

PA NEN - Weekly Food & Nutrition News Nibbles

Week of February 2, 2015

IMPORTANT PA NEN LINKS

[PA NEN ANNUAL CONFERENCE](#)

[NEWS NIBBLE ARCHIVES](#)

[NEWSLETTERS](#)

[CONTACT PA NEN](#)
717.233.1791



PA NEN News

Refer a Friend and we all WIN!

PA NEN is kicking 2015 off with a Membership Recruitment Campaign! You are a part of a community of nutrition professionals and paraprofessionals who make a difference! Isn't it time you invite your colleagues to become part of this community?

Click [here](#) for more information and to get started!

Students – Are You Short on Funds but Want to Attend the 2015 Conference?

Volunteer opportunities are available to undergraduate students enrolled in a dietetics program at a Pennsylvania college or to dietetic interns in a Pennsylvania based program. All volunteer positions are given on a first come, first serve basis. There are 6 remaining openings. Contact Rose for more information at rcleland@phmc.org or 717.233.1791.

International and National News:

[Some college students learn to cook delicious cuisine on a budget.](#)

[A Connecticut legislator supports a tax on soda.](#)

[One non-profit feeds hungry seniors.](#)

[The Institute of Medicine \(IOM\) recommends that white potatoes should pop back on the Supplemental Nutrition Program for Women, Infants and Children \(WIC\) food package.](#)

A dietitian believes processed foods aren't the bad guy. See his argument, [here](#).

[A survey shows that people don't know that they can reduce cancer risk through healthy lifestyle changes.](#)

[A dietitian speaks to the discrepancies of recent saturated fat research.](#)

[The Robert Wood Johnson Foundation invests \\$500 million in Childhood Obesity.](#)

The President's 2016 budget provides funds to [protect our food from antibiotic resistant bacteria](#), to inspect our poultry farming and processing industry and to support many more changes in food and agriculture. The budget looks to consolidate a couple food safety authorities into one agency under the Department of Health and Human Services. This move "would provide focused, centralized leadership, a primary voice on food safety standards and compliance with those standards." [Read more about it](#). Also, \$50 million in combined grants were proposed for the [Healthy Food Financing Commission](#). See the President's 2016 entire budget overview.

[Exercise just outside your comfort zone for incredible results.](#)

[Does eliminating unhealthy food in vending machines frustrate the eater?](#)

[How a mom takes care of herself relates to her child's future health behaviors.](#)

[You don't need to run marathons to be healthy.](#)

[Waistline-friendly dishes become more appealing to cadets.](#)

[Research starts to question the limits on eating fish while pregnant. More research needs to be conducted to prove their case.](#)

[Can you eliminate peanut allergies? This clinician believes so.](#)

[Engage all your senses with your food.](#)

[Supplements don't contain what's on their ingredient list.](#) Marion Nestles says [this practice](#) happened before and will continue. Listen to quick commentary about the matter, [here](#).

[Prebiotics and probiotics colonize our guts to make us healthier!](#)

[Doctors give a prescription of produce.](#)

[This child is obese, but her ravenous food cravings are related to her Prader Willi syndrome.](#)

[Genetically modified potatoes reduce bruising and the release of a harmful chemical while frying. But will anyone buy them?](#)

[Nosh on these healthy, winter fruits and vegetables.](#)

[Indiana Farmers and Hunters Feeding the Hungry donates their hunted meat to a women's shelter.](#)

[Witnesses to Hunger share the real picture of poverty and hunger in this slide show.](#)

[Jersey focuses on improving food aid for those who need it.](#)

Local:

Harrisburg: [At the 2015 Farm Show, the Central PA Food Bank and the Pennsylvania Dairymen's Association raised money to give milk to the hungry.](#)

State College: [The European Food Safety Authority \(EFSA\) proposes a limit on how much caffeine healthy people drink daily.](#)

Social Media:

The hashtag [#FoodFri](#) is a regular, end-of-the-work-week Twitter chat that involves lots of public health organizations standing for a healthier population. Follow the [hashtag](#) for online and printable nutrition resources, commentary, and much more.

