

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of December 9th, 2012

## IMPORTANT PA NEN LINKS

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

[NEWS NIBBLES](#)

[NEWSLETTERS](#)

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## PA NEN News

### 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:

[The USDA plans to revise the current school nutrition guidelines to make them more achievable. Here is more on the exciting news!](#)

[From dancing to walking, this physical education teacher creatively moves kids into healthier habits.](#)

[A school is recognized for its cafeteria design promoting healthy eating.](#)

[Industry reaches behind parents backs to tell kids they MUST eat a food product.](#)

[Engage parents in the healthy school kids movement.](#)

[People take issue with the marketing of sugary energy drinks.](#)

[Scientist discovered a correlation between drinking and lower diabetes risk.](#)

[Remembering your meals could help with weight loss and weight maintenance.](#)

[The American Heart Association encourages healthy messaging over social media.](#)

[The Childhood Obesity Calculator sparks debate.](#)

[Can large food companies sell healthy foods? Do they want to?](#)

[People call for healthy drinks and snacks in school.](#)

[A doctor! A chef! A cookbook writer! This guy promotes healthy living.](#)

[Food trends of 2013](#)

[African American women speak to their weight loss and the obesity epidemic.](#)

[New research: Kids whose mom had gestational diabetes might be at higher risk for diabetes.](#)

[Middle-class people go hungry too.](#)

[Marion Nestle pulls hard-learned lessons for public health movements from a failed soda tax.](#)

[Food shopping at every age! Check out recommendations for \[childhood\]\(#\) to \[beyond\]\(#\).](#)

[Risk of diabetes rises in U.S. immigrants.](#)

[A 16-year-old essayist writes about American hunger.](#)

[How does drilling for natural gas affect our food supply?](#) You can also read [responses to this article](#).

[In California, buying local foods for school meals might pay off.](#)

### **Local:**

**Pennsylvania:** [Across the country ground meat producers will have to reassess their food safety plans because of E. coli outbreaks.](#)

**Philadelphia:** [A proposed soda tax, in Philly and other cities, is compared to the tobacco tax.](#)

## Resources:

Calorie labeling on foods in convenient and grocery stores is feasible and could be helpful to consumers. Look to this [report](#) for more information.

See the American Heart Association's recommendations and review about population and environmental approaches aimed to improve diets, increase physical activity, and reduce smoking habits on a personal level. See the [full report](#) and [abstract](#).

## Webinars:

*NEW*-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 [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](#).

*NEW*-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:

*NEW-*[Action for Healthy Kids](#) wants to know about your Healthy School Hero? Does anyone in your local community (i.e. school personnel, volunteers, students, etc.) go above and beyond to promote positive health development? Then, you can recognize them as a Healthy School Hero! Please complete the [nomination form](#) by December 17. If you have any questions contact, [Ralph Godbolt](#).

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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