

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of February 3, 2014

## IMPORTANT PA NEN LINKS

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## PA NEN News

### [Take Advantage of PA NEN's Annual Conference "Register NOW Pay Later Option"](#)

Are you planning on attending PA NEN's Annual Conference on April 28-29 but have not registered yet because you are waiting for the payment to be processed?

No worries! You can [register today](#), and pay later. Just 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 because sessions will fill up fast!

## International and National News:

[Eat that healthy food on a shoe-string budget!](#)

[The Dutch government wants to stop the use of horse meat as filler for beef patties.](#)

A [new study](#) followed 7,000 children for years. Researchers found that one third of kids who were overweight in kindergarten were also obese by eighth grade. Listen to a briefing about the report, [here](#).

[During pregnancy, a mom's diet can influence baby's food preferences.](#)

One [study](#) associates eating too many sugary foods with an increased risk for heart disease. But, is this evidence enough to encourage sugar recommendations in the 2015 Dietary Guidelines?

[Winter farmers markets are available, so see what some of them have to offer!](#)

A [study](#) questions our government's role in regulating food.

[Unfortunately, senior hunger prevails.](#)

[In the Farm Bill, you'll find that Supplemental Nutrition Assistance Program \(SNAP\) participants can still double their SNAP money at farmers markets.](#)

[Throwing a party? Use these yummy ideas to spruce up your vegetables and fruits!](#)

[One man turns his obsession with wealth towards giving to others through his new organization, Groceryships.](#)

[Being overweight at a younger age means you are more likely to be overweight when you're your older.](#)

[How can dietitians help Polycystic Ovary Syndrome patients fend off heart disease?](#)

[A school district cuts lunch waste while incorporating healthy options.](#)

[One organizations says it's time to drop soda from the kids menu.](#)

[2014 Food Trends](#)

[Sesame Street characters \(even Cookie Monster\) go healthy. Watch this video.](#)

[Food or medical treatment? Being chronically ill strains the food budget.](#)

A new Nutrition Facts Panel is on the way! Find nutrition and health professionals' creative ideas and suggestions [here](#).

[Consumers hate inaccurate nutrition news.](#)

[Users reap the health benefits from apps for diabetes.](#)

## Local

**Allentown:** [Rodale Institute moves sustainable agriculture into cities.](#)  
**Lebanon, Lancaster and Harrisburg:** [Money was donated for food and nutrition, kids programming!](#)

**Northampton:** [Food Stamp cuts continue to harm those in need.](#)

**Pennsylvania:** [Keep up with your New Year's promises!](#)

## Resources:

The Food Nutrition Service's [resource list](#) shows off nutrition Apps for adults and kids, along with web games that speak to healthy lifestyles.

A [video](#) by Georgia's Farm to School program gives a lesson on how to hold taste testing events.

Some restaurant meals offer more than the daily recommendations for sodium. Check out ideas for salt-reduction in this report, "[From Menu to Mouth: Opportunities for Sodium Reduction in Restaurants.](#)"

What fruits and veggies are in season? Look for the answer on USDA SNAP-Ed Connection's "[Nutrition Through the Seasons](#)" website. You'll also find recipes and February's food activities, [here](#).

Learn more about laws behind school snacks and beverages on this [easy-to-use site](#).

[Vegetarians can nourish themselves with these foods](#). And, [here](#) is a more detailed list of veggie proteins created by registered dietitian nutritionist.

[The Let's Move Newsletter shows off the program's progress](#).

[Did you know that Fuel Up to Play 60 had an App?](#)

[Study: A culturally relevant, internet based tool promotes physical activity](#).

## Webinars:

*NEW*-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.

*NEW*-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](#).

*NEW*-A webinar, "[Getting Your Bucks in a Row – The Food Hub Due Diligence Toolkit](#)," is happening on February 20, 2014 from 3:30-4:45 (EST). During the webinar, prestigious speakers will answer the question, "What makes a solid, investable food hub business?"

Watch this [recorded presentation](#) about how obesity causes people to overeat from the University of Alabama at Birmingham.

"Nutrition and Stressed" is a free, recorded webinar from the Sports,

Cardiovascular and Wellness Nutrition Dietary Practice Group. The recording will run until February 8th, 2014. Continuing Education Credits are available for dietitians. [Look to this site for more information.](#)

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.

The Part One of the Core Nutrition Messages Webinar Series is now [posted](#) on the homepage of Nutrition.gov, under the "Spotlights Section," at the bottom of the page. Please enjoy these webinar about the research based nutrition messaging for parents and kids focusing whole grains, fruits and vegetables, milk, and child feeding. Part two focuses on creative ways of using these messages and will be posted at a later date.

"Creating Healthy Menus in Early Child Care and Education Settings" on February 11, 2014 at 3:30-4:30 PM (EST). The New York City Department of Health and Mental Hygiene (NYC DOHMH) modified health codes at NYC child care centers to prevent obesity and related conditions. This webinar shares the changes, provides tools and recommendations for implementation. [Reserve your spot at the webinar.](#)

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*-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](#).

*NEW*-There is a Youth and Family Wellness Fair at the JCC Pittsburgh on Sunday February 9th from 11:00 AM-3:00 PM. Over 40 vendors attend this event. [Find out more!](#)

*NEW*-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](#).

*NEW*-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](#).

Second Opinion has led health based Twitter Chats. They presented one about obesity on the 29th. Check back to [the archive](#) to see the Twitter Chat. You'll find videos about managing diabetes and food allergies. You can also click on Twitter Chat titles like, "Holiday Heart Attacks Twitter Chat" and "Food Safety Episode Archive." On February 11th, they're holding a Twitter Chat on cholesterol. [Scroll down this page to find out who and what hashtags to follow](#).

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*-Can you make a dinner under \$10 for a family of four? Then post it on Pinterest to win a gift basket from Cooking Matters. Here are the rules: Tag your post with the hashtags #WalmartGiving and #NoKidHungry. List your ingredients and total cost of the meal. Describe your recipe too. Prizes will be awarded soon! Look [here](#) for details!

Do you teach nutrition to those suffering from hunger in your community? Have you had to go to a food pantry or soup kitchen for assistance? Have you volunteered at your local food bank? Share Our Strength needs your story to help the hungry across the nation! You can enter your information at [this site](#).

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.

Are you located near Chester, PA? Then, how can you get involved with them as they distribute food and services to those who need it? Look [here](#) for more information.

The NIH-funded Johns Hopkins Global Center on Childhood Obesity (JHGCCO) wants applications for research about time-sensitive changes in environments or policies that may reduce the prevalence of childhood obesity. Projects should take a systems perspective and have the potential to inform their community- or population-based interventions. Investigators can be at all career levels. Download the request for application here. Download the full RFA [here](#).

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!](#)

Develop your story, and grab a camera! This contest is searching for a short film on food, farming and sustainability due on February 14, 2014. Check out the details at [this site](#).

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