Starting off 2015, there was the first ever Food Tank Summit that stood for a healthier, just, and sustainable food system with access for all. Go to this [YouTube page](#) to listen to all of the speakers. And, pick through [Food Tank's Twitter account](#) for more resources.

Resources:

Check out [this infographic](#) for creative ideas to encourage students to get 60 minutes of physical activity.

Get Out There PATHfinder is a E-newsletter that shares outdoor activities, trends, and events happening across Pennsylvania. See what's happening in your area by signing up [here](#).

"Trends in the US Local and Regional Food System: A Report to Congress" is a [musts-see-report](#) from the Economic Research Service.

[Mealtime.org](#) brings the facts behind canned foods and their healthful benefits. It is referenced in this educational packet, [MyPlate on a Budget](#).

[Free Smart Phone Apps to teach kids healthy eating](#)

[Microwave cooking gets approval from health professionals.](#)

The US Department of Agriculture did a [study](#) examining outcomes (such as procedural denials and application timeliness) when applicant interviews were conducted by community-based organizations staff versus Supplemental Nutrition Assistance Program (SNAP) staff. Researchers derived data from Florida, Michigan, Nevada, and Texas. See the results.

The Census Bureau reports that 1 in 5 children receives food stamps. [Review the data and graphics.](#)

[Read this report](#) about national- and state-level outreach estimates of the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).

According to this [Gallup Poll](#) obesity rates continue to rise.

Read this [new report](#) to Congress on local and regional food systems progress.

Webinars:

NEW-Michigan State University Center for Regional Food Systems presents a webinar called, "Food Safety Certification and Standard Operating Procedures for Your Hub." The Michigan Food Hub Network and Hannah Mellion, the Program Director for Food System Enterprise at Farm Fresh Rhode Island will present on tools focused on good handling practices (GHPs) and standard operating procedures (SOPs) for food hubs. Join the webinar, by logging in at [this link](#) on February 11, 2015, 10:00-11:30 AM (EST).

NEW-On February 23, 2015 at 1:00 PM – 2:00 PM (ET), a [webinar](#) will review nutrigenomics which looks to figure out the molecular interaction between dietary nutrients and other food component within the genome. The presenter will show how nutrigenomics could be used in clinical practice. It will also provide tips on what to look for in a genetic test for personalized nutrition, how to make sure that you're adequately trained and how you could provide it in your practice.

NEW-Nutrigenetics (different than nutrigenomics) focuses on genetic variations' influence on dietary responses. This module introduces you genetic concepts and explores how genes can affect nutrient processing, metabolism and eating behavior. Watch the recording to find out more, [here](#).

NEW-February is Eating Disorder Awareness month. All webinars from the Institute for Contemporary Psychotherapy Center for the Study of Anorexia and Bulimia are free with a \$5 suggested donation. Topics will vary including the neurobiology and psychology behind eating disorders, male and female eating disorder behaviors, binge eating disorder and much more. [To register visit this website](#).

NEW-The DC Walking Summit recorded their assortment of speakers. They're listed [here](#).

The "Edible Education 101" series starts next week at UC Berkeley, and lectures are streaming LIVE! You can see Michael Pollan, Mark Bittman, Marion Nestle, Eric Schlosser, Alice Waters, and more leaders who look critically at our food system and how to make it healthier, sustainable, and equitable. Learn more about the live streaming [here](#).

Villanova University's Center for Obesity Prevention and Education is

presenting a webinar on February 11th at 12:00 PM (ET). It's about progress, the future, and current challenges within school nutrition and its impact on the students' health. You can [register](#) for the webinar today.

TEDxMANHATTAN, "Changing the Way we Eat" is a conference that will broadcast live on Saturday, March 7th at 10:30 AM – 6:30 PM (EST). You can join for free. [Sign up today!](#)

These [Cooking Channel YouTube videos](#) share fascinating facts about all fruits and vegetables from around the world.

There is a free, live webcast offered on February 19th, 2015 from 9:00-10:00 AM. It's titled "Confronting Health Disparities: Obesity and Prevention in African American Communities." This program will focus on the reality of African-American health disparities, why they exist and the impact of environment, income and other determinants on health. For more information, go to [this website](#).

