

PA NEN - Weekly Food & Nutrition News Nibbles



Week of February 25, 2013

IMPORTANT PA NEN LINKS

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

[NEWS NIBBLES](#)

[NEWSLETTERS](#)

[CONTACT PA NEN](#)
717.233.1791



PA NEN News

PA NEN Annual Conference Sessions are Filling-Up Fast

There are registration caps for some of the annual conference sessions due to their hands-on nature. Sign up! The [updated registration form](#) has been added to the PA NEN website. Below is a list of the sessions with registration caps and the remaining openings:

- [Session 1C Backstage Pass](#): 12 Openings Remaining
- [Session 2A Seasonal Eats](#): FULL
- [Session 3D Design on a Dime](#): FULL
- [Session 4A Seasonal Eats](#): FULL
- [Session 4D Design on a Dime](#): 10 Openings Remaining

Be sure to sign up soon!

Take Part and Vote for the PA NEN Board of Directors!

Vote Now! The PA NEN Board of Directors has several vacancies to fill for the 2013-2016 term. Please click this [link](#) to vote for who you would like to see serve on the board (or go to: <http://www.surveymonkey.com/s/JLR798D>). All PA NEN members are encouraged to vote. If you have any questions, email jbartol@phmc.org.

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:

[One school gets a jump start on bringing in healthier school snacks!](#)

[Five techniques to get your clients thinking about nutrition for the long term!](#)

Banning toys in kids meals or shrinking soda sizes will never occur in Mississippi. They just passed a rule against local food regulation. [Read more.](#)

[New research shows promising, culturally-sensitive approaches to conquering childhood obesity in Latinos.](#)

[Loans to grocery stores bring in healthier foods!](#)

[Are all calories in food equal? Scientist say, "No!"](#)

[People are indicted for the previous Salmonella outbreak in peanut butter products.](#)

[Professionals question the amount of dairy we should eat.](#)

[You'll soon see a new food policy research center.](#)

[Managing stress in other ways than food is an important skill to learn.](#)

How do you persuade people to eat more veggies? Make your list of suggestions a little bit longer by reading [these ideas!](#)

[Three cheers for cafeteria workers who make fresh produce appealing to their school kids!](#)

[If your child is sick, what are the best ways to feed them?](#)

[A long term study relates the Mediterranean diet to a reduced risk of heart disease.](#)

[Eating too much meat comes with huge environmental impacts.](#)

[Four tricks to motivating your kids to eat well!](#)

[Take some thoughts and research about genetically engineered salmon.](#)

Oh no! [Nutrition labels might be "wrong"](#). [Here](#) is proof.

[Children eat less.](#)

[Exercise in the workplace!](#)

Why is it so hard to get people to eat healthy, especially people who live in food insecure areas? [Read on to see how we are facing these challenges.](#)

[The science of addictive junk food will wow you!](#)

[Fiber does more than keep you regular!](#)

It's all about collaboration! [This organization](#) connects with the community to kick the homeless off the streets and into food related careers.

[Hospitals strive to serve healthier foods.](#)

[Do you know the fish you're eating? You may not because fish mislabeling is common practice!](#)

[Why does everyone give your kids junk food?](#)

[Sneak whole grains into your meals!](#)

[In some areas there is potential for organic produce to contain more nutrients than conventionally grown produce. More research is necessary.](#)

[More on the raw milk debate!](#)

Local:

Harrisburg: The "Soup in a Bowl" fundraiser raises \$18,000 for the [Central PA Food Bank](#)! [See all the details!](#)

Adams County: [This Adams County farmers market presents fresh produce, volunteer opportunities, and much more!](#)

Philadelphia: Did you hear about the new documentary called, "A Place At the Table?" It's a project driven by the Witnesses to Hunger—a Drexel University Initiative? [Listen in!](#)

Pittsburgh: [Taste great school lunches done the healthy way!](#)

Westchester: [In her classroom, a school teacher trades chairs for exercise balls!](#)

Philadelphia: [A vegan restaurant in Philly becomes quite popular and nationally renowned!](#)

Resources:

[Salud America!](#) is an online research network working to fight childhood obesity in the Latino population!

In your lessons, you can use these [nutrition tips and activity printouts](#) from the Academy of Nutrition and Dietetics ([ACND](#)).

