

PA NEN - Weekly Food & Nutrition News Nibbles



Week of August 8, 2011

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)



PA NEN News

Vegetable of the Week: Bell Peppers

They're sweet, they crunch and they juice-up a meal. Some people might think them Christmas ornaments with their brilliant shades of glossy green, red, and yellow radiantly adorning the plant from which they grow. But unlike holiday decor, bell peppers bring delicious flavor along with good cheer.

This veggie accents many Mexican dishes; and rightly so, as they're native to Mexico, Central, and South America. Try to roast them sweet, or chop them into stir fries, fajitas, or chilled vegetable platters. You can be thrifty and buy them now—fresh at market or on grocery store shelves. Like other produce, try not to fall for peppers with discoloration, wrinkled skin, or holes. Instead, brighten ¼ of your dinner plate (as recommended by www.ChooseMyPlate.gov) with the spirited colors of firm bell peppers.

Weed through more information on your favorite summer veggies [here!](#)

PA NEN Board of Directors Name Change

There is still time to send in your comments regarding the PA NEN Board of Directors name change to PA NEN Board.

PA NEN Members can contact Julie Davis Bartol at jbartol@phmc.org with their feedback before August 24, 2011. You can also contact her for more details.

International and National News:

A [study](#) confirms that healthy eating is more costly. Who's to blame for people's attraction to cheaper, unhealthy foods? [Do we, the buyers, control our food choices; or is it the responsibility of government, industry, or everyone in-between?](#)

[Marion Nestle's take on a "healthier" McDonald's Happy Meals](#)

[Britain hopes to train primary care physicians within obesity prevention.](#)

[Farmers' Markets evade every corner of the United States.](#)

[Food labeling and all its follies](#)

["Mindlessly eat better," emphasizes Cornell researcher Brian Wansink, PhD.](#)

[Cultural awareness is just the first step to personalizing diabetes education. Factors like current eating habits, food trends, cooking ability, food availability and limited time all influence eating patterns. Diabetes counselors can try to take these factors into account.](#)

[Can babies remember what they eat even before they are born? A study discovers that prenatal diet may play a role in babies' food preferences.](#)

Local:

Pittsburgh: [Milk production halted when 10 people were sickened from bacteria in Brunton Dairy Products.](#)

Philadelphia: [A new kind of school food for inner-city students](#)

Lancaster: [There's no place like home, except when you don't have a place to call home. In Lancaster County, a rising number of children are left to the streets, campgrounds, or other public facilities.](#)

Resources:

The [Union of Concerned Scientist](#) published this report, "[Market Forces: Creating Jobs through Public Investment in Local and Regional Food Systems.](#)" It is derived from 75 articles documenting the pros and cons to current food system standards while suggesting areas of future development. Proponents of local and regional food systems will find this report a strong resource to support their cause.

[Study: Health Claims on sugary cereals, fatty packaged goods, and salty processed foods; do they push better food choices into the offing?](#)

[Save the date! This week has been declared National Farmers' Market Week.](#)

Webinar:

[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. Participants will receive Continuing Education Credits.

Events:

[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 (Eastern Daylight Time), professionals within 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: <http://www.cvent.com/d/9cqnn3>. 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.

Grants:

NEW Healthy Breakfast Toolkit and Mini-Grants: Kids Eat Right is creating a teaching toolkit to be available this fall. It's called, "Healthy Breakfasts" and is made with elementary, middle, high school, and community based educators in mind. You can access the toolkit with the help of a \$200 [RD mini-grant](#). Recipients will give two presentations from the toolkit between September and November. Please see the [application](#) due August 12, 2011.

People's Garden Grant Program: The [National Institute of Food and Agriculture \(NIFA\)](#) has announced the release of the FY 2011 Request for Applications (RFA) for the People's Garden Grant Program (PPGP). This micro-grant is designed to facilitate the creation of produce and recreational gardens in urban and rural areas. The outdoor plot should provide science-based, informal education for participants. Applications can be sent to [Grants.gov](#) by 5 PM on Friday, August 26, 2011. The funding opportunity number is: USDA-NIFA-OP-003503. For more information about this grant, please visit this [site](#).

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.

© Copyright 2009 PA NEN | www.panen.org | 717.233.1791

Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, an entity of The Pennsylvania State University's College of Health and Human Development, as part of USDA's Supplemental Nutrition Assistance Program (SNAP).