

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of August 4, 2014

## IMPORTANT PA NEN LINKS

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

[NEWS NIBBLE ARCHIVES](#)

[NEWSLETTERS](#)

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## PA NEN News

### PA NEN 2015 Conference Updates - Nutrition Educators: Piecing it All Together

- **Save The Date May 4-5, 2015!** To be held at the DoubleTree by Hilton, King of Prussia, PA
- **Registration** to open Winter of 2015
- **NOW ACCEPTING! Call for Speakers** is now available. Click [here](#) for more information and to submit a proposal.
- **NOW ACCEPTING!** Abstracts from **Local Projects, Graduate and Undergraduate Students**. Click [here](#) for more information and to submit an abstract.

Click [here](#) for more annual conference information and updates.

### SNAC Vegetable of the Month: *Cauliflower*

Why did the cauliflower cross the road?

Answer: Because the chicken took the day off!

PA NEN members - who lovvvvves their cauliflower? Then, try adding it to this simple sauté with onion, tomato saute on this [website](#) ([En español](#))

### New Nutrition Job Openings are Available!

Three new jobs have been posted on PA NEN's job opening page! [See if they match your credentials!](#)

## International and National News:

[What's the real value of the farmers market?](#)

[One tree will bear 40 different fruit! Listen in to learn more.](#)

[School lunch policy! It's causing the reformulation of various products.](#)

[The top ten young people making a difference in our food system](#)

[One school works hard to follow the nutrition guidelines for school lunch. See how!](#)

[Parents and caregivers are starting to buy healthier options!](#)

[Lessons learned, resources, and strategies to grow farm to childcare](#)

[A New York City campaign encourages people to use the stairs.](#)

[Find ways to sneak spinach into your diet!](#)

[There is a new gluten free labeling rule from the Food and Drug Administration.](#)

[What's the most prevalent cause of obesity: being sedentary or eating too much?](#)

[Vegetables can save the world for these reasons!](#)

[We're not eating the produce we need!](#)

[What do those egg labels mean?](#)

[An athletic department starts a campaign to end hunger.](#)

[New Mexico requires 20 hours of work for non-parents to receive food stamps.](#)

["Super foods" are but a small part of a well-rounded diet.](#)

[The challenges with voluntary poultry inspection requirements from Marion Nestle](#)

[Nutrition myths, busted!](#)

[How much fast food will kids eat?](#)

[Nosh on bananas for a delicious and nutritious bite.](#)

[How can you stay healthy on a food stamp budget?](#)

[Foods that are common choking hazards](#)

[Watch author, Dan Barber, relearn the meaning of farm to table.](#)

[One nutrition director takes fights hunger and malnutrition in her community!](#)

[Low impact exercise means biking in the pool!](#)

Lose weight as a diabetic. [See what one dietitian recommends.](#)

[12 tips to buying the ripest fruit every time!](#)

[8 must-have tips to reduce food waste](#)

[SDA, a new type of unsaturated fatty acid hits the shelves](#)

The Brooklyn Range touts that it's the biggest urban rooftop garden! [Watch the time-lapse video to see how it was grown.](#)

[Texas transports summer meals to where the kids are located.](#)

[Read about antibiotic resistance in our food supply.](#)

[A disease kills oranges across America. That means, juice prices climbed 19% in 2014.](#)

[Check these non-food celebrations for healthier classrooms.](#)

[Dietitians know all of these things as true.](#)

[Taking a homeless mom grocery shopping was an experience never to be forgotten.](#)

## Local

**Philadelphia:** [New funding will help families in Philadelphia eat healthy!](#)

**Pittsburgh:** [The Farmer's Market Coalition sponsored a poster contest. A Pittsburgh organization won with their sign about EBT availability at farmers markets.](#)

## Resources:

[Find out more about food additives.](#)

Kids Eat Right has a [Back to School "Lunch Box" Pinterest Board.](#)

August brings Breastfeeding Awareness Month. [Here](#) are some good resources to learn breastfeeding benefits and strategies.