Encourage grocers to sell better food through healthy food licensing. [Learn more through this toolkit.](#)

The [Robert Wood Johnson Foundation](#), [NPR](#) and the [Harvard School of Public Health](#) took a [this poll](#) revealing that regardless of parents' best intentions, the period from 3:00 P.M. to bedtime is a challenging time and a major contributor to unhealthy habits for American children. This week, NPR's Morning Edition and All Things Considered will be digging into what the poll findings say about the childhood obesity epidemic. Hear this [news brief about it on NPR.](#)

Get free produce in your school by taking part in the Fresh Fruits and Vegetable Program ([FFVP](#)). Look at [this handout for schools.](#)

[This long article contains a section that walks you through the nutrients from grass-fed beef.](#)

[Hear Marion Nestle, a dietitian and public health advocate, talk about nutrition related to our current food system. It's a YouTube showing.](#)

[Watch a video about when to rid of food-gone-bad and other kitchen items.](#)

Do you want to learn more about Farm-to-School? Then, [check out this primer](#) which defines Farm-to-School, provides the US Department of Agriculture's ([USDA](#)) Farm to School Grants, and highlights school support available from USDA. There is also another worksheet titled, "[Using DoD Fresh to purchase local produce](#)," that describes the Department of Defense Fresh Fruits and Vegetables Program ([DoD Fresh](#)) and how it can be used to procure local foods for school meals.

The Healthier US School Challenge ([HUSSC](#)), part of [First Lady Michelle Obama's Let's Move](#) initiative, adopted a Farm-to-school program as one of several criteria for excellence that schools can meet to win a bronze, silver, or gold award. This [helpful document](#) has been posted on their website that describes farm-to-school programs and explains how a school can meet the challenge criteria. See more [here](#).

It's time for your input! A public comment period is now open for proposed new "Smart Snacks in School" standards to ensure that children have access to healthy food options in school. These rules begin the process to create national standards. They draw on existing voluntary standards used nationally, along with healthy food and beverage offerings already in the marketplace. Click [here](#) for more information and to comment on the proposed rule.

Webinars:

NEW-On March 20th at 2:00 PM (EST), you can join a webinar, "Contributors and Effects of Food Insecurity: Nutrition and Beyond." Afterward, you will better understand the contributing factors associated with food insecurity and

its impact. [Register now!](#)

NEW-To prepare proposals for people interested in Farm to School Grants, the US Department of Agriculture ([USDA](#)) is hosting a series of webinars related to the application process. Each webinar presentation will last approximately one hour, with an extra 30 minutes of question and answer time. Information on how to access each webinar is below; please contact Laura Brown (laura.brown@fns.usda.gov) with any questions.

- "Grants.gov" on Wednesday, February 27, 1:00 PM (EST)
Representatives from grants.gov will walk you through the application process using the submission portal.
 - Access the webinar [here](#).
 - Meeting ID: CQB39F
 - Entry Code: 3cT+{P**H
- "Planning Grants" on Tuesday, March 5, 1:00 PM (EST)
 - Access the webinar [here](#).
 - Phone: 888-603-8943
 - Passcode: 3927574
- "Implementation Grants" on Wednesday, March 6, 1:00 PM (EST)
 - Access the webinar [here](#).
 - Phone: 888-396-9185
 - Passcode: 3927574
- "Support Service Grants" on Thursday, March 7, 1:00 PM (EST)
 - Access the webinar [here](#).
 - Phone: 888-396-9185
 - Passcode: 3927574

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.](#)

"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.](#)

Events:

NEW-Check out a listing of food and agriculture conferences happening across the nation. There will be an event held in Philadelphia in August. Look to [this site](#) for more details.

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](#).

Grants and Opportunities:

Are you a dietitian looking for teaching opportunities? To support the use of the "Kids Eat Right Family Meals toolkit", 36, \$200 grants are available. The application deadline is March 15. Look [here](#) for details.

Do you own a restaurant or run a foodservice facility? Then highlight healthy options on your kids menu for this recipe challenge! Applications aren't due until October 1, 2013. Find out more details [here](#).

This press release reveals grants available for [Farm-to-School](#) in 2014. Then, [here](#) is the request for applications along with a look at last year's successful applications.

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.

© Copyright 2009 PA NEN | www.panen.org | 717.233.1791

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).