

PA NEN - Weekly Food & Nutrition News Nibbles



Week of August 1, 2011

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)



PA NEN News

The Food for Thought Newsletter, Summer Edition is NOW AVAILABLE!

There is an article for everyone! PA NEN topics include: Summer Workshops, Annual Conference, Membership Directory and Quarterly Recap. Other articles include: New Sites Help Children Access Summer Food; What's Influencing Children and Their Food Choices; Seeds for Learning Growing Food & Leaders; Americorps: Year of Nutrition Education; and, Penn State Extension, Nutrition Links - Annual Conference.

Read the newsletter at: http://www.panen.org/Summer2011_Newsletter.

View a 6-pg spread at:

http://www.panen.org/sites/default/files/Newsletter/Food_for_Thought_Summer_2011.pdf

[Only 2 spots left for the Bethlehem Workshop, Stirring Up Change](#)

Open to anyone, PA NEN is offering two, one-and-half-day workshops facilitated by Lynn Fredericks of [FamilyCook Productions](#). Attend this hands-on, action-packed workshop, and you will be able to:

1. distinguish between group cooking techniques appropriate for young children, adolescents and families.
2. identify three hands-on strategies for teaching nutrition fundamentals.
3. provide engaging, interactive cooking demonstrations to all ages in a variety of settings.
4. identify three strategies for using puppetry in early childhood environment to encourage young children to try new fruits and vegetables.

To register and learn more [click here](#).

Vegetable of the Week: [Summer Squash](#)

It's summertime and vegetables are at their prime. Starting today, PA NEN and the SNAC team will highlight a weekly vegetable in our News Nibbles. Dig for all kinds of downloadable, free materials about each veggie by viewing the Newsletters, bookmarks, and much more located on this [website](#)!

This week we're showcasing summer squash. In the heat of summer, eat squash to quench your thirst, as water makes up 95% of this vegetable. Every bite contains Vitamin C, a nutrient that nourishes your bones, muscles, and blood vessels while helping to absorb the iron from your diet. From your garden or market, pick colorful varieties like disk-shaped patty

pan or elongated zucchini. In Pennsylvania, squash is at its prime from May through September.

You can prepare summer squash in so many ways! Try it raw with dip, smoked on the grill, added to baked goods, simmered in soups, sautéed in stir-fries, and roasted in the oven until its delicate skin softens and its flesh sweetens. This vegetable is tastiest when mixed with mild flavored produce like corn, green beans or mushrooms.

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:

[Obesity during pregnancy increases the risk for stroke.](#)

[We have all been in a time crunch when scheming about what to eat. A study reveals how to make the healthier choice the easier choice when weighing out our options.](#)

[If organic fruits do not fit into your food budget, take some helpful hints for cheaper, healthy produce.](#)

[SNAP is a positive influence during hard economic times.](#)

[Alert! Ground turkey is recalled nationwide!](#) View the list of tainted food products [here](#).

[Doctors report that food insecurity rises among young, American children.](#)

[How can you become aware of the nutritional value of packaged food? A simpler food label may be the answer.](#)

[South Asians, an ethnic minority in the U.S., might be genetically predisposed to coronary artery disease because of increased fat stored around their organs.](#)

[Food Safety is especially important during the summer heat. Look to these steps to chill your food to perfection.](#)

Local:

Pittsburgh: [The Director of Health Science and Diversity at Pitt University encourages inner-city high school students to invest in a career of health and wellness.](#)

Philadelphia: [Vending machines display good-for-you food options.](#)

State College: [Hide vegetables within casserole dishes, and kids consume fewer calories without the fuss.](#)

Resources:

[Kids Eat Right](#) presents ample opportunities for parents, teachers, professionals, and other caregivers to volunteer in the area of childhood nutrition. You can, also, view articles, blogs, and educational videos for healthful, tasty hints. Take, for example, [this article](#) that encourages cooking healthy, yet fast family meals; or, maybe your family prefers [dining out](#).

Events:

[Penn State Cooperative Extension's Nutrition Links](#) is sponsoring a sensational annual conference titled, "Health and Wellness in a Changing World". On Monday, September 12, from 10:00 AM to 5:00 PM, professionals within 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 and registration.

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](#).

A teleconference will also be held on August 4, 2011 for more details. At 1:00 PM, interested callers can dial toll-free (888) 858-2144; the access code is 1059897.

Sodexo School Engagement grant program: The [Sodexo Foundation](#) and [Youth Service America](#) are accepting applications for the Sodexo School Engagement grant program. \$5,000 will be awarded to grantees who can 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.

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