

PA NEN - Weekly Food & Nutrition News Nibbles



Week of February 27, 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 register and learn more about how our speakers will help you manage everything on your plate.

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 Winne

You do not want to miss this year's Dinner Keynote on Tuesday, April 24th, "[One Food System for All](#)," presented by Mark Winne. 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 Winne'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 to teach nutrition for those in need. Click [here](#) to learn more or to add your programming to the database.

SNAC Vegetable Pamphlets

Think spring in February! Because of the mild winter, Pennsylvania's gardeners can actually start growing foods earlier in the season! In addition to delicious recipes, you can view our SNAC vegetable newsletters which include ways to store and select fresh vegetables. On [this site](#), you'll find these downloadable documents. Take a glance at the information on hearty crops that can withstand the cooler weather: lettuces, broccoli, cauliflower and kale, to name a few. And, don't forget all the canned and frozen varieties that are available year-round. Again, don't miss out on all our vegetable handouts have to offer.

These documents are large and may slow down your computer processing. Be aware of your computer's capacity before you choose from fabulous vegetable information.

International and National News:

[Largely, levels of the harmful trans-fats within our bodies have decreased over the last decade.](#)

[Access to fresh produce and other healthy foods can and should be a basic human right.](#)

[It's not rocket science; people could try eating smaller portions to reduce their waste size, but eating less is harder than you think!](#)

A [study](#) of vegetable consumption in six low-income, Chicago neighborhoods found that people who had convenient access to produce were twice as likely to consume recommended levels of fruits and vegetables compared to those who lacked access.

Fruit juice recommendations from the [American Academy of Pediatrics](#) focus on limiting it for children ages 1-6 to one glass a day; but a [recent study](#) found 35 percent of parents report their children, 1-5 years old, have two or more cups of juice on a typical day.

[Excessive health claims on food packaging is off-putting to consumers and can have a negative influence on the food's popularity.](#)

[The wife of the General who runs the Army's largest training post is known as the woman who teaches second-graders how to cook kid-friendly, healthy dishes!](#)

Local:

Elizabethtown: [Mars Chocolates is reducing the calories in its candy sold globally to 250 or less by the end of 2013.](#)

Philadelphia: [Dieting experts from Temple University believe science has some new, surprising things to say about exercise and the best diets.](#)

Philadelphia: [Ballooning portion sizes have shouldered some blame for America's obesity epidemic. However, a new study suggests that, when asked, many restaurant patrons will readily "downsize" their meal.](#)

Resources:

[Here](#) is the President's 2013 budget request for Nutrition Programs summarized by the [Food Research Action Center](#).

The [Trust for Americans Health](#) reported that a five percent reduction in national obesity rates would reduce the health costs of America by 29 billion dollars. To find out more, look at the report [here](#).

The [CDC](#) created a short, simple, informative [website](#) on sodium in our diet.

Are you interested in starting a school garden in your community? Then [this site](#) is here with tips and resources.

For those foodservice managers and workers out there, you might be interested in this book, ["Lunch Money: Serving Healthy School Food in a Sick Economy"](#) by Kate Adamick.

The USDA unveiled the ["Know Your Farmer, Know Your Food Compass"](#) over a webinar this past week. This tool is an interactive web-based document and map highlighting USDA support for local and regional food projects and successful producer, business and community case studies. During the webinar, the Secretary of the [USDA](#) discussed how local and regional food systems across the country offer economic opportunities for local farmers, ranchers and food entrepreneurs. View the webinar conversation on the [USDA's twitter page](#).

Are you curious about the new nutrition requirements for schools? Look to this [site](#) for supplemental materials.

Webinars:

NEW- A "Diabetes and Depression" webinar will be held on March 7th from 1:00 PM-2:30 PM (EST). 1.5 hours of continuing education will be provided. Look [here](#) for pricing, registration and other information.

*NEW-*A webinar titled, "Cardiovascular Risk: Diabetes and the New Cardiovascular Guidelines" will be held on April 4 from 1:00 PM-2:30 PM (EST). 1.5 hours of continuing education will be provided. Look to [this site](#) for pricing and more details.

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 6, 2012. Continuing education credits are available for Registered Dietitians and Dietetic Technicians.

Events:

*NEW-*Are you in Philadelphia TODAY? Then you can stop by Drexel University to hear nutrition guru, Marion Nestle, speak at 3:30 PM. Though the conference is free, you must register for it at this [site](#).

NEW- Did you see the new tool, "[Know Your Farmer, Know Your Food Compass](#)" released by the USDA this week? Review the tool; then, on the [USDA's twitter page](#), you can join the "virtual conversation" about local and regional food on Monday, March 5 from 2:30-4:00 PM. Follow the hashtag #KYF2.

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 or a copy of the brochure call Pam Ferguson at (609) 605-1901. Or, visit this [site](#) (You must become a member 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.

Grants and Opportunities:

NEW-Have you heard of [FoodCorps](#)? It is a new national service program designed to reverse childhood obesity while cultivating a new generation of farmers and public health leaders. FoodCorps Service Members spend a year of paid public service building and tending school gardens, developing Farm to School programs and conducting hands-on nutrition education in communities of need. Are you interested in becoming a service member? Applications for 2012-2013 and more information can be found [here](#).

NEW-The [National Collaborative on Childhood Obesity Research](#) maintains an extensive list of available grants for 2012-2013. The funding will be provided for research focused on childhood obesity. Click this [link](#) to view the listing.

NEW-Grants for research and nutrition education opportunities are available from the [Academy of Nutrition and Dietetics Foundation](#). Awards range from \$1,000-15,000. One specific grant called, "The Foundation's Research Endowment Grant" is also available and will focus on childhood nutrition. This is a one-year grant with up to \$35,000 for [Academy of Nutrition and Dietetics](#) members. Application deadline is July 1. For more information on this grant contact Beth Labrador at blabrador@eatright.org, or call 1-800-877-1600 ext. 4821.

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