

PA NEN - Weekly Food & Nutrition News Nibbles



Week of February 4, 2013

IMPORTANT PA NEN LINKS

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

[NEWS NIBBLES](#)

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717.233.1791



PA NEN News

Sessions are Filling Up, Be Sure to Register Early!

For our Annual Conference, there are registration caps for some of the sessions due to their hands-on nature. Click [here](#) for the list of the sessions with registration caps and remaining openings.

Try the “Bill Me” later option for the Annual Conference!

Are you planning on attending PA NEN’s Annual Conference on April 30 – May 1 but have not registered yet because you are waiting for the payment to be processed?

No worries! You can register today, and 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 as sessions will fill up fast!

*Registration fees are due by April 12th. After which registration will be forfeited.

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:

[Try healthy ideas while eating out.](#) And, just think of the menu selection on these [good-for-you fast food chains'](#) menus.

[It's official, Greek yogurt can appear on school lunch menus!](#)

[A medical journal reviews the health implications of energy drinks.](#)

[Severely malnourished children survive better with a nutrition regime and antibiotics.](#)

The World Health Organization ([WHO](#)) [reduced sodium recommendations for kids.](#)

[Schools get their kids moving and grooving for heart health.](#)

[Brominated Vegetable Oil, a flame retardant, finds itself in sports drinks? Not any more...](#)

[Some people eat vegetarian to slash heart disease.](#)

[Nutrition educators across the country brace for funding cuts.](#)

[Schools band together to provide their cafeterias with better, healthier food.](#)

Do you know [five misleading food claims](#) and [four questionable ingredients](#) in packaged foods?

[Keep in ship-shape with small bouts of physical activity throughout your work day.](#)

[Why can't obesity be called a medical issue?](#)

[What halted the trend of cooking from scratch?](#)

[Try 3 simple ways to add Kale to your diet.](#)

The CDC encourages healthy diets but also wants people take food safety precautions when eating leafy greens, poultry, and dairy. Learn more by listening to the [News broadcast here.](#)

[A mother files a lawsuit against large food company producing frozen pizza.](#)

Let's follow Japan's example! [Their schools indulge in creative, healthy lunches!](#)

Big legislation! [School snack changes were proposed!](#)

[Common foods can power your diet. They're everyday super foods!](#)

[A mix of education techniques—mindful eating and standard diabetes education—could help diabetics maintain their sugar levels and weight.](#)

[Europe wants to fight for a tax on sugary drinks.](#)

[DC Central Kitchen builds culinary confidence for the homeless.](#)

[Small snacks can satisfy just as well as the large ones.](#)

[Beans! Here's what you need to know!](#)

[Think how these three ideas can reduce childhood obesity.](#)

[Take caution while driving with diabetes.](#)

Don't worry; be happy! [Fruits and vegetables can possibly take your blues away.](#)

[Satisfy your cravings with smaller snacks!](#)

[7 families share what they eat!](#)

[Hospitals take on the "5210" healthy messages.](#)

Parents can lead the charge toward the reduction of childhood obesity. [Here's](#) how!

Local:

Pennsylvania: [Our state has been named the best place to eat gluten-free!](#)

Philadelphia: [Check out and follow the ten best, most healthy Pinterest boards.](#)

Resources:

The US Department of Agriculture ([USDA](#)) released its proposed rule on competitive foods called, "The Smart Snacks in School" proposal. You can skim through 160 page pre-publication of the [proposed rule](#). A shorter version will be printed in the [Federal Register](#) next week. At that time, the USDA will accept comments for 60 days. You can participate!

Last week, the Center of Disease Control and Prevention ([CDC](#)) released, "[Competitive Foods and Beverages in U.S. Schools: A State Policy Analysis](#)." This document shows off policies for competitive foods in

schools in 39 states. The purpose was to find out how their policies aligned with the 13 standards recommended in the 2007 [Institute of Medicine \(IOM\) standards](#).

Check out the, "[Bag the Junk](#)" website by the [Robert Wood Johnson Foundation](#) which shows steps to get delicious, healthy snacks in your school.

