

PA NEN - Weekly Food & Nutrition News Nibbles



Week of February 18, 2013

IMPORTANT PA NEN LINKS

SAVE THE DATE!
[PA NEN ANNUAL
CONFERENCE 2013](#)
APRIL 30TH-MAY 1ST

[NEWS NIBBLES](#)

[NEWSLETTERS](#)

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717.233.1791



PA NEN News

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:

[Calories on menus help people who need them most!](#)

[Healthy fast food made easy](#)

[Dieting for the elderly can be healthy!](#)

[The truth is out: public health initiatives have few followers from the food industry.](#)

[The UK plans to make cooking classes mandatory in school!](#)

[Can obesity lead to gum disease?](#)

A bill in Texas would limit unhealthy foods in the Supplemental Nutrition Assistance ([SNAP—formerly known as food stamps](#)). Watch the News broadcast [here](#).

[The food industry tries to slow the ban on extra-large sodas in New York City.](#)

[The public requests to get the Food and Drug Administration \(FDA\) to control the amount of sweeteners in sodas.](#)

[Check out eight healthy alternatives for snacking when you're stressed.](#)

["Healthier" food brands taste better to consumers.](#)

[If pregnant women receive nutrition education early in their pregnancy, they will be less likely to gain too much weight.](#)

[North Carolina strives to make the healthy foods more available to all!](#)

[Can an asthma drug help treat obesity?](#)

[A new phone application identifies nutrition information on fast food items.](#)

[Lots of factors contribute to inaccurate food and nutrition labels at fast food restaurants.](#)

[Dealing with overweight teens is a touchy subject for families.](#)

[A big chain restaurant bashed vegetables during their commercials. Consumers requested this negative advertising to be taken off the air, and their command was answered!](#)

[Energy drinks require stricter nutrition labels under new regulation.](#)

[South Carolina wants to move forward on the soda tax. Many ethnic voters support such moves. And, Europe lays out their strategies to do the same.](#)

[Childhood obesity dropped in some areas and rose in others.](#)

[When it comes to calcium, you can choose a healthy diet over supplements.](#)

[It almost goes without saying that the southern diet of fried chicken and other buttery, sugary foods might be linked to a variety of health issues.](#)

The [New England Journal of Medicine](#) recently walked through some of the most common beliefs about obesity and weight loss. They countered consumer beliefs with research-based beliefs. [This article](#) summarizes their findings. However, this paper was financed by the food industry presenting potential for conflict of interest. Find out more [here](#).

[Sugar sweetened beverages might increase obesity risk.](#)

[More fast food ads](#) and [outdoor food ads](#) influence our eating habits.

[More jobs tout growth in the local food movement.](#)

[Along with unlabeled horse meat, an equine drug - a potential carcinogen - might be in European burgers.](#)

[Look at this novel way of investing back into a community.](#)

[When can kids snack?](#)

Easier food labels could stem obesity. [Hear more about the potential changes](#) to the nutrition label from the man who originally created the one we have now.

Local:

Pennsylvania: Wegmans issues a recall on their own brand's All Purpose Bleached Flour. [See the details.](#)

Philadelphia: [Food rewards might give kids the wrong message.](#)

Philadelphia: [Local farmers join together to celebrate.](#)

Resources:

The [National WIC Association](#) has published a state-by-state impact of the upcoming sequestration. You can view them [here](#).

Do you want to learn more about allowable snack food sold in school? Check out this [Competitive Food resource list](#) from the Food Research Action Center ([FRAC](#)).

Footage from the [Rudd's Center for Food Policy and Obesity's website](#) contains [pictures and video gallery that do not stigmatize obese people](#).

Fast food restaurants do not offer many menu items that meet dietary guidelines for healthy eating. These foods include ones marketed as healthy! See the [research study](#).

The [Wisconsin Institute for Research on Poverty](#) has released a number of articles on people utilizing food assistance. This includes information on their diet, health status and much more. To access all the articles, click [here](#).

Supporting school cafeterias to make healthy changes has just become easier. [Use some of these resources!](#)

Webinars:

NEW-The Society of Nutrition Education and Behavior ([SNEB](#)) presents a webinar titled, "Qualitative Study to Explore How Parental Expectations and Rules Influence Beverage Choices in Early Adolescence." It will be featured on February 25th, from 1:00-2:00 PM (EST). [Register today](#).

NEW-The [Summer Foodservice Program](#) is holding webinars about expanding summer feeding programs. These webinars will be at various times and dates. [Please fill out the survey for more information](#).

NEW-Heart health and a healthy lifestyle go hand-in-hand. Discover ways you can master dietary counseling focused on this matter, along with attaining lots of good support tools and resources. The webinar begins on Wednesday, February 27 at 1:00-2:00 PM. One continuing education credit is available for Registered Dietitians, Dietetic Technicians and Nurses. Look [here](#) for more details.

NEW-"Which Weigh to Go? Behavioral and Dietary Strategies for Weight Management" will be held on Thursday, March 7, 2013. One continuing education credit will be available for Dietitians and Dietetic Technicians. More information can be found [here](#).

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

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:

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?" While doing so, he will also urge you to recognize that what you eat can affect your community and the environment. This event is free and open to the public. Please RSVP [here](#).

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.

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 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 some 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. You can check out their save-the-date information [here](#).

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.

[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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Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS,
an entity of The Pennsylvania State University's College of Health and Human Development, as part of USDA's
Supplemental Nutrition Assistance Program (SNAP).