

PA NEN - Weekly Food & Nutrition News Nibbles



Week of February 13, 2012

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)



PA NEN News

Register for Our Annual Conference!

Registration is now open for our annual conference, "What's on Your Plate?" Click [here](#) to see what we can offer you!

PA NEN has Been Approved for Act 48 Credits!

For PA NEN's annual conference, Act 48 and Act 58 continuing education hours through the Pennsylvania Department of Health have been approved!

This conference is approved for:

- April 24, 2012 - 3 hours of Act 48 and Act 58 continuing education hours.
- April 25, 2012 - 5 hours of Act 48 and Act 58 continuing education hours.

Any questions regarding continuing education hours should be sent to c-paschool@pa.gov.

Nutrition Education Database

Did you know that PA NEN has a [state-wide database](#) listing nutrition education programs that serve the low-income audience?

This database provides information that can be used to find educational programs throughout Pennsylvania. It can also be utilized to find information on a particular program or organization, locate gaps in services and provide opportunities for agencies to work together and teach nutrition for those in need. Click [here](#) to learn more or [here](#) to add your programming to the database.

News Nibbles Archive:

[Last week's Nutrition News Nibbles](#) were not delivered to your inbox because of technical difficulties. But, that doesn't mean you should miss out on the News update! All previous Nutrition News is posted on our [archive site](#)! We welcome you to review pertinent resources, 2008-2012 food and nutrition research and other trends posted within each week's E-blast.

SNAC Vegetable Pamphlets

Are you in the mood for some tantalizing vegetables? End the Valentine's holiday by cooking your special someone a healthy, tasty recipe from [this site](#). In addition to delicious recipes, our SNAC vegetable pamphlets include ways to store and select fresh vegetables. These downloadable documents are large and may slow down your computer processing. Be aware of your computer's capacity before you choose from fabulous vegetable information.

"Eat Together PA": A PA NEN Social Marketing Family Meals Campaign

What is the Campaign?

The "Eat Together PA" campaign is well on its way to promoting family dinners, eating together and nutrition for the SNAP-eligible populations. It will do so through a variety of social marketing venues (i.e. direct mailings, posters, a website, billboards and much more). This is a 2012 pilot project in Allegheny, Lancaster and Tioga counties.

Campaign Update:

- The Campaign will be known as "Eat Together PA."
- Our website (www.EattogetherPA.org) is in the works; relevant tips, recipes and resources are being edited.
- PA NEN presented the newest "Eat Together PA" materials to Penn State Cooperative Extension Educators.
- Drafting of Campaign promotional materials is almost complete. More commentary from our Board and other stakeholders will be necessary.
- Our goals include completion of photography, initiation of the campaign in February or March and continuation of materials development.

International and National News:

[Wal-Mart plans simple label to identify healthier foods using an icon](#) that will help consumers make a snap decision about whether or not a food is healthy, without delving into the nitty-gritty of the nutrition label.

[Many U.S. kids still buy unhealthy snacks at school](#). Regulation is still needed to reduce students' access to junk food, researchers say.

A report from the [Robert Wood Johnson Foundation's Bridging the Gap program](#) finds that more elementary schools are offering whole grains and low-fat milks for lunch; yet, there has been no progress to cut back on foods that are high in fat, sugar and/or sodium, such as pizza and deep-fried potatoes.

A smaller plate won't help your diet shows this [research study](#). People eat until full regardless of the dinnerware.

[Could policy changes reduce the amount of sugar we eat?](#) The jury is

out. [This article](#) even questioned whether we should restrict sugar like we restrict alcohol.

[Many people who struggle to feed their families are actually obese. Researchers continue to look at this paradox.](#)

[Dietitians give tips on choosing heart-healthy foods.](#) More foods are claiming to be good for the heart, but dietitians say heart-healthy eating includes lowering salt intake, cholesterol and bad fats and limiting alcoholic beverages.

[Learn more about childhood nutrition over the Valentines Day holiday.](#)

[The USDA funds local farms.](#)

[Restaurants might help customers eat less by reducing portion sizes of their dishes!](#)

[Dining mimicry:](#) At the dinner table, people watch and follow how others eat.

[Standards under the new Food Safety Modernization Act mean changes for food manufacturers.](#)

Local:

Philadelphia: [Kids' cholesterol checks—what you should know.](#) Cholesterol tests aren't only for adults. A [National Institutes of Health](#) expert panel and the [American Academy of Pediatrics](#) now recommend a check for all 9- to 11-year-olds.

Philadelphia: [How hungry are you...really?](#)

Resources:

[247 ways to get off your couch and start moving](#)

[Here is a list of foods labeled as healthy according to Wal-Mart.](#)

The [Journal of the American Medical Association](#) printed an article that showed kids eating more vegetables during school lunch when food pictures in tray compartments exemplified a healthy meal. Find out more [here!](#)

Webinars:

NEW-How might our environment cause people to eat more? Listen to this [webinar, "From Mindlessly Eating to Mindlessly Eating Better"](#) for simple strategies to control what you or your client eats. It begins at 2:00 PM (EST) on March 6th. Continuing education credits are available for Registered Dietitians and Dietetic Technicians.

Events:

Are you set to travel anywhere soon? Maybe you want to head to [Yale's Peabody Museum](#) for "[Big food: Health, Culture and the Evolution of Eating](#)." This multi-media exhibit allows visitors to explore all aspects of the health challenges that face us in the 21st century. It begins with the neuroscience of appetite, genetics of obesity, and how food and energy are stored in the body. It will examine behavioral choice in nutrition and exercise; as well as the influence of social, environmental and cultural settings.

Grants and Opportunities:

Are you a researcher interested in the following areas: (1) The farm and agricultural sectors (including commodities, livestock, dairy, and specialty crops); (2) the environment; (3) rural families, households and economies; and (4) consumers, food and nutrition? Then there is a grant available for you. [Look here for details.](#)

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