

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of December 3rd, 2012

## IMPORTANT PA NEN LINKS

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

[NEWS NIBBLES](#)

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## PA NEN News

### Resource Area at PA NEN's 2013 Annual Conference

Does your organization want to be a vendor at PA NEN's 2013 Annual Conference? Do you have a suggestion for possible vendor?

If so, act fast, as word is getting around that this is conference to be at! These spots will be given on a first come first serve basis. To be listed in the brochure as a 2013 vendor, we will need to receive your complete vendor form and payment by Monday, December 19. This is available on line by clicking [here](#).

### 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:

[What does "Natural" mean, really?](#)

[After overcoming major odds, a Latina now speaks to public health issues like childhood obesity and diabetes.](#)

Have you seen [articles](#) about high fructose corn syrup being the cause of obesity? [Think twice before you start believing this claim.](#)

[Government grants award school gardeners.](#)

[Might food addiction be a reality?](#)

[Chicken noodle soup anyone? World-wide, people eat exotic foods to sooth their cold symptoms.](#)

[An ultrasound could stop contaminated food from sickening us.](#)

[Assure schools keeps safety first when dealing with kids and their milk allergies.](#)

[Video games move kids toward a healthy lifestyle.](#)

[Too much of a good thing? Overeating "healthy" menu items happens often.](#)

[Scientists plan to adjust the wheat plant's make-up so the gluten intolerant can eat it.](#)

[You can do exercise with your buddies. It will actually help you think better. But, make sure you're doing it for the right reasons.](#)

[Kids own their food and plant it too!](#)

[Parents worry about their kids' diets more than their own.](#)

[Eating tips for every age](#)

[Boost your energy the healthy way.](#)

[What does America eat? Less sugar.](#)

["Good-for-you" foods are a growing market.](#)

[Obese men with belly fat are at higher risk for osteoporosis.](#)

[Self-motivation remains the key to weight loss success.](#)

[Reoccurrence of diabetes happens after gastric bypass surgery.](#)

To say that food ads influence our decision making is an understatement. Look [here](#) and [there](#) for the details.

### **Local:**

**Pennsylvania:** [Frozen "Butter Chicken With Basmati Rice" meals from Trader Joes are recalled.](#)

**Pennsylvania:** [VEGGIE PATCH® voluntarily recalled two items, "The Ultimate Meatless Burger" and "Falafel," due to a possible \*Listeria monocytogenes\* contamination.](#)

**Philadelphia:** [Chefs bring the healthy message home.](#)

**Philadelphia:** [It's hard to lose weight.](#)

## Resources:

Healthier school resources for everyone:

- USDA's media campaign, "[The School Day Just Got Healthier](#)"
- USDA regulations and other technical assistance [materials](#)
- [The "Kids Safe and Healthful Foods Project"](#)
- [Nutrition Policy updates from the Center for Science in the Public Interest](#)
- [A parent toolkit to discover the make-up of the lunchroom](#)

[Here's a snapshot](#) of all the ingredients in a pre-made sandwich.

The [Centers for Disease Control and Prevention](#) created [Sortable Stats 2.0](#) which provides access to extensive public health data on a state or region. It enables comparisons with other parts of the nation. It is an interactive database with data on 31 behavioral risk factors and health indicators.

US food purchases did not meet the Dietary Guidelines. Follow the grocery shopping trends by reading the full report and summary [here](#). Also available is the [news brief](#).

Nutrition educators, [here](#) is a downloadable and printable computer lab activity that deals with healthy food choices for kids.

## Webinars:

Join the cooking class on December 11th at 12:00 PM (EST). It will be held over a webinar titled, "Professional Development for School Food Service: Cooking Classes with Seasonal Ingredients and Global Flavor Profiles." You can [register today](#).

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](#).

The webinar, "How to Create a Healthier School Food Culture," on Tuesday, December 11th at 2:00 PM (EST), focuses on school food choices that go

way beyond the cafeteria. This webinar provides ideas and resources for healthier fundraisers, snacks, birthdays, celebrations, family events, non-food rewards and other ways to encourage nutrition in the schools. The webinar recording will be made available after the premier showing. [Register today!](#)

### Events:

*NEW*-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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