

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of August 18, 2014

## IMPORTANT PA NEN LINKS

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

[NEWS NIBBLE ARCHIVES](#)

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717.233.1791



## PA NEN News

### **PA NEN is Calling All Local Projects, Graduate and Undergraduates**

The PA Nutrition Education Network invites you to present a poster or materials at the PA NEN Annual Conference on May 4-5, 2015.

Submit a proposal of original research or a successful project/program you have implemented in your community. Nutrition education efforts in PA regarding the low-income population and other suitable topics will be considered. All accepted abstracts will be invited to share information with conference attendees in the PA NEN's Resource Area.

Click [here](#) for an application and more information.

## International and National News:

[A former owner of a large grocery store chain is now looking to sell slightly blemished food for fast food prices.](#)

Ideally, every kid would love to garden. Because that's not always the case, take [these tips](#) to stimulate kids' interest when planting, watering, and weeding!

Celebrities support the [Summer Meals that Rock Campaign](#)! You can see what they're doing [here](#).

A nutrition and public health professional shares his favorite diet through a [slideshow](#) of beautiful foods.

The number of people who can't afford their food hasn't budged since before the recession, according to [this article](#).

[What a statistic! 25% of military families seek food assistance.](#)

Fruits and vegetables support fertility. [See which ones do it best!](#)

Marion Nestle [lists the updates and articles](#) about the new nutrition facts panel proposal.

[The fresh fruit and vegetable prescription pays off!](#)

[Tips to reduce risk of type 2 diabetes in teens](#)

[Other countries are fighting unhealthy food advertising toward kids.](#)

How will we eat in the future!? [Here](#) are some predictions. Here is another, [research-based graphic](#) on the same issue.

[Why do so many people gain 20 pounds over 20 years?](#)

[Many seniors sent in the emergency room are undernourished.](#)

Learn this [public health professional's](#) and a [dietitian's](#) opinions on the recently published research about sodium.

[New sidewalks, bike lanes, and rebuilding our cities and suburbs makes the healthier lifestyle, easier.](#)

[Childhood obesity remains prominent across the nation.](#)

[How does exercise boost pain tolerance?](#)

[Food additives that might affect health.](#)

[Save food to save money!](#)

More emergency food assistance ends up in the hands of hungry Americans in [this study](#).

## Local

**Pennsylvania:** [There is a nut butter recall at select retail stores because of a potential salmonella outbreak.](#)

**Central Pennsylvania:** [The Central PA Food Bank lists their food drive drop-off locations.](#)

**Pittsburgh:** [A local dietitian wants people to respect their produce!](#)

## Resources:

Enjoy safe food this summer with the help of this [infographic](#).

Does eating too much sodium harm you? The debate on the health risks of salt consumption drums on. Here are three recently published studies that complicate the issue. The [first study](#) found that people eating less than 3,000

milligrams of sodium a day had a higher risk of dying. The [second study](#) found that consuming more sodium (along with other factors) increased blood pressure and cardiovascular risk for older adults. The [last study](#) reinforced the second study's findings.

Food safety for older adults can be found [here](#).

Salsa for physical activities! The [Alliance for a Healthier Generation](#) uses this [dance video](#) to get kids moving.

The Center of Disease Control and Prevention promotes [easy-to-follow information](#) about how to get your kids to eat fruits and vegetables.

Reddit hosted a chat with Dr. Steve Cook, a childhood obesity researcher. Though the session is over, you can follow the running comments from the question and answer section at the bottom of [this webpage](#).

The NEEDS center's BONES curriculum is available for older adults. Look [here](#) to find out more.

This past Monday at 2:00 PM there was a [#KidsEatRight](#) Month Twitter chat. Follow this hashtag, [#KERchat](#) to learn what food and nutrition issues they discussed!

Look to this [public health website](#) from Canada about the 5 A's of obesity management for pregnant women.

Login to Facebook before clicking [this link](#). You will then be able to see this infographic about how to mix-and-match an easy and healthy lunch. This picture can also be found on the Action for Healthy Kids Facebook Page.

[Check with MyPlate for affordable shopping tips and other resources.](#)

### **Webinars:**

*NEW*-The National Farm to School Network is hosting a webinar, "Evaluation for Transformation: A Cross-Sectorial Evaluation Framework for Farm to School." It will provide information and guidance for reviewing farm to school program. Additionally, you'll receive lots of key resources. The webinar will be held on August 26, 2014 from 1:00-2:00 PM (ET). Find out all the details at [this website](#).

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

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.

["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.

[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](mailto: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 years 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:

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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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).