

PA NEN - Weekly Food & Nutrition News Nibbles



Week of December 12, 2011

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)



PA NEN News

Win a FREE Registration for PA NEN Annual Conference

Reminder! Win FREE Registration for PA NEN Annual Conference! Our annual conference is bigger and better than ever; and to think, you could join the festivities for FREE! To enter the PA NEN's raffle for this free registration, become a Pal of PA NEN on Facebook. To do so, click the Facebook button on the left sidebar; log-in to your account then press "like" on our Facebook page. You can also type, "Pals with the PA Nutrition Education Network" into the Facebook search bar; once you arrive at our page, click "like".

Are you already a Facebook Pal but not a member of PA NEN? [Join for free](#) today!

PA NEN Social Marketing Committee's Family Meals Campaign

What is the Campaign?

This campaign is well on its way to promoting family dinners, eating together and nutrition for the SNAP-eligible populations. It will do so through a variety of social marketing venues (i.e. direct mailings, posters, text messages, a website, billboards and much more). This is a 2012 pilot project in Allegheny, Lancaster and Tioga counties.

Campaign Update:

- Four families will be photographed for all campaign materials. The photography is in full swing with two of four featured family photos completed.
- In each target area (Lancaster, Tioga, and Allegheny counties), we continue developing relationships with community organizations to spread the word about the campaign. We will continue networking with County Assistance Offices, food pantries, WIC offices and other services for SNAP-eligible Pennsylvania families.
- PA NEN finalized a date in 2012 with Lancaster WIC in order to introduce the campaign and materials to their staff. We will connect with other WIC clinics in target areas through our state WIC contact.
- A meeting was held with Steege/Thomson, an advertising agency, and

PA NEN to determine details for the mobile messaging campaign. Text messages will share nutritious recipes and tips to get families around the dinner table.

- Other goals include the completion of photography, supplemental materials and beginning the text message campaign mentioned above.

How can you help promote family meals?

Do you work for a County Assistance Office, food pantry or another nutrition program within Allegheny, Tioga or Lancaster counties? Would you be interested in promoting PA NEN family meals materials in the near future? Please call PA NEN office at 717-233-1791 or email Amanda, our Community Nutritionist, at afranken@phmc.org for more information.

Only Two Remaining Vendor Spots for the 2012 Resource Area

Does your organization want to be a vendor at the PA NEN 2012 Annual Conference? Do you have a suggestion for possible vendor?

If so, act fast, as there are only two vendor spots left. These spots will be given on a first come/first serve basis. To be listed in the brochure as a 2012 vendor, we will need to receive your complete vendor form and payment by Monday, December 19. The vendor form is available online by clicking [here](#).

SNAC Vegetable Pamphlets

Vegetables. Tricks to making them tasty can be found in our [free, downloadable resources](#). Whether you're revisiting these resources or you're a first-time user, all PA NEN members are welcome to utilize the kids' activities, recipes, and more! Dig in, eat your vegetables and spread the word!

International and National News:

Rumors spread that Mrs. Obama's [Let's Move](#) Campaign in 2012 will refocus on physical activity rather than nutritious food. These rumors prove untrue. Look [here](#) for details.

[Daily physical education and recess might become mandatory in schools to get kids moving.](#)

[SNAP funds could be used more wisely in some states.](#)

[Everyone deserves a meal for the holidays. After Christmas, this school will be holding parenting classes with supplemental meals for attendees](#)

[and their families.](#)

[Kids' cereals are packed with sugar.](#)

[The world food prices are falling.](#)

[Healthier options reduce vending machine profits.](#)

Local:

South Central Pennsylvania: Are you located in South Central Pennsylvania, and do you want to get involved in food movement? Your food shed needs help from you, your organization or your family and friends! Take this [Action Planning Survey](#) to brainstorm how you might reduce food insecurity and availability within the area. This survey will circulate through the region to develop the most comprehensive list of ongoing activities, needs, barriers, opportunities and hopefully new partners to continue the development of a local food system within the South Central PA food shed.

Pennsylvania: [An undeclared milk allergen in "Uncle Ben's Whole Grain White Rice Garden Vegetable" gives cause for a recall. Look here for sell-by dates and label information.](#)

Philadelphia: Katherina Rosqueta, the executive director of the [Center for High Impact Philanthropy](#) at the University of Pennsylvania believes that [donating money is more effective than donating canned goods during holiday food drives.](#)

Pittsburgh: Nutrition is at the forefront of the [Greater Pittsburgh Community Food Bank's](#) program, "[Produce to People.](#)" Read more [here!](#)

Resources:

A new [report](#) was released by the [Environmental Working Group](#) outlining the maladies of sugary cereal consumption for children. Other tools and information can be found [here](#).

Over the past decade, the Food Research Action Center ([FRAC](#)) analyzed families' ability to afford healthy meals. Look here for the [report](#).

High school students are not eating enough fruits and vegetables. [Here's](#)

[the study](#) to prove it. The article begins on page 1583.

The National Food Safety Educator's Network releases an electronic journal about food safety in the News. You can also subscribe to monthly updates [here](#).

Computer connoisseurs and health professionals joined together to create materials outlining the influence of the Farm Bill on the American diet, hunger, health, political agenda and more. Look [here](#) for the resources that gained the most praise.

Webinars:

Are you interested in Farm-to-School programs and school gardens? Then this webinar is for you. [The School Nutrition Foundation](#) and USDA's [Food and Nutrition Service Food Safety Division](#) hosted a webinar entitled "Applying Good Agricultural Practices (GAPs) to Farm-to-School and School Gardens" on October 12. View the recorded webinar and supporting resources [here](#).

Events:

NEW-Many people participated in the national Cooking Matters Recipe Contest! The first round of winners were chosen; the results are [here](#). Now it's time for the second recipe submission. This opportunity will run until Wednesday February 29th. Submission forms can be found [here](#). Recipe categories include: homemade food that could replace packaged food like Hamburger Helper, healthy Italian dishes and spring holiday meal suggestions.

NEW-The U.S. Surgeon General announced a chance for developers of phone applications to tailor their apps towards people who are not so tech savvy. Dubbed the [Surgeon General's Healthy Apps Challenge](#), the goal of the competition is to create a health-focused smart phone app that encourages nutrition and physical activity. This opportunity will be open until December 30th, 2011. Winners will be named in January of 2012.

Awards and Grants:

NEW- Are you looking for funds to begin a school garden? Well you're in luck! [FoodCorps](#) and the [Whole Kids Foundation](#) raised money for up to 1,000 school garden projects in the upcoming school year. Nationwide, \$2000 grants are available for schools and other communities. Applications are due on December 31st. Check out [this site](#) for selection criteria and other information.

On January 17, 2012, applications for a \$500 dollar Youth grant will be due. The [Youth Service America](#) and the [Sodexo Foundation](#) will provide one hundred grants for community-based, anti-hunger projects planned for America's youth on [Global Youth Service Day](#) (April 20-22, 2012). Look to [this site](#) for more information.

Research is needed in the area of childhood hunger. The [Center for Poverty Research at the University of Kentucky](#) is looking to understand the implications of policy among hungry children in the United States. They will provide \$100,000-\$250,000 grants to participating researchers. Letters of intent are due on December 15, 2011 and full proposals by February 3, 2012. Click [here](#) for more information and to view previous awards.

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