

PA NEN - Weekly Food & Nutrition News Nibbles



Week of August 15, 2011

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)



PA NEN News

Request for Speaker Proposals: Due September 30, 2011

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.

Some of these might include:

- How physical activity and good nutrition go hand-in-hand
- How to motivate your 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, policy and legislation in development, and how they will impact low income populations

Help make the 2012 Annual Conference even more successful than 2011!

Don't delay; the deadline is September 30, 2011. 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.

Vegetable of the Week: Tomatoes

Is it a fruit or a vegetable? Or a condiment? Or a sauce? Whether tomatoes are plump and ripe on a vine, simmered slow to make spaghetti sauce, or chunked into salsa, they swallow perfect. Trust this subtly sweet treat in most shapes, colors, and forms.

The tomato's distinct flavor opens mouths, but it's the lycopene within the tomato that makes it extra special. This nutrient fights cancer—especially when combined with rich foods like avocados, nuts, or olive oil. Together, in the body, these combinations work synergistically for the most lycopene absorption.

Some canned tomatoes, commercial salsas, and store-bought sauces contain lots of sodium. People on a salt restricted diet can still eat these foods, so long as it is within their daily sodium allotment. For instance, 1/2 cup of tomato sauce contains up to 640 mg of sodium, ranging from 27-42% of the average daily salt recommendation. Ketchup is a tomato condiment to be used in moderation. With little nutritional value, 1-2 tablespoons at a meal gives novel flavor without allowing the extra calories or sodium to add-up.

Plow through information on this veggie and any of your favorites [here!](#)

PA NEN Board of Directors Name Change

There is still time to send in your comments regarding the PA NEN Board of Directors name change to PA NEN Board.

PA NEN Members can contact Julie Davis Bartol at jbartol@phmc.org with their feedback before August 24, 2011. You can also contact her for more details.

International and National News:

[Five runners sprint 100 meters. One man stops to tie his shoe, another takes a sandwich break. How many runners raced to the finish? Yes, we're moving towards public health messaging in math problems and other parts of the school curriculum!](#)

[Kids can exercise while playing videogames with Sesame Street's new interactive program.](#)

The [John Beard Foundation](#) named [leaders](#) who are moving-and-shaking the food system and nutrition arena.

[Famine and political injustice starves Somalia.](#)

[With the start of a new school year, how might your child eat healthier? Can you encourage them to choose nutritious meals?](#)

Local:

Pennsylvania: [Statistics are in, and food insecurity prevails. More people cannot afford enough food.](#)

Pennsylvania: [National ground beef recall! E. coli contaminated meat issues concerns in specified stores across the nation.](#)

Philadelphia: [Programs outline strategies to reduce obesity among low-income children.](#)

Philadelphia: [Fresh produce made available to SNAP participants](#)

Resources:

This [independent movie](#) reveals innovative ways in which urban gardens grow vegetables for transport around cities. Truck beds nurture a seedling until it's ready for the dinner table. You can view the film or organize a group screening.

[The Food Research Action Center's most recent report reveals 2010 food hardship throughout America. In it, they analyzed this particular question, "Have there been times in the past twelve months when you did not have enough money to buy food that you or your family needed?"](#)

Are you a registered dietitian or dietetic technician in Pennsylvania? If so, you can join the [Pennsylvania Dietetic Association](#) to look for the [Quarterly Newsletter](#) for updates on local nutrition initiatives and so much more!

[Can the insurgence of childhood-obesity prevention stimulate harmful views of overweight people?](#)

[A summary of improvements in school nutrition](#)

Webinar:

[ConAgra Foods' Science Institute](#) is holding a webinar, "Smart Choices, Strong Bodies, Sharp Brains: How School Meals Are Working to Prevent Childhood Obesity, Promote Healthy Weights, and Support Academic Success." Does this interest you? If so, [register](#) before Wednesday, September 7th. This event will run from 2:00-3:00 PM (Eastern Daylight Time). Participants will receive Continuing Education Credit.

Events:

[Penn State Cooperative Extension's Nutrition Links](#) is sponsoring a sensational annual conference, "Health and Wellness in a Changing World". On Monday, September 12 from 10:00 AM to 5:00 PM ET, professionals in the health, wellness and nutrition fields can join the fun. Participants receive five continuing education credits from the American Dietetic Association, PA Act 48 and Penn State. Call (814)-863-3447 for more details about pricing. Register online at this [website](#). Please note: to make your registration easier, it's recommended that you print out the session agenda, session descriptions and tour descriptions from their tabs in Cvent. You can then have the information on hand as you register your selections. You cannot go back to those tabs while you are registering, unless you have two browsers open.

NEW- The 34th Annual National Food Policy Conference is taking place on October 3-4 at the Capital Hilton Hotel in downtown Washington, DC. Exciting issues include, digital messaging, analyzing the impact of reduced government funding for nutrition programming, feeding a growing population on a global food supply, the influence of nutrition advertisements and food marketing, safety of imported foodstuff, and the priorities of reshaping a healthier Farm Bill. [Register now](#). For a full-listing of this year's discussion panels click [here](#).

Grants:

People's Garden Grant Program: The [National Institute of Food and Agriculture \(NIFA\)](#) has announced the release of the FY 2011 Request for Applications (RFA) for the People's Garden Grant Program (PPGP). This micro-grant is designed to facilitate the creation of produce and recreational gardens in urban and rural areas. The outdoor plot should provide science-based, informal education for participants. Applications can be sent to [Grants.gov](#) by 5 PM on Friday, August 26, 2011. The funding opportunity number is: USDA-NIFA-OP-003503. For more information about this grant, please visit this [site](#).

Sodexo School Engagement grant program: The [Sodexo Foundation](#) and [Youth Service America](#) are accepting applications for the Sodexo School Engagement grant program. Awarded \$5000, grantees will implement service-learning for students to investigate and work with childhood hunger within their area. The program begins on [National Hunger & Homelessness Awareness Week](#) (November 14-20, 2011) through [Global Youth Service Day](#) (April 20-22, 2012). Applicants must be K-12 teachers or adults working with K-12 students in a school or school-based afterschool program. Click [here](#) to view more details about the process.

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).