

PA NEN - Weekly Food & Nutrition News Nibbles



Week of December 16, 2013

IMPORTANT PA NEN LINKS

SAVE THE DATE!
[PA NEN ANNUAL
CONFERENCE 2014](#)

[NEWS NIBBLES](#)

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PA NEN News

Get a Jump Start on the 2014 Annual Conference!

Registration may not open until 1/7/2014, but take a sneak peek at our exciting lineup for 2014. You can view all sessions and speakers by clicking [here](#). Simply click on the session title for a complete description and to learn more about the presenter.

You will be receiving the complete brochure in your mail box the second week in January. Be sure to be on the lookout for it!

PA NEN's Resource Section

Are you looking for nutrition resources to use with your clients? PA NEN's [Resource Section](#) includes [materials](#) for preschool age to older adults. It also provides [webinars and recordings for Nutrition Education Professionals](#). For more information, 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 Vegetable of the month: Rutabaga

Brrrr...December brings a winter chill. But, freezing temperatures don't stop the almighty rutabaga! Warm yourself by roasting it with garlic, rosemary and chicken broth. Boil it soft with hardy veggies like carrots or parsnips. Balance it's unique flavor with a touch of citrus. See these recipes, cooking and storing tips, and much more in our [Rutabaga Newsletter \(En Español\)](#)! We also have bookmarks, tent cards, bulletin board postings and more at this [site](#)!

International and National News:

[Elementary school kids interview their farmer to learn what is grown for school lunch. Adorable!](#)

[Exercising while pregnant develops newborns' minds.](#)

[An online magazine highlights how one school is keeping lunch local.](#)

[It's for these reasons that Farm to School continues to change the way our food system works.](#)

[You can apply for Supplemental Nutrition Assistance Program \(SNAP\) over an app.](#)

[It's time for a program to combat weight-based bullying.](#)

[How do dietitians feel about functional fiber which is lab-made and injected into foods to boost fiber levels on the nutrition facts panel? Does it have the same benefit as fiber found in whole foods?](#)

[Take this year's top diet and fitness stories for inspiration.](#)

[Exercise over the holidays!](#) Make it fun with the whole family! Get inventive with [these ideas](#) and [these](#) too!

[Politicians start discussions about 2015 Childhood Nutrition Bills.](#)

[80% more kids eat their fruits and vegetables when they are rewarded for it.](#)

[Small dietary changes can make a huge difference!](#) This [article](#) expands on the research.

[Chefs take over the lunch room.](#)

[The Renegade Chef brings her issue with processed foods to the forefront.](#)

[One athletic trainer opens up about her struggles with weight and addiction. She utilizes her previous issues to train others.](#)

[Go out and eat the healthy way.](#)

[How does behavior change happen? A professional walks through each step in this video!](#)

[Supplemental Nutrition Assistance Program Education and Obesity Prevention \(SNAP Ed\) builds the economy and the health of everyone!](#)

Local

Philadelphia: [Poverty and hunger strikes everywhere.](#)

Pittsburgh: [Overcome those holiday cravings.](#)

York: ['Tis the season to be giving, so someone gave a building to the York Food Bank.](#)

Resources:

This [Congressional Research Service Report](#) shows that the local food system plays a vital and growing role in our food system.

For 2012, Women, Infants, and Children (WIC) participant demographic data and nutrition risks are outlined in [this report](#). Click here for the [expanded report](#).

How fast do kids scarf down food? About 20% of elementary school kids have 15 minutes or less to eat for lunch. This statistic comes from [a poll](#) led by the Robert Wood Johnson Foundation, NPR and the Harvard School of Public Health. See the news story [here](#).

The US Department of Agriculture's SNAP-Ed Connection updated their "[Healthy, Thrifty Holiday Meals](#)."

Check out the status of hunger and homelessness in American cities in [this report](#) from the US Conference of Mayors.

[What nutrients can you find in a half cup of veggies and beans?](#) [This list](#) shows how you can store them.

Check out the Edible School Yard's [discussion forum](#) on low tunnels for gardens.

An [infographic](#) from the Center of Disease Control and Prevention (CDC) shares how the sizes of fast food meals grew.

[Nutrition fact sheets for collegiate athlete](#)

If you couldn't join the US Department of Agriculture's [#HealthierNextGen Twitter Chat](#) yesterday, you can search out [the hashtag](#). You'll learn about various resources and ways to give to people relying on food banks, shelters, soup kitchens, super cupboards through the holiday!

Webinars:

NEW-“Tools to Create Social Change through Youth Farming and Gardening” is a webinar on January 7 at 4:00 PM (EST). Food Project and Grow Dat Youth Farm will share their tools to impact education with garden learning. Look [here](#) for registration and more information.

