

PA NEN - Weekly Food & Nutrition News Nibbles



Week of August 13, 2012

IMPORTANT PA NEN LINKS

SAVE THE DATE!
PA NEN ANNUAL
CONFERENCE 2013
APRIL 30TH-MAY 1ST

[NEWS NIBBLES](#)

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PA NEN News

2013 Annual Conference Call for Speakers and Topic

Here's your chance to contribute to PA NEN's Annual Conference. We are seeking session topic and speaker submissions related to nutrition dealing with the low income population. Conference dates are April 30 – May 1, 2013; and it will be held in Harrisburg, PA.

Some of the topics might include:

- How physical activity and good nutrition go hand in hand
- How to motivate clients
- The many aspects of diversity, i.e. age, ethnicity, suburban vs. rural, etc.
- Live cooking demonstrations
- A fresh look at local food movements, i.e. community gardens and Farmers Markets
- Nutrition policy changes that have been enacted and how they've impacted the low income population

Help make the 2013 Annual Conference even more successful than 2012! Don't delay; the deadline is October 1, 2012. For more information, and to submit your session ideas click [here](#).

If you have any questions, please contact Rose at the PA NEN office at 717-233-1791 or e-mail rcleland@phmc.org.

Resources:

PA NEN anticipates giving their health and nutrition [resource page](#) a whole new look. We're excited to build off of our [current site](#) and look forward to your visits! Expect up-to-date, FREE, user-friendly educational materials to come!

SNAC Newsletters:

Summertime brings affordable, crispy, right-out-of-the-garden vegetables for everyone! Teach nutrition and veggie handling basics to inspire your clients to prepare and eat them! Just give these [S.N.A.C. Pamphlets](#) a try with recipes, educational games and vegetable newsletters!

All featured [Vegetable SNAC Pamphlets](#) are also available in Spanish.

If you have any questions or comments, feel free to contact afranken@phmc.org at 717.233.1791

Let's Eat Together PA!

PA NEN believes that cooking and sharing meals together—with family and friends—is a vital step towards a healthier Pennsylvania! That's why we're piloting our campaign, "[Eat Together PA](#)," in Allegheny, Tioga and Lancaster counties.

Even you can follow our lead as we invite SNAP-eligible families to join together and eat! Check out our family breakfast website—www.EatTogetherPA.org—to find:

- food shopping tips and [resources](#)
- [money-saving coupon ideas](#)
- [healthy choices while eating out](#)

Click the "[Nutrition and Health Educators](#)" tab (on the upper-right-hand-side of the website) for curriculums and educational resources to teach nutrition to the entire family.

Throughout this year, PA NEN's "[Eat Together PA](#)" campaign will walk you through each meal—breakfast, lunch, dinner and snacks—while featuring opportunities to encourage families to dine healthier and affordably!

If you have any questions or comments about the campaign, you can call the office at 717-233-1791 or email afranken@phmc.org.

International and National News:

[Doctors prescribe fruits and vegetables](#). To supplement their prescription, [Wholesome Wave's](#) "Fruit and Vegetable Prescription Program" or "FVRx" provides daily \$1 subsidies to buy produce at local farmers markets. Each member of a family gets the \$1 prescription; for example, a family of five would get \$35 per week to spend on fresh fruits and vegetables.

[Veterans struggle to put food on the table](#)

Happy belated [Farmers Market Week](#). From the farm to people's fingertips, this year, farmers markets serve more fresh bounty to everyone!

Healthy habits start early! [Nutrition promotion within the child-care setting begins kids on the right foot](#).

[Could community gardening and urban farming lower crime rates?](#)

[Kids drop their cholesterol levels. Hopefully, this drop slows predictions that today's youngsters have an increased risk of stroke and other cardiovascular issues](#)

[because of the complications with high cholesterol.](#)

[A hospital debates keeping a fast food restaurant at its entrance.](#)

[What do poverty and hunger look like around the world?](#)

“Fresh!” People want food products with this tagline! The proof is in the shoppers carts. [See how consumer food shopping behavior is changing.](#)

[Too many food labels overwhelm buyers!](#)

[Here’s](#) one way to encourage reading! Washington D.C. public libraries receive food for summer feeding and reading programs.

The price is right. The Supplemental Nutrition Assistance Program ([SNAP](#)) [stimulates the economy.](#)

[Breakfast, lunch and dinner feed kids at school.](#)

The Supplemental Assistance Program ([SNAP](#)) settles hunger pangs of Colorado wildfire victims. See more [here](#).

You can almost taste the new school food menu! Well, at least you can see it. [Here’s an article](#), a visual, and a recording about the healthier lunch line changes.

[Food companies spend big bucks to hide the genetically modified food labels.](#)

[Admire a picture-book of tips and tricks to get the most for your money at the farmers markets across the nation.](#)

Did health advocates set the bar too high? [People are eating too much salt compared to dietary recommendations.](#)

During this past century, there have been few, if any, studies reporting on the accuracy of the calorie count of whole food (i.e. fruits, vegetables, nuts and other unpackaged foods) within our diets. [Almond research shows that we cannot absorb all the calories from the nut.](#) This finding opens many doors to further this line of research.