Are you a member of the Academy of Nutrition and Dietetics? This free, online learning module is available to members. It addresses skills and resources needed to foster the mentor-mentee relationship, develop successful partnerships and solidify effective communications. Click [here](#) for more information.

Events:

Donate your food-safe pottery bowls for the Central PA Food Bank's Soup or Bowls event. Learn [more](#) about it.

Join in on the Pennsylvania Department of Aging Annual Nutrition Conference, "Too Much.....Not Enough.....Just Right: The Inconsistencies of Seniors' Food Choices." During the event, you'll watch international and regional speakers offer their expertise about healthy eating, nutritional challenges related to aging, food safety and targeted marketing. All this and more will be presented at the conference at the Holiday Inn in Grantville, PA on March 16 and 17, 2015. See more information, including the event agenda, [here](#). Send Mona Lemanski, RD, LDN, CDE any of your questions at (717) 772-0371, or email her at c-mlemanski@pa.gov.

The Central PA Food Bank is holding their 9th annual "Soup Or Bowl" event in Williamsport, PA on February 20th. For more information and to order tickets, visit [this website](#).

Everybody Walk Across PA! On March 30th until May 30th teams will take a virtual walk of the scenic route across Pennsylvania. People can do this by exercising and recording the equivalent of ten miles per week for eight weeks. See more information and register on [this page](#).

National Food, Nutrition, and anti-hunger conferences are all listed [here](#) for 2015.

On February 28, 2015, you can join "Rooting DC" in Washington D.C. This

free forum brings 80 sessions about food and farming. Learn about cooking programs, how urban agriculture revitalizes communities, about eating well on a budget, how food banks are creating community gardens with low-cost equipment, and more! [Find out more.](#)

On April 11th, the Stroehman's Walk Against Hunger is a 5K race. Get more details [here.](#)

The 2nd Annual Penn State Public Health Day Symposium will be held on Wednesday, April 29, 2015 from 8:30 AM - 4:30 PM at the National Civil War Museum in Harrisburg, PA. Join, especially if you are looking for professional networking opportunities, a chance to highlight your practice, and to learn about other happenings around Pennsylvania. Registration will open on Monday, February 2, 2015. Please [contact](#) with questions.

Have you heard of the 2015 National Physical Activity Plan Congress? It's an event being held on February 23-24, 2015 in Washington, DC focusing on The National Physical Activity Plan (NPAP). This is a set of policies, programs, and initiatives to get all people more active across America. See what this event has in store, and [register today.](#)

Grants and Opportunities:

In July, First Fruits will fund youth-run charities based on your votes! Criteria, nomination guidelines and funding details are available on [this website.](#) Start voting for your favorite on May 4.

You can volunteer to make schools in your community healthier. Through Action for Healthier Kids, join the action! Look [here](#) for volunteer details.

The Food and Drug Administration presents grants that focuses on food safety education for small farms and processors. Read more about the available grants [here](#) and [there.](#)

Whether you're a parent or a school foodservice professional, you can apply for a grant to get a salad bar in your kids' school! Look at Chef Ann's Cooper's Salad Bars 2 School program [here.](#)

The U.S. Department of Agriculture's National Institute of Food and Agriculture announced the availability of more than \$15 million for undergraduate, pre- and post-doctoral fellowships. They will be awarded to innovators involved in research, education, and extension who are ready to address the challenges in the agricultural, environmental, natural resources, and food systems arenas. Pre- and post-doctoral fellowships are due February 11. February 18 is the due date for undergraduate's letter of intent, and the full application is due May 6th. [Learn more.](#)

Did you know that the Academy of Nutrition and Dietetics presents awards to dietetic professionals, students, and graduate students in these various areas: continuing education, recognition, program development, and international studies. See how you might [apply or nominate](#) a dietitian or dietetic technician of your choice.

If you're in college and interested in health and wellness blogging, then Be Well Philly is now accepting summer Intern applications. Look [here](#) for details.

Public health, summer opportunities are available for collegiate students through the Center of Disease Control and Prevention. See the listing [here](#).

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

Funded by the Pennsylvania (PA) Department of Human Services (DHS) through PA Nutrition Education Tracks, a part of USDA's Supplemental Nutrition Assistance Program (SNAP).

This institution is an equal opportunity provider and employer.