

PA NEN - Weekly Food & Nutrition News Nibbles



Week of December 5, 2011

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)



PA NEN News

Reminder! Win a 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!

Invite your foodie friends to join today! This offer is available to everyone.

Only 2 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 2 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 on line 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:

Just released! A bill was signed into law that has outlined spending for nutrition assistance programs. Read the details [here](#).

You can cater your dietary advice according to your clients' needs. See how most Americans lose weight by looking to [this article](#).

[With more students receiving free and reduced lunches](#), some people worry that [the food industry influences the way they're eating](#).

Are you are registered dietitian wondering about Medicare's approval of behavioral therapy for obese patients? [Here](#) are some remarks from the American Dietetic Association. Also, look to the [Center of Medicare and Medicaid Services'](#) entire [Final Decision Memorandum](#).

[Arsenic in our apple juice is safe](#) according to the [Federal Drug Administration](#). But now, [studies are finding high levels of arsenic in rice](#).

[Here](#) are tips to keep healthy during a busy December.

[Calling all parents: be aware of what your children eat during the holiday season.](#)

[Exercising might not seem like a chore when you're jumping rope!](#)

[A Connecticut school wins award for nutrition excellence.](#)

[Frozen foods are not only convenient and quick to prepare, but healthy too!](#)

[Americans eat more snacks and fewer meals.](#)

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.

Pittsburgh: [A study shows that risk for Alzheimer's disease is reduced by eating broiled fish.](#)

Elizabethtown: [At Elizabethtown College, students take on the Food Stamp Challenge.](#)

Pennsylvania: [This is a list of states and their plan to reduce sodium. Look for Pennsylvania's goals.](#)

Resources:

Across America collaborative efforts build locally based food systems. Here is the [Gretchen Swanson Center's](#) online [toolkit](#) that can enhance a school's menu by adding locally sourced foods. Let this resource guide you through basic instruction for foodservice personnel, food producers, distributors and more.

Developing school gardens and outdoor activity space can be a daunting task for urban dwellers. Nevertheless, these spaces are critical for a child's safety, development and enjoyment. Look to the [21st Century School Fund's](#) report called, "[Developing Great Schoolyards — A Handbook for Elementary Schools](#)." It provides examples for programs to follow.

[Bread for the World Institute](#) released its 2012 hunger [report](#) called, "Rebalancing Act: Updating U.S. Food and Farm Policies". The report covers topics like food insecurity, health care costs, fluctuation of food prices and recommendations on how to improve these issues.

Research done by the [World Bank](#) compares the association between income status and the body mass index. Check out the full findings [here](#).

Here are [books](#) on hunger and obesity, policy and community intervention.

Webinars:

NEW-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](#).

Local food systems have permanently influenced foodservice. During a web forum titled, "Planning for Food and Agriculture: Taking a Systems Approach," model programs will share successes in food system creation on a local and county level. If this sparks your interest, mark December 13th at 2:00 PM EDT as an irreplaceable learning opportunity. Click [here](#) for details.

Awards and Grants

NEW-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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Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, an entity of The Pennsylvania State University's College of Health and Human Development, as part of USDA's Supplemental Nutrition Assistance Program (SNAP).