

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of February 10, 2014

## IMPORTANT PA NEN LINKS

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## PA NEN News

### [Take Advantage of PA NEN's Annual Conference "Register NOW Pay Later Option"](#)

Are you planning on attending PA NEN's Annual Conference on April 28-29 but have not registered yet because you are waiting for the payment to be processed?

No worries! You can [register today](#), and pay later. Just 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 because sessions will fill up fast!

### **SNAC Vegetable of the Month: *Potatoes!***

Did you know the Incas told time by comparing it to how long it took to cook potatoes? Wow! This ancient tuber, can replace noodles in a soup. Mash them with leeks, a little butter, low-fat milk, salt and pepper for a perfect side dish. Try them crispy on the outside and tender within in a potato, vegetable roast. Get recipes, storage and purchasing tricks, nutrition information and kids' activities in our [Potato Newsletter \(En Español\)](#).

## International and National News:

[Nutrition Month sneaks around the corner! March is less than a month away!](#)

[Read this article to brighten your day! What crazy things will kids say about their veggies?](#)

Why is physical activity making its way back in school? Watch the story [here](#).

[For some students, snow days mean hungry bellies.](#)

[Everyone worries about their food being safe to eat.](#)

[Talk about job security! A large survey shows that 1 out of 3 people were willing to pay for diet and nutrition advice.](#)

[Food pantries and food banks hit tough times.](#)

[Lots of people use physical fitness phone apps.](#)

[Nigeria uses farmers' crops for local school meals. It's a healthy idea and great for a tight budget!](#)

[Fight food waste.](#)

[A study shows that availability of grocery stores does not automatically increase healthy food purchases. The picture is a little more complicated.](#)

[Fortified foods nourish kids.](#)

[Pair flavors to make veggies more likeable for kids.](#)

[A Canadian dietitian keeps Sochi athletes fed well.](#)

[Medicaid will cover nutrition counseling for the obese in South Carolina.](#)

[A school shows off their nutrition successes in the lunch room and gives tips for others trying to make that change.](#)

[Healthy buddies! When older kids teach nutrition to the younger ones, everyone benefits!](#)

[Most parents of overweight kids don't see their child as "fat".](#)

[The most recent research on coconut oil](#)

[Farmers ponder vegetarianism.](#)

MyPlate wishes us a Happy Valentine's Day with these [resources!](#)

## **Local**

**Hershey:** [5 things you need to know when you're trying to maintain or lose weight.](#)

**Pennsylvania:** [A breakdown of New Jersey's and Pennsylvania's school breakfast participation.](#)

**Pennsylvania:** [A local dietitian speaks to roasting fruits! Scrumptious!](#)

**Philadelphia:** [Chocolate \(not just the dark kind\) can be good for you!](#)

**Philadelphia:** [Do grocery stores in food deserts really help people to eat healthier?](#)

### Resources:

WIC celebrates its 40th anniversary with these three videos ([1](#)), ([2](#)), ([3](#))!

Team Nutrition brings “Dig In! en casa,” the Spanish version of “Dig In! at Home.” This booklet includes 9 tasty recipes, a menu planner, healthy eating tips & more! Find the [Spanish](#) and [English](#).

“Dinner Tonight” recipes are on video. See the compilation [here](#).

This [infographic](#) shows how societal beauty standards have changed throughout the years and their influence on girls’ view of themselves.

[Cooking for One—an article for people looking for fast, easy recipes and tips for one!](#)

Farm-To-School training templates help preschools to implement the program. Resources are available for educators, farmers, nutrition directors, and early childhood educators. [Look here](#) to find out more.

[An infographic shows how to reduce the obesity epidemic in calories.](#)

[Check out the map](#) that follows multistate foodborne illness.

Last week, a proposed rule was published. It requires professional standards for school nutrition workers who manage and operate the National School Lunch and School Breakfast Programs. It would also institute hiring standards for state and local school nutrition program directors and require all personnel in these programs to complete annual continuing education. See the entire proposal [here](#).

### Webinars:

*NEW*-A free, online course is available to anyone through John Hopkins Center for a Livable Future. It’s called, “An Introduction to the U.S. Food System: Perspectives from Public Health.” Look [here](#) for more information about the course.

*NEW*-“Edible Education 101: The Rise and Future of the Food Movement” is a class put on by Berkley and the Edible Schoolyard. Each class is recorded and open to the public over the internet. Here are the first two:

- [“Introductions and the Rise of Industrial Agriculture”](#) presented by Michael Pollen

- "[The Green Revolution and the Economics of the Food System](#)" presented by Raj Patel

*NEW*-“Farm To school: Local, Healthy, and Fresh – Crafting a Successful Farm to School Produce Bid” is a webinar that walks you through the intricacies of writing a RFP for locally grown produce for schools. You will learn the details from food service personnel. Listen in on February 27, 2014 from 3:00-4:00 PM (EST). [Register today](#).

*NEW*-Ted Ex Manhattan, “Change the Way We Eat” is a line of speakers presenting on March 1, 2014. You and your friends can register a viewing party to see the conference online. Find out more [here](#).

