any parent, teacher, or nutrition professional.](#)

Time and time again, we hear about people with an empty belly and relegate that circumstance to the poor and undereducated. But, [the trailer for, "Hunger in America"](#) shares food access issues of hardworking, middle-class citizens like single moms.

The [Supplemental Nutrition Assistance Program Education \(SNAP-Ed\) Obesity Prevention Toolkit](#) and its associated evaluation tools have been updated. This Guidance details the goal, focus, and key behavioral outcomes for SNAP-Ed programming.

USDA's Agricultural Marketing Service (AMS) is developing [three local food directories](#) to help connect consumers and farmers to open local food opportunities: The [USDA National Farmers Market Directory](#), the National Community-Supported Agriculture (CSA) Enterprise Directory, USDA's National Food Hub Directory, and USDA's National On-Farm Market Directory. Local food business owners, [get you're your information on the list.](#)

One [study](#) notes where the increase in participation in the food stamp program occurred after the 2008-09 recession. Surprisingly, the clusters were in different areas than previously reported.

A [Gallup poll shares Americans' consumption habits](#). They seem open-minded to healthier options like avoiding soda and sugar, along with intentionally including more fruits or vegetables.

Exciting news! [People can now provide Community Supported Agriculture \(CSAs\) with SNAP participation.](#)

[Order out with these tips from the American Diabetes Association.](#)

Do you keep some canned or dried chickpeas? Then, see if your family might want [pizza hummus](#) from Kids Eat Right.

A [video](#) reflects the importance of the nutrition changes for school lunch.

Webinars:

NEW-This segment of the Ted Med series questions the perceived link between diabetes and obesity. Watch the recording of Peter Attia, [here](#).

NEW-Food Tank is holding a webinar series. The next one, "Organic Farming's Impact on Health with Dr. Benbrook," will be held on September 10 from 1:00-2:00 PM. Click [the link](#) for more information.

NEW-[Getting local into institution and restaurants: 5 Best Practices and a](#)

[New Tool](#),” The title explains it all! This webinar will be hosted by the National Good Food Network. On September 4, at 3:30 PM (ET), you can join the call.

NEW-The Academy of Nutrition and Dietetics presented, “US Farming 101” over webinar. If you are an Academy member, view the recording at [this website](#). “U.S. Farming 101: Part 2,” is scheduled for August 21 from 2:00-3:00 PM (ET). These webinars are free to Academy members. Find more information by logging in, [here](#).

NEW-One major expense of owning a food hub is a vehicle to get food from one place to another. Should you own, rent or use a third party trucking system? Figure out which option best fits the budget during this webinar. It’s slated for August 21 from 3:30-4:45 PM (ET). You can [look here](#) for details.

On August 20 at 2:00 PM (ET), learn tactics to encourage clients to maintain after their weight loss regimen is over. How do they keep motivated? How do you personalize a maintenance plan? Find more information [here](#).

[SNAP-Ed Connection keeps a list of recorded nutrition webinars!](#)

Check out the [list of 2014-2015 Journal Club webinars](#) from the Society of Nutrition Education and Behavior. These webinars are based off of current, nutrition research pertinent to people studying dietetics, dietitians in the field, and other health providers.

From procurement, to distribution, to the Department of Defense Fresh Program—the USDA presents a twelve-part-series about opportunities in Farm to School and ordering local foods. [Check the list!](#)

“Leadership: Coaching and Communicating with Confidence” is a module free to students, dietitians and dietetic technicians that are a part of the Academy of Nutrition and Dietetics. It will help guide mentors, coaches, and other nutrition based leadership positions. Receive one continuing education credit hour by listening to a recording [here](#).

Free to the Academy of Nutrition and Dietetics members is a webinar called, “Accountable Care Organizations 101.” Figure out the role and infrastructure of an Accountable Care Organization. Learn about the history of value-based providers and any other Accountable Care Act updates. The webinar will take place at 3:00 PM (ET) on the select dates below. Please register 24 hours in advance or earlier. Email questions to this address, ike.bennion@leavittpartners.com. The next webinar will be on [September 9](#).

Events:

In Lambs Creek Recreation Area in Mansfield, the Pennsylvania Association for Sustainable Agriculture will be holding their Annual Dairy Dash 5K and 1-Mile Memory Walk on Saturday, August 30 at 9:00 AM. You can look to [this link](#) for details.

Check out Let's Move! Pennsylvania Conference to be held in State College on October 8th, 2014. It will focus on a call to more physical activity, along with healthier food and beverages to reduce childhood obesity. Find out more, and [register here](#).

FNCE October 18-21, 2014: Save the date for this year's Food and Nutrition Conference & Expo located in Atlanta, Georgia. [Click here](#) for more information regarding the event and speakers.

Mark your calendar for September 23, 2014! [It's time for the 2nd annual Capitol All-Stars Softball Game](#). Benefits go to Feeding Pennsylvania and Hunger-Free Pennsylvania.

On September 9th from 11:30 Am-5:00 PM, Penn State Extension Nutrition Links is holding a conference with the keynote speaker, Barbara Rolls, PhD, author of *The Ultimate Volumetrics Diet*. There will be breakout sessions including Penn State faculty and staff addressing food safety and other pertinent nutrition topics. Conference location is at the Penn State Conference Center Hotel in State College, PA. Contact [Mary Lou Kiel](#), or call 814-863-3447 for more information.

Grants and Opportunities:

NEW-Check out Kids Eat Right's free, downloadable toolkit, "[Healthy Schools. It's a Team Effort](#)." The School Nutrition Services Dietetic Practice Group created this material. It's designed to educate the school and community about how healthy eating and physical activity are linked to academic success. View the PowerPoint presentations, activity suggestions and handouts here. You can receive a \$200 mini-grant to present this material twice from September 1-October 31. The application is due on August 22, so [apply today](#).

The US Department of Agriculture released a Request for Applications (RFA) from states interested in participating in a pilot project authorized by the 2014 Farm Bill. Awarded states will be able to purchase locally-grown unprocessed fruits and vegetables for the National School Lunch Program (NSLP). For a copy of the request and more information, [click here](#).

Being a certified organic farm can get pricy! That's why \$13 million is available for organic farm certification cost share. [See what's in store, here](#).

The US Department of Agriculture Office of Advocacy and Outreach (OAO) will make \$9.1 million available in 2014 for the Socially Disadvantaged Farmers and Ranchers and Veteran Farmers and Ranchers Program. [See all the details including information on the application](#).

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