

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of December 17th, 2012

## IMPORTANT PA NEN LINKS

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

## NEWS NIBBLES

## NEWSLETTERS

**CONTACT PA NEN**  
**717.233.1791**



## PA NEN News

### Get a Jump Start on the 2013 Annual Conference!

Registration will not open until 1/2/2013, but get a sneak peak at our exciting line up for 2013. View all sessions and speakers by clicking [here](#).

Expect the complete brochure in your mailbox the first week in January, so be on the lookout for it.

### NEW for 2013 - Local Projects to be a Part of the Resource Area!

You asked, and we delivered! There were many requests on the 2012 Conference Evaluations for Local Projects to be included in the Resource Area. The committee reviewed numerous submissions and invited the following organizations:

- The Food Trust, James Wells Kwele, Project Coordinator: TBA
- Project SHARE of Carlisle, Robyn Wampler, Nutrition Educator: Food Box to Full Belly - How to Make the Most of Your Pantry Box
- Rutgers, The University of NJ, Debra Palmer, PhD: TBA
- Vida Charter School/Adams County Food Policy Council, Audrey Hess, RD, Graduate Student: Healthy Options for Families in the Food Gap

Be sure to check out the complete list of vendors by clicking [here](#).

There are currently no vendor spots remaining. If you would like to be placed on a waiting list, please email [Rose](#) or call the office at 717.233.1791.

### SNAC's Vegetable of the Month: Sweet Potatoes

What fluffs perfectly; can hide all winter in dark, cool pantries; and brightens up the table with an orange hue? You guessed it: the almighty *sweet potato*! Whether you boil, bake or microwave this veggie, feel assured that it always cooks smooth and tasty! Pair its sweetness with savory dinner dishes or highlight its honeyed flavor with warm cinnamon-like spices. Get more recipe ideas and nutrition facts about the sweet potato at this site.

## International and National News:

[How much of a food allergen can eaters tolerate?](#) The Food and Drug Administration determines these levels to ease the process of recalling an unintentional or mislabeled allergen, which is [considered a costly problem today](#).

Malnutrition is too common in cancer patients. Their food doesn't taste the same, a small appetite keeps them eating snack-sized meals, and being sleepy means they're not inspired to cook. See strategies for making food more appealing [here](#).

[Kids fill up on healthy food.](#)

[Food justice: How can everyone get a hold of good food in tough times?](#)

[Regardless of how much money they make, people need to buy and eat better.](#)

[The Supplemental Nutrition Assistance Program \(SNAP\) benefits recipients and the food stores in which they shop.](#)

[People might start eating well with price reductions on the healthy choice.](#)

[Talk to your kids about fast food.](#)

[Exercise during the holiday!](#)

[Watch the journey of one overweight child who lost 66 pounds.](#)

[Fitness parks become trendy in urban areas.](#)

[Overeating children could be more likely to abuse drugs.](#)

[Indulge \(just a little\) during the holidays.](#)

[Age healthfully!](#)

[Obesity rises in the U.S. Latino population according the America's Health Ranking Report.](#)

[Wow, check out 10 reasons why supermarket dietitians help shoppers!](#)

[Take a quick tip on non-food ideas for your kids' holiday parties.](#)

[A computer system assists school cafeterias make healthy food that kids like.](#)

[The number is rising. More and more soldiers fail fitness tests.](#)

[A smartphone application might identify food allergies.](#)

[Yo-yo dieting comes with severe health consequences.](#)

[Obesity tops hunger as a major global health problem.](#)

### Local:

**Philadelphia:** [Childhood obesity rates drop in cities across the nation—including Philadelphia!](#)

**Pittsburgh:** [It's time to rid of food deserts in our state.](#)

### Resources:

Generations United created a hunger [report](#) which touches on current U.S. hunger statistics throughout the nation and ways to counteract the issue. [Read a study about how and what school kids ate in 2009-2010.](#)

Holidays bring cooking time for the whole family! Try [these kid-friendly recipes](#).

Public health officials and nutrition educators should strive to improve their communities' health outcomes. Identify high risk areas in [Pennsylvania's 2012 health rankings](#).

Food Day 2012 events spread across the nation. See pictures [here!](#)

Conjure ideas for lesson plans, activities and healthy messages from the [Energy Balance for Kids' Newsletter](#).

How do Americans grocery shop? [Check out the report](#) and [two page summary](#) on their food choices.

[Maintaining a healthy heart could be easier with this online tool.](#)

[Introduce fresh fruits and veggies to your food pantry.](#)

[Find a tastier and better drink than soda.](#)

[Coming soon: healthy vending machines with good-for-you snacks](#)

## Webinars:

As your schedule allows, you can listen to the recording of a previous webinar titled, "[Public Support for Food Stamps](#)."

The Journal of Nutrition Education and Behavior ([JNEB](#)) from the Society of Nutrition Education and Behavior ([SNEB](#)) will be starting a Journal Club—weekly webinars featuring authors from the latest nutrition journal. During the webinars the researchers will review and discuss their articles, while students will have an opportunity to ask authors questions. Each hour-long webinar will be broadcast to participating classrooms across the country at 1:00 PM (EST). The first series will focus on childhood obesity. Please register for each session individually at this [site](#).

## Events:

*NEW*-The winter 2013 Association of SNAP-Ed Nutrition Networks and Other Implementing Agencies ([ASNNA](#)) Conference will be held in Arlington, VA on February 4-7, 2013. Early bird registration prices end January 4, 2013. The last day to register for the conference is January 15, 2013. All the information resides [here](#).

The [Academy of Nutrition and Dietetics](#) will be holding a nutrition and food policy workshop, "Become the Voice of Nutrition: 2013 Public Policy Workshop," on March 10-12th, 2013. If you're a Registered Dietitian, Dietetic Technician, dietetic intern, or a student, you are invited to join the workshop in Washington DC. [You can register today](#).

Register for the 2013 National Anti-Hunger Policy Conference on March 3-5, 2013 at the Capital Hilton in Washington D.C. Find information about the hotel, prices, and updated agendas at [this site](#).

The benefits of a healthy family dinner abound. Check out [The Family Dinner Conference link](#) to get all the details.

The 6th annual Rooting DC Conference will be held on Saturday, February 23rd, 2013 at Wilson High School in Washington D.C. New and seasoned gardeners can attend this free gardening forum to share information and skills to grow a healthier community. Mark your calendars! More information to come.

## Grants and Opportunities:

The Society for Nutrition Education ([SNEB](#)) wants your research posters and abstract submissions for their August 2013 Conference, "Moving from Good to Great!" To see more information, review the links and application on this [site](#).

"[Fuel Up to Play 60](#)" is a program founded by the [National Dairy Council](#) and [NFL](#) that encourages students to take charge in making small changes

at school. Students can win cool prizes, like an NFL player visit or Super Bowl tickets, for making healthy choices. Is your school interested in making these good-for-you changes? Then look [here](#) for funding opportunities to boost you along!

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