Resources:

Do you know anyone who eats dairy-free? [Dietitians rounded up some dairy-free resources that could supplement the missing milk, cheese, yogurt and dairy](#) in their diets.

In the recent Institute of Medicine ([IOM](#)) report entitled, “[Accelerating Progress in](#)

[Obesity Prevention Solving the Weight of the Nation](#)," SNAP-ed is addressed in health strategy 3-4: "Adopt consistent nutrition education policies for federal programs with nutrition education components. The USDA should update the policies for Supplemental Nutrition Assistance Program Education and the policies for other federal programs with nutrition education components to explicitly encourage the provision of advice about types of foods to reduce in the diet, consistent with the Dietary Guidelines for Americans." This strategy is discussed more fully beginning on page 263. [Download the report at IOM's site](#).

[Who knew that eating around the dinner table could enhance diplomacy?](#)

[You can try speedy dinners](#) for the family from [Kids Eat Right](#).

[Read this note](#) about the new, aggressive sanctions being taken against the Supplemental Nutrition Assistance Program ([SNAP](#)) Fraud.

Nutrition.gov recently launched a [video](#) to promote the benefits of shopping at farmers markets. Below the video you'll see a list of the "[Top 10 Reasons to Shop at Farmers Markets](#)" with resources for families to discover and experience a local farmers market.

For school foodservice workers: The USDA has released "The School Day Just Got Healthier". [This site](#) contains resources to promote the 2012 changes to school lunch.

Webinars:

NEW-"Exploring Solutions to increase access to nutritious food in 'food desserts'" will show on September 25th, 2012 at 2:00 PM (EST). During the webinar, learn the definition of "food dessert"; discover barriers and benefits to making healthy food available to everyone; and get creative with their affordable, nutritious foods in all forms (fresh, frozen, canned and dried). For a Society of Nutrition Education and Behavior ([SNEB](#)) member this webinar is free, and non-members must pay \$25. 1 Continuing Education Credit will be awarded to dietitians and dietetic technicians. [You can register today!](#)

Events:

NEW-On August 18th from 9:00 AM-1:00 PM, the [Dickinson's College Farm](#) celebrates [Youth Field Day](#)! 3rd -6th graders can venture to the farm to learn about various animal grazing techniques, to explore the difference between beneficial and harmful insects, and to imbibe many more sustainable farming practices. All the details can be found on this [site](#)! Enjoy!

Registered Dietitians, dietetic students and Dietetic Technicians: Eat, greet and talk nutrition at this year's National Food Nutrition and Conference Expo. It runs from October 6-9th in Philadelphia, PA. Find out everything at [this site](#), and [register today!](#)

Penn State Extension Nutrition Link's annual conference, "Reaching and Teaching Today's Diverse Families," will be held at State College, PA on September 18th from 8:00 AM-4:45 PM. Look [here](#) for more information and registration.

Might you want to clear your calendar for November 6th at 7:00 PM? Dr. Linda Karges Bone will be giving a talk entitled, "Poverty Stress & the Brain," in the Sill Board Room of the vonLeibig Center for Science on Juniata's campus (find the campus map [here](#) and directions [here](#)). She'll be showing how poverty and stress reduce brain functioning, hamper creativeness, and stunt people's ability to make healthful choices. Begin to understand the physiology behind this process, and leave with ideas to work with low income populations. There's another interesting session titled, "Aging and the Brain" the next morning at 10:00 AM too! Look [here](#) or contact Rosalie Rodriguez at rodrigr@juniata.edu or (814) 641-3125 for the details.

Grants and Opportunities:

NEW-The [Agriculture Food Research Initiative](#) wants many competitive grants applicants for their offers focusing on these topics:

- [Food security](#)
- [Food safety](#)
- [Childhood Obesity](#)

NEW-The U.S. Department of Agriculture ([USDA](#)) [MyPlate Fruits and Veggies Video Challenge](#) invites you to create short instructive and inspiring videos (approximately 30 seconds) featuring how you're adding fruits and vegetables to your diet on a tight budget. Show off healthy tips to share with others! Keep the new [MyPlate](#) recommendation in mind—make half your plate fruits and vegetables! Submit your video under one of these categories: tips for kids, tips when eating at home, tips when eating away from home. For details on eligibility, review the [Official Rules](#).

To make the [Philadelphia Dietetic Association](#) more accessible to up-coming dietitians, the association posted scholarships for dietetic students and interns in the Philadelphia area. Additionally, look to the available awards for practicing dietitians! If you're qualified, you don't want to miss these [opportunities](#)!

This [Kids Eat Right Mini-Grant](#) provides an opportunity for [Kids Eat Right](#) members to use this campaign's toolkits. Twenty-five, \$200 grants are available to registered dietitians (RDs) to give two presentations from September 10-November 16, 2012. [Applications are due](#) August 24, 2012 and awards will be announced September 10, 2012.

[HealthierUS School Challenge's](#) accomplishments [exceed expectations](#) awarding more than 3,717 schools in 48 states that teach and serve healthy options to school children. [Find out more](#) about the challenge! Also, click [here](#) to learn about the HealthierUS School Challenge monetary incentives! The criteria and online application can be found [here](#).

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Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, an entity of The Pennsylvania State University's College of Health and Human Development, as part of USDA's Supplemental Nutrition Assistance Program (SNAP).

