

PA NEN - Weekly Food & Nutrition News Nibbles



Week of August 26, 2013

IMPORTANT PA NEN LINKS

SAVE THE DATE!
[PA NEN ANNUAL
CONFERENCE 2014](#)

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PA NEN News

PA NEN's Call for Speakers and Speaker/Topic Suggestions

PA NEN's 2014 Annual Conference, "Nutrition Educators: Nourishing Future Generations One Table at a Time," will be held on April 28 - 29, 2014 in Lancaster, PA. We'll be celebrating all the work that nutrition educators have done and are yet to do! Please visit our [website](#) for more information and to submit a speaker proposal.

SNAC Vegetable of the Month: *Summer Squash!*

Cool and refreshing....No, I'm not speaking about the fan that might be saving you from the summer heat. I'm talking zucchini (known as summer squash to some). It's delicious spiced with your favorite herbs, any way you slice it! I promise the perfect side dish as you cook it slow in a summer veggie casserole, mince it into sweet zucchini bread, or try it stuffed in a veggie quesadilla! Check out our SNAC materials for more helpful information on [summer squash](#) (en [Español](#)). [Don't miss our bulletin board, book marks and tent cards too!](#) Find these materials for every Pennsylvania veggie at this [site](#).

International and National News:

[Less junk food means better school performance.](#)

[One dietitian's bolsters a whole foods approach.](#)

[More schools push out healthy offerings.](#)

[Moms are major influencer when it comes to their children's body image.](#)

[How can we best provide a well-rounded diet to Alzheimer's patients?](#)

Quick refresher! What [foods](#) should gals stay away from during pregnancy? And, [one study's findings encourages pregnant to eat more fish](#)? To prove this point, more research is needed.

[Overeating, is it an addiction?](#)

[Eating right-sized portions of these snacks satisfies diabetics.](#)

["Organic" can fit anyone's lifestyle.](#)

[Tomatoes get modified by science.](#)

[One LA gardener plantsn veggies around the city streets.](#) He speaks about it [here](#).

[It's all about the gut bacteria. One study shows probiotics reduce food allergies.](#) More research is on the horizon!

[One study shows that the glucagon hormone increases satiety in thin people. That hormone might not do the same for overweight people.](#)

[Dietitians jump in talking about what's best to eat before and after exercise.](#)

[If Body Mass Index doesn't measure up, what comes next?](#)

Sticking ["Safety tattoo" stickers](#) on kids alerts others about potential hazzards.

Eggs? Bagel? Toast? These days, [more people take time for breakfast.](#)

[Over half the "tuna" served to us is not really tuna.](#)

[Do healthy smart phone applications make you want you to skip...jump...exercise?](#)

[Kids pack lunch to grab hold of healthy eating.](#)

[One supermarket releases online nutrition classes for a fun way to move kids into the kitchen.](#)

San Jose proposes a ban on soda. Watch what's happening [here](#).

[It's not what or which diet you choose, it's about maintaining a diet.](#)

[New "Lunchables" whiz off the market shelves.](#)

Local:

Philadelphia: [Anti-hunger networks grow where Philly needs them most!](#)

Philadelphia: [The Academy of Nutrition and Dietetics is drafting new diabetes and pre-diabetes dietary recommendations. Local researchers and dietitians helped!](#)

Philadelphia: [Restaurants lower salt in Chinese take-out, and their eaters come back for more!](#)

Resources:

[Jamie Oliver's spins off a creative poppy seed fruit salad.](#)

Check it: "[The Ultimate Guide to Biking & Cycling](#)"

A Pinterest board that follows school meal standards! See some school trays, [here!](#)

Webinars:

NEW-Understanding what "wellness" and "health" means to your listeners will revolutionize your message. Learn tricks from health communication experts with consumer insights. They'll share the best ways to expand your practice in today's community. Join, "The New Wellness Paradigm" webinar from 1:00-2:00 PM (EDT). Pick up more information and register [here](#).

