

PA NEN - Weekly Food & Nutrition News Nibbles



Week of February 11, 2013

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

Get your Backstage Pass!

Conference attendees can use their backstage passes for a private sit-down with The Rockstar Nutritionist, [Jill Jayne, MS, RD](#), to learn first-hand about her strategies that are changing the landscape of childhood obesity prevention. Participants will gain insight and applicable tools for their work environment while strengthening their leadership and motivational skills. This interactive brainstorming session will leave attendees with new tools and strategies to streamline their work and address the importance of motivating the communities they serve to be healthier and more nutrition-focused.

To learn more about this session click on the sessions below.

- [Session 1C](#), 3:45 - 5:00 pm (Tues., April 30th)
- [Session 3A](#), 10:45 am - Noon (Wed., May 1st)

Try the "Bill Me" later option for the Annual Conference!

Are you planning on attending PA NEN's Annual Conference on April 30 - May 1 but have not registered yet because you are waiting for the payment to be processed?

No worries! You can register today, and select the "Bill Me" option when you register online. If you are registering using the printed PDF form, simply write 'Bill Me' in the credit card information area.

Register today as sessions will fill up fast!

*Registration fees are due by April 12th. After which registration will be forfeited.

SNAC VEGETABLE of the Month: Potatoes

Markets and grocery stores may not be brimming with ample amounts of fresh, local produce. But, sure enough, a potato crop elbowed its way through soil during the hot months to be harvested and saved during such minimalist times as these. This vegetable can substitute for bread, rice, and other grain relatives. It's versatile to say the least! Trade in the French fries for potatoes that are mashed, boiled, roasted or

mixed with other healthy ingredients. See the possibilities in [PA NEN's Potato Newsletter](#). If this document sparks your interest, look to the variety of veggie Newsletters on [this site](#).

International and National News:

[Are diners cutting calories?](#)

[Dietitians set straight five common myths about heart disease.](#)

[One study shows that reduced sodium recommendations might save lives.](#)

[Exciting news: More women now breastfeed!](#)

[How does snacking influence obesity in kids?](#)

The US Department of Agriculture's ([USDA's](#)) cafeteria starts serving foods that meet the new school standards recommended in their policy. See the changes [here](#).

[Tough life of a shift worker, revealed!](#)

[Expecting moms who take folic acid might reduce the risk autism for their unborn son or daughter.](#)

[Gut health, diet, and autoimmune disease](#)

[The way in which physicians view obesity affects their patient treatment.](#)

[Food addiction is harmful, but it does not have the same connotation as other addictions.](#)

[Try these creative, no-cook snacks for after school.](#) And, don't forget [these heart healthy treats!](#)

[Start teaching your kids to love their bodies at an early age.](#)

[Kids need activities as a break from school!](#)

[Sugary drinks may cause the genetic predisposition for obesity.](#)

[Dieting dates back to the beginning of time!](#)

[Read seven tips to effectively evaluate health websites.](#)

[A super star advertises healthy foods.](#)

[TXT4Tots, a library of text messages, will help stream health messages for toddlers to improve nutrition and physical activity among toddlers.](#)

[A Smartphone application can scan foods for their nutrition profile.](#)

[Drought continues and put water restrictions on farmers. Will this cause food prices go up?](#)

[Food addiction and stigmatization](#)

[Projections show that a soda tax might save \\$2 billion.](#)

[Exercise hard and short! You'll reap the benefits of small amounts of high intensity workouts.](#)

[If you were born between 1946 and 1964, you might be at higher risk for chronic diseases like heart disease or diabetes.](#)

[Do you know the all the benefits of potassium? The World Health Organization gives new recommendations for this nutrient.](#)

Local:

Philadelphia: [A school and online grocer partner up to feed kids good nutrition!](#)

Resources:

Supplemental Nutrition for Women, Infants, and Children ([WIC](#)), [Head Start](#), [Senior Meals](#) and more might be cut in the upcoming sequestration at the beginning of March. You can be a voice for nutrition programs writing your budget priorities at [MyBudget](#), an online platform for people to speak their opinion on the matter.

A new report, "[Lower-Calorie Foods: It's Just Good Business](#)," reviewed the largest restaurant chains in America. They found that lower-calorie dishes and drinks are gaining popularity. Click [here](#) to learn more.

On February 8, a [fact sheet](#) on the impact of the sequester that will potential influence funding of the Supplemental Nutrition for Women, Infants, and Children ([WIC](#)), [Head Start](#), [Senior Meals](#) and more.

Why should we invest in preventative medicine and other public health programs? It will help make a sustainable future for our health and our economy. Look to this [press release](#) for more details.

Look to these awesome [resources](#) for a healthy, more active community.

Those working for with preschoolers or for [Head Start](#), let this [video clip](#) help you think creatively!

Lois Ellen Frank is a chef and author who talks about the importance of traditional and local food within certain cultures. See [her video chat](#) about this topic.

How much food are we wasting? Skim [this report](#) to see all the details.

Check out this [YouTube clip](#) for the new milk slogan, "Protein to get your day started." What do you think about it?

What are the best things that come from the Farm-to-School program? This [fact sheet](#) summarizes 40 research studies proving the benefit of this program for the students, teachers, farmers and community!

