

PA NEN - Weekly Food & Nutrition News Nibbles



Week of August 12, 2013

IMPORTANT PA NEN LINKS

SAVE THE DATE!
[PA NEN ANNUAL
CONFERENCE 2014](#)

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PA NEN News

PA NEN's Call for Speakers and Speaker/Topic Suggestions

PA NEN's 2014 Annual Conference, "Nutrition Educators: Nourishing Future Generations One Table at a Time," will be held on April 28 - 29, 2014 in Lancaster, PA. We'll be celebrating all the work that nutrition educators have done and are yet to do! Please visit our [website](#) for more information and to submit a speaker proposal.

SNAC Vegetable of the Month: *Summer Squash!*

Cool and refreshing....No, I'm not speaking about the fan that might be saving you from the summer heat. I'm talking zucchini (known as summer squash to some). It's delicious spiced with your favorite herbs, any way you slice it! I promise the perfect side dish as you cook it slow in a summer veggie casserole, mince it into sweet zucchini bread, or try it stuffed in a veggie quesadilla! Check out our SNAC materials for more helpful information on [summer squash](#) (en [Español](#)). [Don't miss our bulletin board, book marks and tent cards too!](#) Find these materials for every Pennsylvania veggie at this [site](#).

Farm Bill Updates

PA NEN has been updating their website with blogs, news, and various resources about the Nutrition Bill and Farm Bill. Click around [this site](#) to learn more.

International and National News:

[Cooking could save our lives.](#)

[Changes to school lunch continue to roll in.](#)

[Kids learn a healthy lifestyle at Camp Fun!](#)

[What does the “whole grain” label REALLY mean?](#)

[The UK puts sustainability on the forefront of their healthy eating guide.](#)

[Dietitians talk school lunch.](#)

[Frozen broccoli doesn't contain the same nutrition as the fresh stuff. But, that's about to change.](#)

[Junk food takes over Mexico.](#)

[The elderly continue to grow hungry, but funding limits available foods.](#)

[Kids catch on. Healthy eating is cool!](#)

[Why are obesity rates down?](#)

[Incentivizing healthy food gets people buying them.](#)

[Families taste test new school lunches.](#)

There are conflicting views about aspartame. Which one do you stand for—[this](#) or [that](#)?

[BMI is not the perfect measure for childhood obesity.](#)

[More people start eating meat alternatives.](#)

[A grocery store decides to use healthy shelf tags.](#)

[Should the elderly diet?](#)

[What additives are in our food?](#)

[Genetic modification of oranges might help save the crop.](#)

[Behavior change influences childhood obesity.](#)

Local:

Hershey: [A study shows that a farmers market proves beneficial to the surrounding community.](#)

Pennsylvania: [Pennsylvania's Women Infants and Children \(WIC\) is threatened.](#)

Philadelphia and surrounding counties: [Fresh produce is delivered to those who need it across Pennsylvania.](#)

Resources:

The numbers prove that childhood obesity rates are falling. Get the picture [here](#).

Follow one chef and her healthy diet on food stamps. See one of her daily meal plans [here](#).

The US Department of Agriculture's economic research report, "[Effects of the Decline in the Real Value of SNAP Benefits From 2009 to 2011](#)," shows off the benefits of government nutrition programs.

[Check out all the places to go and what to do for exercise.](#)

Fruits and Vegetables More Matters has a terrific new site. [Come see!](#)

[Buy healthy on a budget with MyPlate.](#)

[Read about successful people who needed food stamps at one point in their lives.](#)

Click on the red dots in [this picture](#) to see an explanation of how obesity harms the body.

[Food programs provide healthy eating options after school.](#)

[A poll shares the data about the usefulness of nutrition facts on restaurant menus and packaged foods.](#)

What does hunger look like? [Check out this map to get the picture.](#)

"Kick the Can" created [videos](#) that creatively ask people to drink less soda.

Review [this curriculum](#) that teach kids about hunger around the world.

Webinars:

Are you a member of the Society of Nutrition Education and Behavior ([SNEB](#))? If so, September begins their second go-around of the JNEB Journal Club. This means free, weekly webinars will be held featuring authors from the latest issue of *Journal of Nutrition Education and Behavior*. Hear about research articles, and you can ask questions directly to the researcher. Each one-hour webinar will be broadcasted at 1:00 PM (EDT), and recordings will be made available at a later date. [You can register to attend.](#)

How do you design a nutrition and behavior change evaluation for success? On September 11 at 3:00-4:00 PM (EDT), an SNEB webinar will outline the survey development process from analytical methods to more

advanced procedures. The webinar is free for SNEB members and non-members. [Register today](#).

Join the webinar, "Beyond Bones: Understanding the Benefits of Dairy and Overcoming Barriers to Dairy Consumption" on Thursday, August 22 at 11:00 AM (EDT). It will review the importance of dairy, its role in reducing chronic disease risk, and the barriers to address while encouraging clients to get enough dairy in their diet. [Find out more!](#)

Create a free login to the [CDC Learning Connection](#), and look through their records of continuing education opportunities for health professionals.

Free webinar recordings are available to dietitians that are a part of the Academy of Nutrition and Dietetics ([AND](#)). This series is focused on easy access to healthy foods in schools, food banks and other locations with food insecure populations. The recordings can be viewed at any time on [this site](#)

Events:

In October, Penn State Cooperative Extension in Cumberland County is holding farm tours in the area. [Check out the event details](#).

[Let's Move Pittsburgh](#) is holding a symposium on November 7. More information will be out soon!

The Greater Pittsburgh Community Food Bank gets fresh, Allegheny County foods to residents through their [Farm Stand Project](#). Don't miss them and their local produce at the Red, Ripe and Roasted: Tomato and Garlic Festival on August 25! For more information, click [here](#).

[Philabundance](#)'s Hunger Symposium will be held on September 17th, 2013. This year, they are bringing together different perspectives on hunger. [Click here](#) for the details!

Penn State Extension Nutrition Links Annual Conference is just around the bend. Titled, "Motivating for Lifestyle Change," it's all happening on September 9, 2013 at the Penn Stater Conference Center Hotel, State College, PA. Come see, "You Gotta Have Heart...But Is It Enough?" by Dr. Joye Norris, a nationally known expert and trainer on the dialogue based approach to group learning. She will be conducting this all day workshop. For more information go to this [site](#).

Grants and Opportunities:

The Pennsylvania Hunger Garden located on capitol grounds in Harrisburg, PA? They're looking for garden volunteers. See more [here](#).

School breakfast grant opportunities are laid out on the Action For Healthy

Kids [resource page](#).

More Matters is holding a Pinterest contest starting in September. They want to know how your adding more fruits and vegetables to your plate. You can enter to win \$1500! Click [here](#) for contest details.

Central Pennsylvania Food Bank's "Hunger Action Month Community Food Drive Challenge" kicks off in less than a month! Any association, company, church, you name it can run the food drive. [Just contact the Central PA Food Bank here to participate and learn more.](#)

["10,000 Tables" calls families and friends to eat together. Learn more about their cause, and sign their pledge!](#)

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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