*NEW*-The Dietary Guidelines Advisory Committee meets on March 14, 2014 for their third meeting to discuss the development of the Dietary Guidelines for 2015. Register for the meeting and look for more information on [this site](#).

During the last Thursday of each month at 12:00 PM (EST) the Journal of Nutrition Education and Behavior (JNEB) provides a nutrition podcast recording. Find it posted on the on [JNEB's](#) or the [Yale Rudd Center's Facebook Page](#). [Here](#) is an 11 minute podcast about water availability in childcare centers.

If you missed the webinar about the effect of state preemption of local food policy, you can always check it out on the [Yale Rudd Center's Youtube channel](#).

A webinar, “[Getting Your Bucks in a Row – The Food Hub Due Diligence Toolkit](#),” is happening on February 20, 2014 from 3:30-4:45 (EST). During the webinar, prestigious speakers will answer the question, “What makes a solid, investable food hub business?”

Watch this [recorded presentation](#) about how obesity causes people to overeat from the University of Alabama at Birmingham.

The Food Research Action Center (FRAC) maintains a list webinars from 2010 onward. The recordings are often focused on school nutrition, federal nutrition programs, and policy. Look [here](#) for the listing.

The Part One of the Core Nutrition Messages Webinar Series is now [posted](#) on the homepage of Nutrition.gov, under the “Spotlights Section,” at the bottom of the page. Please enjoy these webinar about the research based nutrition messaging for parents and kids focusing whole grains, fruits and vegetables, milk, and child feeding. Part two focuses on creative ways of using these messages and will be posted at a later date.

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:

Maintaining Senior Health-Food Can Help, the 2014 Annual Pennsylvania Department of Aging Nutrition Conference, will be presented at the Wyndham Gettysburg April 30 and May 1, 2014. This topical program provides valuable information related to nutrition, food safety and the older adult. Attendees will have an opportunity to explore ways to implement nutrition information and programs that may best meet needs of a diverse population. You can find out more and register [here](#).

The Partnership for a Healthier America is holding a "Building a Healthier Future" Conference with Michelle Obama as their Keynote speaker. Join them for this event on March 12-14th at the Washington Hilton in D.C. Check out more details and register [here](#).

The Central PA Food Bank's "Soup Or Bowl" event will be held on March 17, 2014 from 11:00 AM-2:00 PM. It's located at the Radisson Hotel in Harrisburg, PA. Tickets are now on sale. [Visit this page](#) for more information or call 717-564-1700.

Lancaster Family YMCA Kids Marathon at Garden Spot Village is on April 11, 2014. Kids from kindergarten to 8th grade can join from 6:00-12:00 PM. During this time, they will finish 25 miles of walking, biking, or running. Get more information about the [event here](#).

Second Opinion has led health based Twitter Chats. They presented one about obesity on the 29th. Check back to [the archive](#) to see the Twitter Chat. You'll find videos about managing diabetes and food allergies. You can also click on Twitter Chat titles like, "Holiday Heart Attacks Twitter Chat" and "Food Safety Episode Archive." On February 11th, they're holding a Twitter Chat on cholesterol. [Scroll down this page to find out who and what hashtags to follow](#).

Stroehmann Walk+Run Against Hunger will be held on April 12, 2014. It's a 5K starting at the Philadelphia Art Museum that raises funds for over 100 hunger relief agencies in South Eastern, PA. You can learn more about this event 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:

*NEW-*[You can take the pledge to have a Candy Free Valentines Day!](#)

Do you teach nutrition to those suffering from hunger in your community? Have you had to go to a food pantry or soup kitchen for assistance? Have you volunteered at your local food bank? Share Our Strength needs your story to help the hungry across the nation! You can enter your information at [this site](#).

Have you ever heard about the "Cooking Matters at the Store", a guided grocery store tour? The tours provide information that helps families shop wisely and affordably. Find out more about them [here](#). Go to [this link](#) for more information about a grant available for those who want to teach this tour.

The NIH-funded Johns Hopkins Global Center on Childhood Obesity (JHGCCO) wants applications for research about time-sensitive changes in environments or policies that may reduce the prevalence of childhood obesity. Projects should take a systems perspective and have the potential to inform their community- or population-based interventions. Investigators can be at all career levels. Download the request for application here. Download the full RFA [here](#).

The Academy of Nutrition and Dietetics' Diversity Action Grant is given to an affiliate, dietetic practice group, member interest group, accredited dietetic education program or other Academy unit that improves the recruitment and retention of racial and ethnic minorities in dietetics. A \$1,000 honorarium will support the recipient's program and activities. The deadline to submit an application is April 2, 2014. Find out more information [here](#).

High School students can join Earth Day Network's 2014 Healthy and Sustainable School Food Journalism Competition. Kids, ages 13-18, from across the country can write an article about their school's sustainable, healthy foods. [Enter a paper online until February 28, 2014!](#)

The Awesome Foundation awards \$1,000 every month to a creative food project. Anyone can apply, and applications are due on an reoccurring basis. Look at this opportunity [here!](#)

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