Webinars:

NEW-There was a webinar on the inclusion of local and regional products in the new meal pattern. [You can watch the recording.](#)

NEW-Teach healthy, grow healthy, and eat healthy with a school garden! Serving garden produce in school food service programs presents new challenges, but it can be done! This webinar will address ways to overcome common challenges connected to school garden produce within school food service programs. Register [here](#).

NEW-On-the-farm food safety is important to those who support the success of small and mid-sized, sustainable producers. More wholesale and institutional buyers are requiring on-farm food safety certification, making these markets extremely difficult to participate in for smaller farmers due to the expense of the auditing. To address this issue, the US Department of Agriculture ([USDA](#)) is looking to run several pilots at food hubs of a group GAP approach. Instead of the costly auditing of one farm, the GAP protocol will have their shared food safety system audited, as one body. This method opens markets to producers who would otherwise be priced out. See below for our report on an early pilot, and join us to learn more, and ask your questions. [Learn more during the webinar on Thursday, February 21 at 3:30 PM \(EST\)!](#)

Do you want to know why food insecure families tend to be overweight? Dietitians and Dietetic Technicians, mark down a webinar, "Hungry and Overweight: How is that Possible?" occurring on February 26th from 2:00-3:00 PM (EST). It is sponsored by the Academy of Nutrition and Dietetics ([ACND](#)), so you must be a member of this organization to watch the free webinar. One Continuing Education Credit is available. [Register today and find out more!](#)

How can we add more physical activity to a child's life? Why not fit it into their school day? Learn how to promote recess, classroom activity breaks, before and after-school programs, walking or biking to school programs and exercises for middle and high school students at this webinar, "[How to Add More Activity into the School Day](#)," on February 26th at 2:00 PM (EST).

Events:

NEW-The New York Times food journalist, Mark Bittman is coming to Philadelphia for a free lecture at the Congregation Rodeph Shalom on March 13 at 7:30 PM (EST). He'll answer the question, "What is Your Food Worth?" Paying close attention to our food system as a whole, he will explain why paying close attention to what you eat can affect your community and the environment. This event is free and open to the public. Please RSVP [here](#).

NEW-Do you want to learn about farming and talk clinical dietetics in one place? Then come to Lehigh Valley Dietetic Association's Spring Event called, "Farm to Table, an Organic Farm Tour at Rodale Farm," on Saturday, April 27th from 10:00 AM-3:00 PM. It's taking place in Kutztown, PA. Click [here](#) for details and the registration flyer. Please fill out your registration form and payment by March 14th.

NEW- On March 11-12th, the Institute of Medicine ([IOM](#)) will be holding a workshop funded by the US Department of Agriculture's Food and Nutrition Services ([USDA/FNS](#)) to discuss the potential for nutrition standards and learning objectives for elementary and secondary school children. Additionally, they will address ways to build acceptance and use of these standards among the educators. Then, they will move into current and promising practices within the field today. Click [here](#) to learn more and register.

Both the Nutrition and Prime Time Health Conferences will be held from May 1-3, 2013 in State College, PA. Please phone the [Long Term Living Training Institute](#) at (717) 541-4214 for additional information, and registration materials will soon be available [here](#).

How do you cope with natural disasters and food distribution? When will sodium be reduced in our foods? What role does immigration reform play within our food system? Answer these questions and then come at the National Food Policy Conference to be held on April 15-16 in Washington D.C. Review the [agenda](#), and [register here](#).

The [Pennsylvania Dietetics Association](#) wants members to lick their chops to get ready for their annual conference, "Setting the Table for Life Long Learning." Free the dates of April 21st- 23rd for a trip to Monroeville, PA.

More information is coming soon!

At this conference, the food industry, non-profits, academics, government officials and other leaders from across the nation strategize to improve the health of our nation's youth. Be one of these leaders by attending the [Partnership for Healthier Americans'](#) Food Summit on March 6th-March 8th, 2013 in Washington, DC. Review the highlights from last year's summit, and think what's in store for 2013 by [clicking here](#). [Register today!](#)

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](#).

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 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. Get more information from this [site](#).

Grants and Opportunities:

NEW-This press release reveals grants available for Farm to School in 2014. [Read more and apply today!](#)

You can apply for "Hunger in Our Community Mini-Grant" by utilizing [Kids Eat Right's](#) "Hunger in Our Community" toolkit. Forty, \$200 grants are available. The deadline is March 1. Find the application [here](#) and more about the grant at this [site](#).

Discover another grant from Kid's Eat Right that might fit your organization's mission; just look to this [site](#)!

Do you work with pressure ulcers? Then, you can enter the mobile device challenge to possibly win up to \$60,000. See if you could meet the two challenge goals: (1) to develop a standard bedside pressure ulcer assessment and (2) to promote the integration of nursing content into common information models and Systematized Nomenclature of Medicine Clinical Terms (SNOMED CT). Look [here](#) for a recorded webinar on this information, and please note that this opportunity is for tech savvy professionals.

Check out this grant for school gardens! The "All About the Fruits and

Veggies” grant program will give youth garden initiatives with \$500 in gardening supplies, curriculum, soil care, and plants to teach nutrition and gardening. Applications are due on February 18th, 2013. Click [here](#) for more information.

[Food Corp](#) relies on service members to plant gardens and teach healthy lifestyles to people in areas with limited resources and high obesity rates. You can become a Food Corp service member too! Applications are due on March 24th. Look [here](#) for details.

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