

PA NEN - Weekly Food & Nutrition News Nibbles

Week of February 6, 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 see what we can offer you!

Learn How Nutrition Makes a Difference with Elizabeth Strickland at the Annual Conference

Join [Elizabeth Strickland](#) as she discusses the connection between the foods a child eats and their ability to function at their best. [This session](#) will be offered on both days of the conference and will cover topics such as:

- How sugar, trans fat and food additives affect a child's brain, learning and behavior
- How supplementing with Omega-3 fatty acids may improve a child's reading, attention, focus, hyperactivity and speech
- Possible benefits of the Gluten Free Casein Free Diet (GFCF)

Do You Have a Nutrition Program that You Would Like All of PA to Know About?

PA NEN has created a state-wide database listing nutrition education programs that serve low-income audiences. This database provides information that can be used to find educational programs in specific locations or information on a particular program or organization. It can also locate gaps in services and provide opportunities for agencies to work together to provide nutrition education to those in need.

If you would like your organization's information available on this page, please fill out a short request form by clicking [here](#). Please submit your information so other PA NEN members can learn about your organization and the programs offered!

SNAC Vegetable Pamphlets

We have vegetable information located on [this site](#). Our vegetable pamphlets outline prime pickings with simple recipes, storing and growing requirements, and nutrition information for every season! These downloadable 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:

[“Double Food Bucks”](#)—a SNAP initiative to get double the money for buying healthy fruits and vegetables—is gaining popularity!

[How many calories are in that soda anyway?](#) Consumers can figure out the number of calories and other dietary information in a vending machine snack by using touch-screen technology.

[L.A. could build accessible bike paths, wider sidewalks, more traffic lights and incorporate other changes to make this area more exercise friendly.](#)

An article in the American Journal of Public Health found that teens reduced their consumption of sugary beverages when calorie information was posted alongside the beverages. The researchers used multiple nutrition panel displays. [Read this abstract for more information at the American Journal of Public Health website.](#)

[USDA's](#) Cathlene Merrigan emphasizes local food systems at a statewide [food bank conference](#).

Hispanic influence on overall American eating habits is growing—and marketers should pay attention. Click [here](#) for more on Latino food trends or [click here](#) for a nutrition program which makes healthier options in Latin cuisine.

A [Florida Bill](#) would limit food stamp purchases.

[2012 Farm Bill Take Away](#)

Are diet soft drinks bad for you? A [new study](#) finds a potential link between daily consumption of diet soft drinks and the risk of vascular events such as heart attack and stroke.

Local:

Pennsylvania: A New Jersey firm recalls cobb and spinach salads due to possible *Listeria* contamination. Look [here](#) for all the details.

Philadelphia: [Do kids need to take a multivitamin?](#)

Philadelphia: Teens eat the saltiest diet, and many of those [culprit foods](#) are found on supermarket shelves.

Philadelphia: Allowing a weaning babies to feed themselves with finger

foods, rather than spoon-feeding them pureed foods, may reduce their risk for obesity later on, according to [this new research](#).

Pittsburgh: [McDonald's debuts a new Happy Meal in the Pittsburgh market.](#)

Resources:

A literature review was updated about the impact of WIC program from 2002-2010. [Click here](#) to see the report summary and the entire report may be found [here](#).

The [Greater Pittsburgh Community Food Bank](#) provides an excellent, healthy [recipe database](#) using items you have on hand at the moment.

[FNS](#) releases [a website](#) on SNAP community characteristics by congressional district.

Webinars:

NEW-On Wednesday, February 22 from 1:00-2:00 PM (EST), learn more about how stress might impact your heart. During "[What Does Stress Have to Do with It?](#)" find out how behavior management might keep you (or your client) stress-free. If a Registered Dietitian, Dietetic Technician, Registered Nurse or Nurse Practitioner listens to the webinar, they can obtain 1 continuing education credit. [Registration is required](#).

NEW-Are you involved with school foodservice? On Wednesday, February 15, 2012 from 2:00-3:15 PM (EST), the [School Nutrition Foundation](#) and [USDA's Food and Nutrition Service Food Safety Division](#) will be hosting a webinar entitled "Buying the Right Produce at the Right Price." USDA experts and school food directors will discuss the quality and grade standards, ways to save money, appealing ways to serve produce and much more. For information and registration [click here](#).

NEW-[PolicyLink](#) is holding a webinar series on urban agriculture. It starts with this one called, "[Equitable Strategies for Growing Urban Agriculture Webinar](#)" on February 16, 2012 from 2:00 p.m. – 3:00 PM (EST). It is based on PolicyLink's new [Urban Agriculture Tool](#). Growing food in the city has become a viable option for distributing healthy food to the SNAP eligible communities. To register for the webinar, [click here](#).

Grants and Opportunities:

Are you a researcher interested in the following areas: (1) The farm and agricultural sectors (including commodities, livestock, dairy, and specialty crops); (2) the environment; (3) rural families, households and economies; and (4) consumers, food and nutrition? Then there is a grant available for you. [Look here for details.](#)

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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).