

PA NEN - Weekly Food & Nutrition News Nibbles



Week of December 9, 2013

IMPORTANT PA NEN LINKS

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

[NEWS NIBBLES](#)

[NEWSLETTERS](#)

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717.233.1791



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 nutrition resources to use with your clients? PA NEN's [Resource Section](#) includes [materials](#) for preschool age to older adults. It also provides [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:

[8 super foods on the cheap](#)

[There are much more Omega-3s in organic milk than there are in regular milk. Health professionals still debate on the benefit.](#)

[The Food and Drug Administration is trying to phase out some of antibiotics that go into our meat supply.](#)

[Take 15 strategies to stay fit during the winter, guaranteed.](#)

[It costs \\$1.50 a day to eat healthier.](#)

[Exercise can work for any age!](#)

[A gene sequence implanted in mice reduces their weight and increases their sense of satiety.](#)

[A study shows that when hosting a holiday party, people will serve less healthy foods because they think that's what their guests would like.](#)

[Maternal obesity increases the risk for kids. But, a study counteracts this idea showing that childhood exercise staves off obesity, no matter the mother's weight.](#)

[How can you stretch the food bill over the holiday?](#)

[How much does a healthy diet cost versus an unhealthy one?](#)

[This is how people creatively get food to those who need it.](#)

[Kudos to the dietitians, nutritionists, and nutrition educators out there!](#)

[There needs to be more emphasis on preventing diseases caused by unhealthy diets.](#)

[What super foods do dietitians eat?](#)

[Biology says that you can influence your kids eating habits while they're in the womb. But, what about social dynamics after birth?](#)

[Let babies eat messy!](#)

[Marion Nestle speaks to simple nutrition over the holidays!](#)

[17 ways to prevent osteoporosis](#)

[Current data cannot link diabetes with drinking diet sodas.](#)

[Stomach nerves limit how much people eat at various times throughout the day.](#)

[In the 1950s, people started worrying about an obese society.](#)

Local

Lancaster: [Power Packs is a charity to support!](#)

Philadelphia: HYPE brings on the moves, and shows kids how to exercise in [this video!](#)

Philadelphia: [Local foods come to local schools.](#)

Pittsburgh: [The Food Revolution takes over Pittsburgh.](#)

Pittsburgh: [Research starts to make a healthier school food store.](#)

State College: Researchers answer the question, "[Is sitting bad for your health?](#)" Take some [tips](#) to sit less!

Resources:

A [free tool](#) helps you develop local policies to improve community and school wellness.

[Check out all the food holidays for December.](#) Scroll down to use the supplemental activities, games and nutrition education that go along with them!

A report shows that [SNAP-Ed helps food stamp participants choose healthy.](#)

[The White House Rural Council Report highlights the economic importance of passing a Food, Farm and Jobs Bill.](#)

According to [this report](#), the Supplemental Nutrition Assistance Program (SNAP) leads to modest changes in diet.

The Partnership for a Healthier America filmed the "[Drink Wa-taah](#)" rap as a part of their "Drink Up" Campaign.

[Try a new holiday beverage! Pear nog!](#)

Check out MyPlate's Pinterest Page, "[Healthier Holiday Favorites](#)" for recipe inspiration!

This [report](#) shares fresh ideas for revamping our food system.

[What vegetables are in season this winter?](#)

Webinars:

NEW-This [recording](#) is from Cornell Cooperative Extension. It's called, "Eating Well on a Budget." Gain ideas for your classes, and learn more about stretching the food dollar.

NEW-The Nebraska Cooperative Extension office recorded online diabetes education classes led by health professionals. You can listen to each recording [here](#). Under each link you will find presentation and handouts from each session.

NEW-Join the webinar, "Food Banks as Regional 'Good Food' partners," today at 3:30 PM (EST). Food banks and Food pantries have been key to providing communities in need with fresh, whole, local and regional foods. Most food banks across the country contain the infrastructure—the cooling units and transportation—to maintain this healthier, fresher selection for their participants. See how innovators across the country are leveraging local produce, just click [here](#) to register to join right now!

NEW-The Society of Nutrition Education and Behavior (SNEB) lists recorded webinars that were previously presented. Webinars are free to members but may cost \$25 for non-members. Email info@sneb.org with the title of the sessions you wish to purchase. Continuing Education Credits are available within a year after the original date of the webinar. Email, [Rachel Daeger](#) from SNEB for Credits and more information. Click [here](#) to see the list of recordings.

NEW-You'll find a list of webinars from the National Cancer Institute that focus on the Nutrition and Cancer prevention. Look to the recordings archived on [this site](#).

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](#).

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-During the holidays you can donate food to Lancaster CAP Child Care

families! Here are some donation ideas: ham, turkey, canned goods, and boxed stuffing. Email [Allison Troutman](#), Director of CAP Child Care for more information or call at 717.299.7388 ext. 3015.

NEW-The second meeting of the 2015 Dietary Guidelines Advisory Committee is scheduled for January 13–14, 2014. This meeting is an incremental step towards developing the 2015 Dietary Guidelines. Health professionals and paraprofessionals are welcome to attend in person and over a webinar. When available, more information will be posted [here](#).

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](#).

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.

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:

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](#).

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.

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.

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.

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](#).

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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