

PA NEN - Weekly Food & Nutrition News Nibbles



Week of December 2, 2013

IMPORTANT PA NEN LINKS

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

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PA NEN News

The 2014 Call for Abstracts/Local Projects is back for 2014!

PA NEN invites you to [submit a proposal](#) of original research or a successful project/program you have implemented in your community. Applicable topics involve nutrition education efforts in PA regarding the low-income population. Other suitable topics will be considered. All accepted abstracts will be invited to share your information with conference attendees in the Resource Area.

Annual Conference Vendor Application:

Does your organization want to be a vendor at the PA NEN 2014 Annual Conference? Do you have any suggestions for possible vendors? Look [here](#) for more information!

PA NEN's Resource Section

Are you looking for FREE, SNAP-ed approved resources to use with your clients? PA NEN's [Resource Section](#) includes [materials](#) for preschool age to older adults . It also provides [Train the Trainer 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

Brrrrr...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 these unique flavors 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:

[What's happening in school foods in 2014? Check out these trends!](#)

[Marion Nestle talks about nutrition over the holidays. Keep it simple; keep it balanced.](#)

[It's now a requirement to place the "Country of Origin" on meat packages.](#)

According to this study, [herbal supplements might not contain the ingredients on the bottle](#). [This dietitian believes in a well-rounded diet before trying a pill.](#)

[Use this cheat sheet for keeping kids healthy.](#)

[Just money was put into researching the behavior behind obesity, we also need to research the biology behind it.](#)

[Acrylamide—found in browned, fried foods like French fries, chips, and other grains—contains bad health implications. This chemical is being scrutinized by the Food and Drug Administration. This agency is now sharing future precautions for the food industry.](#)

Health claims still mislead the public. [Here](#) are some confusing ones. And, take some [interesting research about how the healthier claims cause people to overeat!](#)

[Diabetes-friendly-dishes appear in restaurants across NYC.](#)

[More Latinos suffer from diabetes related ailments and uncontrolled blood pressure.](#)

[The color and shape of your plate could change what you eat.](#)

[Modifying your attitude as a parent is an important part of feeding picky children.](#)

[A parking lot is transformed into an organic garden.](#)

[Even with global food system and agriculture, our pecan supply dwindles.](#)

[Fitness videogames are the next big exercise trend.](#)

[Indulge in sustaining breakfasts from around the world!](#)

What will agriculture think of next? [A large urban garden goes vertical receiving soil nutrients from fish!](#) And, look at this [low-tech watering system!](#)

[Nutrition labeling gets tricky at grocery stores and for pizza delivery.](#)

[Food allergy awareness gains national awareness.](#)

[The price increased for sugary beverages, and fewer people drank them.](#)

Local

Philadelphia: [Healthier choices are made when restaurants post calories and other nutrition information on the menu.](#)

Philadelphia: The School District of Philadelphia is starting their "Eat Fresh Here" project. They will freeze local seasonal produce during the months of June and July so that cafeterias can use it during the winter months. All this can happen because of a Farm to School grant money. [Scroll to page 26 to find out more details on their project.](#)

Philadelphia: A Google + Hangout focused local foods in our Farm Bill . A highlighted speaker was a Philly-based food store, Common Market, who was recipient of the Community Food Project Grant. [Watch more on this project and other ones like it at the Hangout.](#)

Pittsburgh: [Look at how this South Hills school gets healthy!](#)

Resources:

[Community health resources](#) are listed from the National League of Cities.

[Research proves the healthy benefits behind changes in the lunch line.](#)

Check out the [monthly records of the Supplemental Nutrition Assistance Program \(SNAP\) for 2013](#). This document was provided by the Food Research Action Center (FRAC). You can find more information in these charts which display data for 1 month, for one year, five years and a state-by-state analysis.

A report from the Center of Budget and Policy Priorities shows that spending on the Supplemental Nutrition Assistance Program is reducing. This means fewer people participate in the program as the economy gets better. Find more information [here](#).

[A Gallup Poll outlines 2013 eating trends.](#)

This [resource](#) was a part of the US Department of Agriculture's poster session. It's a randomized trial that researches the home environments and practices to prevent childhood obesity.

Now that holiday season has begun, let's talk leftover safety. Just take tips from [FoodSafety.gov's Infographic](#).

Who thought a Holiday food makeover could be this easy? [Check MyPlate's ideas in this infographic](#)! Try some other healthy swaps from Penn State Hershey Milton S. Hershey Medical Center's [website](#).

[Try some family favorites inspired by Myplate recipes](#).

Peek at Penn State Hershey's interactive sodium infographic. Click on the link at [this site](#); then slide your pointer up and down the arrow on the left-hand-side, You'll see the amount of sodium in various foods.

Webinars:

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!](#)

On November 12th, the Robert Wood Johnson Foundation held a Google + Hangout about how Public Health Departments are striving to change the health of their community. Watch [this recording](#) on this site or follow the conversation on Twitter by following [#cultureofhealth](#).

A webinar by Villanova's College of Nursing will be on December 11th, 2013 from 12:00 PM- 1:00 PM (EDT). Its focus is on weight bias with kids - from bullying and other social issues that come along with the clinical problems of childhood obesity. For more information, click [here](#).

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-For a listing of Nutrition Links events and classes, look to the right hand side of [this website](#).

NEW-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](#).

NEW-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.

Philabundance holds lots of food bank events. See what's happening, and join their efforts by [clicking here](#).

The Second Harvest Food Bank in Erie planned lots of events over the course of this month. [Check them out!](#)

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:

NEW-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](#).

NEW-The National Restaurant Association (NRA) is accepting applications for the second annual Kids LiveWell Recipe Challenge. Restaurants or foodservice companies can submit nutritious kids' menu items by December 15. Awards will be presented at the 2014 NRA Show in 2014. Check this site for more information.

NEW-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.

NEW-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.

NEW-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 nutritionist 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](#).

Help #HoCo students win cash for combating sugary drinks in the "Your

Voice. Your Choice People's Choice Awards." [You just need to "like" your favorite video on YouTube to vote.](#)

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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