

PA NEN - Weekly Food & Nutrition News Nibbles



Week of August 6, 2012

IMPORTANT PA NEN LINKS

SAVE THE DATE!
PA NEN ANNUAL
CONFERENCE 2013
APRIL 30TH-MAY 1ST

[NEWS NIBBLES](#)

[NEWSLETTERS](#)

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PA NEN News

2013 Annual Conference Call for Speakers and Topic

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. Conference dates are April 30 – May 1, 2013; and the conference will be held in Harrisburg, PA.

Some of these might include:

- How physical activity and good nutrition go hand in hand
- How to motivate 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 and how they've impacted the low income population

Help make the 2013 Annual Conference even more successful than 2012! Don't delay; the deadline is October 1, 2012. 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.

SNAC Newsletters:

Are you looking for fun, educational nutrition materials? Look no further! PA NEN has your solution, [S.N.A.C. Vegetable Pamphlets](#)!

Vegetables are fresh and poppin' out of the garden! Inspire and educate your clients through these [S.N.A.C. Pamphlets](#) that include recipes, educational games and newsletters that will guide them while handling and cooking these tasty treats!

All featured vegetable newsletters are also available in Spanish.

If you have any questions, please contact afranken@phmc.org at 717.233.1791.

Let's Eat Together PA!

PA NEN believes that cooking and sharing meals together—with family and friends—is a vital step towards a healthier Pennsylvania! That's why we're piloting our campaign, "[Eat Together PA](#)," in Allegheny, Tioga and Lancaster counties.

Even you can follow our lead as we invite SNAP-eligible families to join together and eat! Check out our family breakfast website—www.EatTogetherPA.org—to find:

- food shopping tips
- budget-friendly recipes
- meal planning resources

Click the "[Nutrition and Health Educators](#)" tab (on the upper-right-hand-side of the website) for curriculums and educational resources to teach nutrition to the entire family.

Throughout this year, PA NEN's "[Eat Together PA](#)" campaign will walk you through each meal—breakfast, lunch, dinner and snacks—while featuring opportunities to encourage families to dine healthier and affordably!

If you have any questions or comments about the campaign, you can call the office at 717-233-1791 or email afranken@phmc.org.

International and National News:

[Who are food stamp users?](#)

Different baking flours contain different nutrients. See all the varieties and their healthy benefits [here](#).

[When dieting, why do calories matter?](#)

[Even modest weight loss has lasting, positive effects!](#)

[A nutrition educator for the Illinois Extension Office is releasing a program helping people make a great family choice for healthier kids and parents.](#)

The Food and Drug Administration ([FDA](#)) considers labeling "added sugar" to process food nutrition labels. Supporters and those who oppose present their opinions on [this site](#).

[A study shows the lifestyle factors correlated with a higher weight status.](#)

[Blocking a genetic protein stops mice from gaining weight.](#)

When focusing on childhood obesity reduction, we can treat the child and

their family too! [A multidisciplinary team focuses on this approach by utilizing community resources!](#)

[Bolivia discards Coca-Cola products for 6 months.](#)

[Ordering food online may cause people to buy and eat more.](#)

[Let's get to know the production system that causes our food to get more expensive.](#)

Here's more on the Olympics!

- Just envision Michael Phelps' 12,000 calorie diet. Well now you can! Look to [this article](#) to view a creative display of what Olympians eat on a normal day.
- [Some people frown upon fast-food advertising during the Olympics!](#)

Local:

Derry Township: [Midstate school cafeterias prepare for healthier lunches in the upcoming year.](#)

Philadelphia: [Check out the farm in West Philadelphia!](#)

Resources:

The [American Journal of Preventive Medicine](#) printed a couple of good articles. See the text by clicking on the links:

1. ["Diabetes Prevention Research: A Systematic Review of External Validity in Lifestyle Interventions"](#)
2. ["Food Choices for Minority Low Income Employees, A Cafeteria Intervention"](#)

Check this [fancy website](#) with steps for at-home food safety tips.

[Healthy Dining Finder](#) can assist people to make healthier and tastier decisions while going out to eat. Skim through their dietitian approved menu items and accurate nutrition information.

Click through [this outline](#) to view this downloadable book, "Six Arguments for a Greener Diet", from the [Center of Science for the Public Interest](#)

Events:

NEW-This weekend, is your family around the Philadelphia area? Do you have kids between 7-16 years old? Then you can encourage them to join [Triyouthalon](#) on Saturday for their Cobbs Creek Park Youth Triathlon & Duathlon! Look to this [webpage](#) for more details about registration.

NEW-Registered Dietitians, dietetic students and Dietetic Technicians: Eat, greet and talk nutrition at this year's National Food Nutrition and Conference Expo. This year it runs from October 6-9th in Philadelphia, PA. Find out everything at [this site](#), and [register today!](#)

Penn State Extension Nutrition Link's annual conference, "Reaching and Teaching Today's Diverse Families," will be held at State College, PA on September 18th from 8:00 AM-4:45 PM. Look [here](#) for more information and registration.

Might you want to clear your calendar for November 6th at 7:00 PM? Dr. Linda Karges Bone will be giving a talk entitled, "Poverty Stress & the Brain," in the Sill Board Room of the vonLeibig Center for Science on Juniata's campus (find the campus map [here](#) and directions [here](#)). She'll be showing how poverty and stress reduce brain functioning, hamper creativeness, and stunt people's ability to make healthful choices. Begin to understand the physiology behind this process, and leave with ideas to work with low income populations. There's another interesting session titled, "Aging and the Brain" the next morning at 10:00 AM too! Look [here](#) or contact Rosalie Rodriguez at rodriqr@juniata.edu or (814) 641-3125 for the details.

Grants and Opportunities:

NEW-To make the [Philadelphia Dietetic Association](#) more accessible to up-coming dietitians, the association posted scholarships for dietetic students and interns in the Philadelphia area. Additionally, look to the available awards for practicing dietitians! If you're qualified, you don't want to miss these [opportunities!](#)

NEW-This [Kids Eat Right Mini-Grant](#) provides an opportunity for [Kids Eat Right](#) members to use this campaign's toolkits. Twenty-five, \$200 grants are available to registered dietitians (RDs) to give two presentations from September 10-November 16, 2012. [Applications are due](#) August 24, 2012 and awards will be announced September 10, 2012.

[HealthierUS School Challenge's](#) accomplishments [exceed expectations](#) awarding more than 3,717 schools in 48 states that teach and serve healthy options to school children. [Find out more](#) about the challenge! Also, click [here](#) to learn about the HealthierUS School Challenge monetary incentives! The criteria and online application can be found [here](#).

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