

PA NEN - Weekly Food & Nutrition News Nibbles



Week of August 29, 2011

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)



PA NEN News

PA NEN Workshops

[September Workshop: 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.

Vegetable of the Week: Potatoes

Meat and potatoes are Pennsylvania's staple comfort foods. Why not emphasize how nutritious this meal might be! Potatoes are a starchy root vegetable that shoots deep into the ground. Farmers dig deep to reach such a hearty base.

If prepared right (not fried nor with all the fixings like melted cheese, bacon, or sour cream), a baked, steamed or boiled potato with its skin is healthy as can be. Vitamin B6 helps repair the body's tissues and fend off heart disease. Vitamin C also rebuilds, but additionally, it enhances the absorption of iron from the meat you're eating. Potassium keeps you hydrated and helps muscles grow strong.

Pair spuds with a healthy lean poultry like skinless turkey and chicken breast. Or, try them slow cooked with carrots, onions, and red meat like slow cooked chuck, round, top round or shoulder. Adding vegetables to any meal will boost your fiber, filling you up on fewer calories while making you fuller, longer.

Dig deep for potato recipes and more information [here!](#)

International and National News:

[The goal of FoodCorp volunteers is to change how children enjoy eating fresh and healthy for the rest of their lives! For starters, they hope to serve 60,000 kids through nutrition education and school gardening initiatives.](#)

[When does eating wholesome food become too healthy?](#)

Are you school foodservice professional involved in the ordering and procurement of food? [The USDA just sent out this request for nutrition information and ingredients ordered by school foodservice professionals.](#) If this fits your job description, your response will provide the USDA with further understanding of the limiting budgetary issues facing school foodservice professionals. Your answer is valued by the policymakers, so respond within the next 90 days!

[Study: Childhood starvation might escalate future heart disease risk. This research gives more reason to nourish our youngsters.](#)

[Child care providers could be key to encouraging healthful behaviors.](#) "Keystone Kids Go" is just one [LOCAL curriculum](#) that can help you get this movement rolling in your area.

[Fast-food chains begin offering fresher ingredients like fruits and vegetables as their competitive edge. Still, some options are not as healthy as ads portray.](#)

[Everyone wants to hear that chocolate might reduce the risk of heart disease.](#) [Here](#), Marion Nestle scrutinizes the studies and their conclusions.

Local:

Pennsylvania: [Check your 4 oz. Vita Classic Premium Sliced Smoked Atlantic Nova Salmon Packages with a sell by date of December 15, 2011. It's contaminated and could have been purchased on or after July 25.](#)

Pittsburgh: [Exercising when you feel your worst? For an easier recovery and better probability of survival, a doctor from Allegheny General Hospital encourages cancer patients to get moving.](#)

Resources:

[You can read the Lancet's articles on the global obesity here. While researching, check out the "Obesity Simulator". On the right side of the page, click on the link to plug your height, weight, desired weight loss, and current activity level. Once all information is complete, your estimated calorie needs will pop out.](#)

To ensure that eligible parents and their kids receive free and reduced lunches, FRAC provides "School Meals Outreach Brochures" in [English](#) and [Spanish](#).

Webinar:

NEW-Mark up your calendars with a line-up of "Measurement Error" webinars on various dates from 10-11:30 AM, ET. You can view the calendar, speakers, and topics at this [link](#). First up, on September 20th, 2011, a representative of the National Cancer Institute focuses on the mistakes of estimating ones dietary needs.

NEW-Start off the school year, all you anti-hunger advocates, parents and nutrition professionals by attending the [Food Research and Action Center](#) conference call series about [Breakfast Matters](#). Join [September 15th](#) and [October 27th](#) at 3:00 PM. In September, the call will focus on the research that supports feeding kids free and reduced school breakfast in the classroom. The follow-up call in October will, in turn, focus on promotional strategies of the breakfast campaign. Click the dates above for more information.

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-You can join the nation to celebrate "National Farm to School

Month" in October! Try some special events to lead the school children towards better health. Let's make this year's events something to brag about! Look to [this website](#) for promotional resources and your state's contact person.

[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 programs, 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](#).

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