NEW-Visit the National Farm to School Network's archive of "[Lunch Bites](#)" [webinars](#). The recordings are approximately 15-30 minutes long and focus on bringing local foods into schools.

This [recording](#) is from Cornell Cooperative Extension. It's called, "Eating Well on a Budget." Gain ideas for your classes, and learn more about stretching the food dollar.

The Nebraska Cooperative Extension office recorded online diabetes education classes led by health professionals. You can listen to each recording [here](#). Under each link you will find presentation and handouts from each session.

The Society of Nutrition Education and Behavior (SNEB) lists recorded webinars that were previously presented. Webinars are free to members but may cost \$25 for non-members. Email info@sneb.org with the title of the sessions you wish to purchase. Continuing Education Credits are available within a year after the original date of the webinar. Email, [Rachel Daeger](#) from SNEB for Credits and more information. Click [here](#) to see the list of recordings.

You'll find a list of webinars from the National Cancer Institute that focus on the Nutrition and Cancer prevention. Look to the recordings archived on [this site](#).

It's important to be able to communicate your message well! Learn how to talk science in the most effective way. Join this webinar, "8 Steps to Becoming a Reporting Rockstar," on December 19th from 1:00-2:00 PM (EST). This webinar is free to members of the Society for Nutrition Education and Behavior, but the cost for non-members is \$25. One Continuing Education Credit will be provided to participants. [Register today!](#)

Check out these free webinars for farmers interested in sustainable agriculture. These forums focus on anything from how to begin farming, to legal issues, to how to host farm events. Dates and more registration information are [here](#).

Events:

NEW- The Institute of Medicine (IOM) Roundtable on Obesity Solutions will be happening on January 7th in Washington, DC and on webcast. Get more information [here](#).

During the holidays you can donate food to Lancaster CAP Child Care families! Here are some donation ideas: ham, turkey, canned goods, and boxed stuffing. Email [Allison Troutman](#), Director of CAP Child Care for more information or call at 717.299.7388 ext. 3015.

The second meeting of the 2015 Dietary Guidelines Advisory Committee, originally scheduled for October 3-4, 2013, is scheduled for January 13-14, 2014. This meeting is an incremental step towards developing the 2015 Dietary Guidelines. Health professionals and paraprofessionals are welcome to attend in person and over a webinar. When available, more

information will be posted [here](#).

The 2014 ASNNA Annual Meeting will be held in Washington DC February 10-13th. It will be held at the Arlington Hilton. During this conference, enjoy interactive sessions, network with heads of various nutrition organizations, and see what's new in the nutrition field. Registration materials and conference information can be found at [this site](#).

The Food Research and Action Center and Feeding America are holding the National Anti-Hunger Policy Conference on March 2-4, 2014 in Washington, DC. For hotel, travel, registration and more information, [click here](#). You can also join the Twitter conversation: #hungerpc2014.

Save the date for the Central Pennsylvania Food Bank's event, Soup and a Bowl. It's in Williamsport on Friday, February 21st, 2014 and in Harrisburg on Monday, March 17th, 2014. For more information, visit this [link](#).

Grants and Opportunities:

Fuel Up to Play 60 is launching the "Make Your Move" campaign to inspire students to get 60 minutes of play a day. Learn more about the opportunity by watching [this video](#).

The US Department of Agriculture released a grant for Value Added Producers. This grant applies to farmers, ranchers, fishers, and agricultural harvesters. See if this grant applies to you [here](#). Also, here is a [guide](#) to help you apply for the grant.

General Mills Champions for Healthy Kids Partnership Doubles Grants for 2014 provide \$1 million in annual grants for nutrition and physical activity programs implemented by 501(c)3 charities with a registered dietitian nutritionist on staff. See more details about this grant at [this site](#); however, you must be a part of the Academy of Nutrition and Dietetics.

The Academy of Nutrition and Dietetics Foundation offers leadership recognition and monetary awards for continuing education, international and program development. You must be a registered dietitian nutritionists and a member of the Academy of Nutrition and Dietetics to receive these grants. Applications are due February 1, 2014. Find out more details about each grant at [this site](#).

Develop your story, and grab a camera! This contest is searching for a short film on food, farming and sustainability due on February 14, 2014. Check out the details at [this site](#).

The Academy of Nutrition and Dietetics will offer nine scholarships of \$4,500 for college students who want to be a food safety advocate across their campus. Applicants will also spread messages outlined by the Academy's "Home Food Safety" campaign. Learn more about the application and further opportunities at [this site](#). The application deadline is February 1, 2014.

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