[Check this dietitian's video to see how to pace your workout.](#)

[Start a school garden with this resource from Rutgers.](#)

["Grow It, Try It, Like It" is a nutrition education kit made by the US Department of Agriculture that might help kids and families in the garden and at the farmers market.](#)

### **Webinars:**

*NEW*-A webinar on August 7, 2014 at 2:00 PM (ET) will highlight a Grocery Shopper Trends Report by the Hartman Group. From it, you will learn the attitude and behaviors of male shoppers. The audience of these webinar are usually food marketers and people involved in the food industry. However, it is still open to the public. [Register today.](#)

*NEW*-On August 20 at 2:00 PM (ET), learn tactics to encourage clients to maintain after their weight loss regimen is over. How do they keep motivated? How do you personalize a maintenance plan? Find more information [here.](#)

*NEW*-Food hubs expand healthy food access in low income communities. On August 14 at 2:00 PM (ET) join this webinar, "Growing and Funding Equitable Food Hubs: A Strategy for Improving Access to Healthy Food." It will define a food hub, share examples from organizations creating them, and outline considerations before building them. [Get a spot!](#)

*NEW*-The U.S. Department of Agriculture's Food and Nutrition Service (FNS) launched MarketLink, a program operated by the National Association of Farmers' Market Nutrition Programs (NAFMNP). Through Marketlink, farmers markets and direct-marketing farmers can become an authorized SNAP vendor and take advantage funding for low-cost equipment and wireless services. Money is available through September 30, 2014. Answer questions about MarketLink and the money available in this webinar on August 13 from 3:00-4:30 PM. [Register today.](#)

[This podcast](#) from Freakonomics asks if we can bribe our kids to eat! It's an interesting listen, and it challenges the stereotypical view of nutrition education.

[SNAP-Ed Connection keeps a list of recorded nutrition webinars!](#)

A \$25 webinar based module, "Targeted Food Marketing to Youth," is available through mid-September! Lessons are consolidated into 8 modules which you can view at your own pace. This course is here for community based professionals to teach parents, caregivers, and kids ages 8-13 about food marketing strategies and what families can do to counteract these tactics. Once complete, 7 hours of Continuing Education will be provided. Register on [this page](#) under "How do I get started?" Kelly Kunkel will answer any questions over [email](#) or at (507) 389-6721.

"Growing and Funding Equitable Food Hubs" is a webinar to be held on August 14 from 2:00-3:00 PM (ET). You can learn about food hubs

surrounding your community and how these operations make local food more available to everyone. [Register today](#).

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). Click on the following dates to register.

- [August 12](#)
- [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.

The Boiling Springs Triathlon will be held on August 9th from 7:00 to 11:00 AM with proceeds going to Project SHARE to help feed low income families. The triathlon will consist of a 900 feet swim, 16 mile bike ride, and 3 mile run. For more information, visit this [website](#).

Check out Let's Move! Pennsylvania Conference to be held in State College on September 15, 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.

Are you planning to grow fruits or vegetables in your garden this year? [If so, consider planting an extra row and donating the harvest to the Central Pennsylvania Food Bank](#).

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 Stater Conference Center Hotel in State College, PA. Contact [Mary Lou Kiel](#), or call 814-863-3447 for more information.

### Grants and Opportunities:

*NEW*-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](#).

Academy of Nutrition and Dietetic members, researchers at the Academy of Nutrition and Dietetics are conducting this study to identify methods and tools used to classify malnutrition for adults. Take the survey [here](#).

*NEW*-Money is available for a pilot program to bring local produce to school lunch. Find out more information [here](#).

The Robert Wood Johnson Foundation is looking for community initiative and partnerships striving to make everyone around them healthier! Check out the Culture and Health prize money available. Apply by September 17, 2014. For further information, go [here](#).

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