Where we live, our proximity to a grocery store and the availability of healthy foods affect the way we eat. The US Department of Agriculture's (USDA) "[Food Environment Atlas](#)" maps out community and environmental characteristics that impact our health. Look to see how your area ranks! And, learn more about it [here](#).

[You can donate you airline miles to feed the hungry with this free application.](#)

Government food programs play an intricate role to improve the public's health. See what the Food Research action Center ([FRAC](#)) has to say about [this concept](#). They also released a [news brief](#) supporting food assistance.

[Catch onto this new worldwide initiative to eliminate food waste.](#)

How does the Farm Bill influence our health? See [this impact assessment](#) for more details.

[This study strives to debunk myths and presumptions about obesity.](#)

The Academy of Nutrition and Dietetics ([AND](#)) provides [food safety curriculum and PowerPoints for educators](#).

Learn about regional food networks and the efforts that the Iowa has undertaken in this report, "[Creating Change in the Food System: The Role of Regional Food Networks in Iowa.](#)"

Webinars:

The Meals on Wheels Association of America's National Resource Center on Nutrition and Aging ([MOWAA](#)) is launching, "Momentum: Advancing Into Future Readiness," a series of events and discussions updates senior nutrition services. It will begin on February 12 at 3:30 PM (EST) with a webinar on the components of a quality nutrition program. Click [here](#) to learn more and register.

On February 14, at 1:00 PM (EST), a free webinar series is available to members of the Academy of Nutrition and Dietetics ([ACND](#)). It's titled the, "Nutrition Informatics Virtual Town Hall Series!" For people confused by the label, Nutrition Informatics, the Academy defines this term as "...the

effective retrieval, organization, storage and optimum use of information, data and knowledge for food and nutrition related problem solving and decision-making. Informatics is supported by the use of information standards, processes and technology." For more information and for registration details, click [here](#).

Do you want to know why food insecure families tend to be overweight? Dietitians and Dietetic Technicians, mark down a webinar, "Hungry and Overweight: How is that Possible?" occurring on February 26th from 2:00-3:00 PM (EST). It is sponsored by the Academy of Nutrition and Dietetics ([ACND](#)), so you must be a member of this organization to watch the free webinar. One Continuing Education Credit is available. [Register today and find out more!](#)

How can we add more physical activity to a child's life? Why not fit it into their school day? Learn how to promote recess, classroom activity breaks, before and after-school programs, walking or biking to school programs and exercises for middle and high school students at this webinar, "[How to Add More Activity into the School Day](#)," on February 26th at 2:00 PM (EST).

Events:

NEW-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](#).

NEW-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](#).

NEW-Have you heard of Coursera? It's a site presenting the opportunity to take a free course, online from top universities across the United States. Check out [this course](#) introducing people to our food system, food justice, and food insecurity. Learn more details about [Coursera](#).

NEW-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. More information is coming soon!

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 winter 2013 Association of SNAP-Ed Nutrition Networks and Other Implementing Agencies ([ASNNA](#)) Conference will be held in Arlington, VA on February 4-7, 2013. Early bird registration prices end January 4, 2013. The last day to register for the conference is January 15, 2013. All the information resides [here](#).

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](#).

The 6th annual Rooting DC Conference will be held on Saturday, February 23rd, 2013 at Wilson High School in Washington D.C. New and seasoned gardeners can attend this free gardening forum to share information and skills to grow a healthier community. Get more information from this [site](#).

Grants and Opportunities:

NEW-You can apply for "Hunger in Our Community Mini-Grant" by utilizing [Kids Eat Right's](#) "Hunger in Our Community" toolkit. Forty, \$200 grants are available. The deadline is March 1. Find the application [here](#) and more about the grant at this [site](#).

NEW-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.

Check out this grant for school gardens! The "All About the Fruits and Veggies" grant program will give youth garden initiatives with \$500 in gardening supplies, curriculum, soil care, and plants to teach nutrition and gardening. Applications are due on February 18th, 2013. Click [here](#) for more information.

[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.

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