

PA NEN - Weekly Food & Nutrition News Nibbles



Week of August 22, 2011

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)



PA NEN News

[5 Spots Remaining for the September Cooking Workshop!](#)

On August 18-19 PA NEN held it's first Stirring up Change workshop and it was a success! You do not want to miss this hands-on, interactive workshop that includes a battle of the chef type grand finale, where you are the chef!

November Workshop: [Fast Food for a Skinny Budget](#)

This workshop will show you how to converse in meaningful ways with any client about which ingredients/equipment to buy and why. You will have the opportunity to work with equipment that delivers food to the table, fast: pressure cookers; immersion blenders and mini processors.

Date: 11/8/2011

Location: Adams County Extension Office

Registration and more information will be available on 9/19/2011.

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 the low income population

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: Corn

I love corn on the cob alongside my other picnic food favorites. Its golden hue shines bright against the tones of any summertime meal. Each plump, kernel bursts with nutrients: vitamin A to protect your skin and eyes, a cancer-fighting antioxidant called ferulic acid, fiber for smooth digestion, and B-vitamins like folate and niacin to improve your metabolism. But, unlike most vegetables, it's starchy—a close relative to grains like rice, bread, and noodles.

Dried, yellow kernels can puff into airy-white popcorn clouds, perfect for an afternoon snack. Rather than choose the buttery, microwaveable popcorn bags; you can pop it from scratch. Start by dropping a 1.5 tablespoon of olive oil into a bowl with 1/4 cup of un-popped popcorn kernels. Mix to coat all kernels. Drop the kernels into a brown paper lunch bag. Roll the opening of the bag so none of the kernels are exposed. Two minutes in the microwave, and you've got yourself a homemade bag of popcorn. Or, try the same proportions of ingredients in a covered pot (in place of the paper bag) over medium heat on a stovetop. When popcorn is ready, sprinkle pinch of black pepper, parmesan cheese, and dried basil for a tasty snack.

Pluck out some more corn recipes and facts [here!](#)

International and National News:

How to rid of hunger, poverty, and obesity in underserved populations is the challenge for 17 grantees as they fight to conquer diet-related diseases by way of bettering local food systems. [The USDA awarded them with money for the New Healthy Food Enterprise award.](#) Soon you will see food hubs, mobile markets, and Community Supported Agriculture revive the health of our nation's urban poor. For more information on the Wallace HUFED Center and their grantees, click [here](#).

[The government bursts NYC's big dream to prohibit sodas on the food stamp budget. The soda companies are overjoyed at this decision.](#)

[To reduce unhealthy eating and exercise habits, a wrist-watch-shaped tracking device monitors body movement and portion control.](#)

[Study: Multivitamins might reduce premature births.](#)

[Can local food systems feed the underserved populations?](#)

[Free and reduced breakfasts boost attentiveness and grades in school.](#)

[A chocolate milk mustache might not be out of the question for school-age kids. With fewer calories and sugar, a healthier recipe has been revealed!](#)

On a limited budget, the [Food and Drug Administration](#) strategizes to protect the public from foodborne illnesses. View their laundry list of goals [here](#).

[Globally, consumers should expect a rise in food costs.](#)

Local:

Philadelphia: [ShopRite is one of many supermarket chains serving in desolate, underserved food deserts.](#)

Resources:

FoodCorps, a novel National Service Program, utilizes young leaders to liberate malnourished youths from unhealthy food environments. You can [join the movement](#) in your area!

Tackling the obesity epidemic is a family ordeal in Georgia's [Strong4Life program](#).

The [Institute of Medicine](#) released this report, "Workshop summary: Leveraging Food Technology for Obesity Prevention and Reduction Effort." Portion controlled frozen meals, sugar and fat reducing technologies, and ways to increase fruit and vegetable consumption are a few of the relevant topics covered. Click [here](#) to view their findings.

September brings high hopes for better childhood nutrition. This month has been dubbed, "National Childhood Obesity Awareness Month." How might you join the cause? For some ideas, look to [this link](#).

As a teacher you can encourage kids to get up and moving. Look for ideas in the "[Let's Move Teacher Toolkit](#)".

Webinar:

NEW-Ground-breaking evidence reveals how our environmental issues, like food availability and policy changes, impact the obesity epidemic. The [Public Health Institute](#) is sponsoring a webinar about this research on Monday, September 12 from 3:30-5:00 PM (EDT). You can join the web forum by [signing up here](#).

[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:

NEW-The [Independence Blue Cross](#) is sponsoring a "Step Out Walk to Stop Diabetes" in Philadelphia, PA. Look here for [registration and more information](#).

[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.

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:

NEW-The Cutting Edge Student Scholarship Program engages rising students in the culinary industry to aid in the end childhood hunger throughout America. [Share Our Strength](#) will work toward this effort by sponsoring this opportunity. Alongside famous chefs, 15 culinary students will be selected for an all-expense-paid trip to experience the Share Our Strength's Conference of Leaders in Baltimore, Maryland, from October 15 to 17, 2011. Students must be currently enrolled as full or part time culinary students for Fall 2011. Applications are due on September 1, 2011. Look to [this website](#) for

more details.

Sodexo School Engagement grant program: The [Sodexo Foundation](#) and [Youth Service America](#) are accepting applications for the Sodexo School Engagement grant program. Awarded \$5,000, 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.

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