

PA NEN - Weekly Food & Nutrition News Nibbles



Week of February 20, 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 our annual conference, PA NEN has been approved for Act 48 and Act 58 continuing education hours through the Pennsylvania Department of Health!

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.

Dinner Keynote and Book Signing with Mark Winnie

You do not want to miss this year's Dinner Keynote on Tuesday, April 24th, "[One Food System for All](#)," presented by Mark Winnie. He is the Food Policy Project Director and Co-Founder of the [Community Food Security Coalition](#). Mark will also be presenting a workshop on Wednesday, April 25th from 1:00-2:15 pm entitled [Food Policy Councils: A Path to Food Security and Justice](#). Be sure to visit [Mark Winnie's Exhibit](#) to purchase his new book, *Food Rebels, Guerrilla Gardeners and Smart Cookin' Mamas*, and have it autographed.

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 to add your programming to the database.

SNAC Vegetable Pamphlets

In addition to delicious recipes, our SNAC vegetable newsletters include ways to store and select fresh vegetables. On [this site](#), you'll find these downloadable documents, but they are large and may slow down your computer processing. Be aware of your computer's capacity before you choose from fabulous vegetable information.

[A research study found that two-thirds of WIC families report running out of formula near the end of the month; watering down formula can seriously affect infant brain development and lead to cognitive, behavioral and psychological issues.](#)

[A pilot program that focused on weight loss for Latino preschoolers showed positive results!](#)

[States that tried out the taxes on soda to reduce consumption are not seeing the results wanted.](#)

More and more adolescents are eating a plant-based, vegetarian diet. [Here's](#) what RDs should know when counseling these impressionable, health-conscious kids.

[A new policy in Kansas eliminated food stamps for hundreds of low-income children who are U.S. citizens but whose parents are illegal immigrants. This has resulted in more than 1,000 households losing food stamp benefits.](#)

[Liberty Union school is using produce grown on site to improve their school lunches.](#)

The SNAP program kept nearly 15 percent of Americans from hunger. [Food stamps can actually help, rather than hurt, the economy as an economic and social safety net.](#)

Local:

Philadelphia: [You can keep nutrition simple.](#)

Philadelphia: A study analyzed and developed an evaluation tool to better understand the relationship between the farmer's market characteristics and

people redeeming their SNAP benefits in these areas. The nationwide study refers to [The Food Trust](#) and a [Philadelphia's Clark Park Farmers Market](#). Review the [summary](#) or the [full report](#).

State College: [New research and evaluations were completed on SNAP education interventions](#). Three studies focused on increasing fruits and vegetables in the childcare and elementary settings. The fourth research study sited was from Penn State University and focused on the web-based "About Eating" program for low-income women. Some pertinent conclusions from these studies include the need to involve caregivers and teachers in their children's nutrition education and to encourage fruits and vegetables in all forms to reduce food prices. Additionally, this research includes valuable evaluation tools to assess nutrition education.

Resources:

[An extensive obesity and nutrition resource from UC Berkley](#)

NIH research resource: [Look up a useful research study here](#).

A study shows that most [WIC](#) participants like the new food package and purchase all of the prescribed food. View the [summary](#) or the [entire report](#).

The [Altarum Institute](#), as a part of its [Childhood Obesity Prevention Mission Project](#), published a study that suggests that though Delaware's guidelines for nutrition and physical activity in childcare settings are broadly accepted by both childcare providers and parents, major challenges remain. These hardships and strategies to overcome them were identified by focus groups from 62 childcare centers and homes across the state. The report and executive summary can be downloaded [here](#).

[The Food Research Action Center released data about SNAP participation throughout 2011.](#)

Webinars:

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:

Would you like to learn about the influence of social, behavioral and environmental aspects on the health of an individual or community? The Temple Harrisburg Campus is starting a [Masters in Public Health](#) and is holding an Open House in room 253 at [this location](#) in Harrisburg, PA. The event occurs on March 1, 2012 from 5:30-7:30 PM. If you are interested in attending, you can RSVP to ake@temple.edu.

The 79th Annual [Pennsylvania Dietetic Association](#) Annual Meeting and Exhibition, "Putting the Pieces Together," will be held April 15-17, 2012 at the Holiday Inn, Grantville, PA. Go to [this site](#) for more information.

Are you a Registered Dietitian or health professional that is a part of the [Philadelphia Dietetic Association](#)? The 38th Annual Philadelphia South Jersey Chapter of AHF Symposium is being held at Wyndham Garden Exton/Valley Forge in Exton, PA. It will take place on March 8th, 2012. Continuing education is provided. For registration and a copy of the brochure call Pam Ferguson at (609) 605-1901. Or, visit this [site](#) (You must become a member or login before viewing the conference information).

Are you a Registered Dietitian or Dietetic Technician interested in policy? Then the [Academy of Nutrition and Dietetics](#) is holding the Public Policy Workshop in Arlington, VA on April 15-17th, 2012. Topics to cover include the Farm Bill, the Healthy Hunger Free Kids Act, the Older Americans Act and reimbursement. On the last day, congressmen from Capitol Hill will visit. For more information look [here](#).

On Monday, May 7, 2012 at the Leows Philadelphia Hotel a culinary event called, "Taste of the Nation Philadelphia" will be held to fight childhood hunger. Organizations involved include the [Greater Philadelphia Coalition Against Hunger](#), [Philabundance](#) and the [Food Trust](#). Click [here](#) for more information and registration.

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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).