NEW-On Thursday September 5, 2013 from 2:00-3:00 PM (EDT), join the National Alliance for Nutrition and Activity to learn about the new "[Smart Snacks in School](#)" rule, discuss the next steps forward, and hear from a school district that's providing healthy choices for students. Click [here](#) to register.

NEW-Get excited for the 2015 Dietary Guideline! The Advisory Committee will meet October 3-4, 2013, and you can join them! Register ahead of time to watch a webcast of the meeting. Registration opens [here](#) on September 4th. Click [here](#) for the agenda and more.

NEW-The US Department of Education is planning a session with the Food Day campaign to discuss how schools (like yours!) can participate in Food Day this October. Come to the session on Wednesday, September 4th at 4:00 PM (EDT). Click [here](#) to pre-register and to learn how Food Day can help your school.

NEW-September brings National Food Safety Education Month. Start it off right with our [free webinar](#) on Thursday, September 5, 2013 from 1:00 PM - 2:00 PM (EDT).

Registered Dietitian Nutritionists and Dietetic Technicians, review the newest research behind food safety in the home, and learn why it's important for your professions during this webinar, "Germ Warfare: Food Safety at Home, Work and Play." It begins on September 5, 2013 at 2:00 PM (EDT). 1 Continuing Education Credit will be provided to attendees. [Register today!](#)

The National Association of County and City Health Officials holds podcasts about innovative public health campaigns. Watch the recordings [here](#).

No Kid Hungry wants to end childhood hunger community hunger. They hold Google Hangouts every Friday from 2:00-3:00 PM. Check out [one recording](#) for an example.

Are you a member of the Society of Nutrition Education and Behavior ([SNEB](#))? If so, September begins their second go-around of the JNEB Journal Club. This means free, weekly webinars will be held featuring authors from the latest issue of *Journal of Nutrition Education and Behavior*. Hear about research articles, and you can ask questions directly to the researcher. Each one-hour webinar will be broadcasted at 1:00 PM (EDT), and recordings will be made available at a later date. [You can register to attend](#).

How do you design a nutrition and behavior change evaluation for success? On September 11 at 3:00-4:00 PM (EDT), an SNEB webinar will outline the survey development process from analytical methods to more advanced procedures. The webinar is free for SNEB members and non-members. [Register today](#).

Events:

Penn State Extension Nutrition Links Annual Conference is just around the bend. Titled, "Motivating for Lifestyle Change," it's all happening on September 9, 2013 at the Penn Stater Conference Center Hotel, State College, PA. Come see, "You Gotta Have Heart...But Is It Enough?" by Dr. Joye Norris, a nationally known expert and trainer on the dialogue based approach to group learning. She will be conducting this all day workshop. For more information go to this [site](#).

[Philabundance](#)'s Hunger Symposium will be held on September 17th, 2013. This year, they are bringing together different perspectives on hunger. [Click here](#) for the details!

In October, Penn State Cooperative Extension in Cumberland County is holding farm tours in the area. [Check out the event details](#).

[Let's Move Pittsburgh](#) is holding a symposium on November 7. More information will be out soon!

Grants and Opportunities:

NEW-There is a challenge around the corner. To all our Pinterest users, you can pin photos on the Fruits and Veggies More Matters' "Freshen Up & Pin Up" Pinterest challenge board from September 1st-30th. Show how you revamped your meal or snack by making half of it fruit and veggies. The challenge board will be live September 1st. Click [here](#) for details.

The Pennsylvania Hunger Garden located on capitol grounds in Harrisburg, PA? They're looking for garden volunteers. See more [here](#).

School breakfast grant opportunities are laid out on the Action For Healthy Kids [resource page](#).

Do you own a restaurant or run a foodservice facility? Then highlight healthy options on your kids menu for this recipe challenge! Applications aren't due until October 1, 2013. Find out more details [here](#).

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