

PA NEN - Weekly Food & Nutrition News Nibbles



Week of February 17, 2014

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PA NEN News

Sessions are Filling Up! Be Sure to Register Early...

For our Annual Conference, there are registration caps for some of the sessions due to their hands-on nature. [Click here](#) for the list of the sessions with registration caps and remaining openings.

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:

[Sure, unhealthy behaviors reduce seniors' lifespans and increase the chronic disease. But, they also reduce independence and increase the chance of disability.](#) This research was led by the creator of the "Strong Women" program.

[The World Bank discloses what needs to happen to feed the world fish.](#)

[A thirteen-year-old advocates against hunger in her community.](#)

[Big food companies, though they are not the villains causing obesity, might have to pay for obesity-related-issues.](#)

[No money? No food. This message rang true in one town, and it left the hunger community outraged.](#)

[Review the history of the War on Poverty with graphs, graphics and much more.](#)

[During the "Lunch Games," Olympic style meals take over a school's cafeteria.](#)

[MyPlate-inspired, 30-minute, weeknight meals](#)

[Gut bacteria that populate obese people's intestines, increase in colder, northern climates and decrease in the warmer ones.](#)

[How much time are Americans taking to eat?](#)

[What are potential nutrient deficiencies for a gluten free diet?](#)

[What happens when you live close to fast food?](#)

[A mom's keeps an account of the journey with her picky eater.](#) Watch as her kid goes from anxious eater to calm and happy at meals.

[Healthy eating is less about money and more about planning ahead.](#)

[Food prices relate to glucose levels. Remember, one factor does not cause the other.](#)

[Swim to fight arthritis.](#)

Fresh or frozen fruits and veggies? [Frozen might be healthier according to this 2 year study led by the University of Georgia.](#)

Positive incentives to be healthier helps people change! [Watch it happen here.](#)

Local

Pennsylvania: [Chicken noodle soup is recalled due to potential allergen and mislabeling.](#)

Pennsylvania: One of our members is highlighted as an "Everyday Hero" through the Academy of Nutrition and Dietetics. [Can you spot her?](#)

Pennsylvania: One of the featured videos on this page is about beekeepers and their influence on our food system. You'll also see research from Penn State University. The video is on the bottom left corner of [this website.](#)

Pittsburgh: [Let's Move Pittsburgh was featured on Let's Move's National website.](#)

Resources:

Family meals tip of the day:

- [In English](#)
- [En Español](#)

See if you can get free equipment to accept Supplemental Nutrition Assistance Program EBT cards at your farmers market through [this site](#). [Here is more information on the release of this resource](#).

It's almost National Nutrition Month!

- [Share this event over the internet!](#)
- [Here](#) are tip sheets and handouts for hosting an event.
- [Here](#) is a National Nutrition Month toolkit.

[Heart healthy recipes](#) from the American Heart Association

Webinars:

NEW-A webinar, "Culinary Competency to Enhance Dietetic Practice," will be held on March 13th at 2:00 PM (EDT). It will help you use delicious cooking to enhance your healthy message. Registered Dietitians will also be able to attain 1 Continuing Education Credit for attending. To find out more, go [here](#).

NEW-[Weight of the Nation](#) has a listing of videos that you can watch to learn about the downhill slide and implications of obesity in the U.S. You can watch them [here](#).

NEW-"Making an Impact with Food Insecure Populations" is a webinar, free to dietitians who are a part of the Academy of Nutrition and Dietetics. It will provide you with a basic understanding of the obstacles hungry families have to deal with and how you might be able to help them. The webinar is happening on Monday, March 24, 2014 from 2:00-3:00 PM (EDT). See more information, and [register here](#).

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

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
- Next presentation will be available after February 23rd.

"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.](#)

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](#).

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](#).

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.

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-Philabundance is asking people to help with their Spread The Love campaign. From February 14th through February 28th, a jar of peanut butter or jelly will be donated to someone who needs it for every new "like" on Philabundance's Facebook page! Look [here](#) to learn how to join the fun!

NEW-On Feb 22nd, 2014 from 10:00 AM-1:00 PM, the Rodale Institute will be holding a "Seed Starting Class." Register [here](#).

NEW-Online registration is now open for the 2014 Pennsylvania Academy of Nutrition and Dietetics Annual Meeting & Exhibition (AME). It's being held in

Bethlehem, PA from April 23-25, 2014. Access the schedule, location and register [here](#).

NEW-A 3-part Garden Primer will be held by Grow Pittsburgh in select, Pittsburgh locations on March 4, 11, 18 or April 3, 10, and 24. Look [here](#) to get more information.

NEW-Grow Pittsburgh is holding a Garden Workshop Series. Check out the dates, topics, and register [here](#).

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](#).

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-A Kids Eat Right member has a chance to go to the Academy of Nutrition and Dietetics' [Public Policy Workshop](#) for free! Just send an email to kidseatright@eatright.org by Friday, February 21st. Include a one-paragraph description of what you are doing to affect food and nutrition policy in your area. A winner will be notified by February 26th.

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 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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