

PA NEN - Weekly Food & Nutrition News Nibbles



Week of January 1, 2013

IMPORTANT PA NEN LINKS

SAVE THE DATE!
**PA NEN ANNUAL
CONFERENCE 2013**
APRIL 30TH-MAY 1ST

[NEWS NIBBLES](#)

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PA NEN News

The Pennsylvania Nutrition Education Network's Annual Conference 2013 Registration is Open!

Are you looking for new ways to help improve your clients' nutritional status? Then this conference is for you! PA NEN's 2013 Conference will present topics on the issues facing low income Pennsylvanians and how you can exercise your knowledge to help make a positive difference in their quest for a healthier lifestyle. Be a part of this must-attend conference which will equip you with the tools to create healthy, balanced nutrition education for your clients. Click [here](#) to register and for the brochure.

NEW for 2013 - Local Projects to be a Part of the Resource Area!

You asked, and we delivered! There were many requests on the 2012 Conference Evaluations for Local Projects to be included in the Resource Area. The committee reviewed numerous submissions and invited the following organizations:

- The Food Trust, James Wells Kwele, Project Coordinator: TBA
- Project SHARE of Carlisle, Robyn Wampler, Nutrition Educator: Food Box to Full Belly - How to Make the Most of Your Pantry Box
- Rutgers, The University of NJ, Debra Palmer, PhD: TBA
- Vida Charter School/Adams County Food Policy Council, Audrey Hess, RD, Graduate Student: Healthy Options for Families in the Food Gap

Be sure to check out the complete list of vendors by clicking [here](#).

There are currently no vendor spots remaining. If you would like to be placed on a waiting list, please email [Rose](#) or call the office at 717.233.1791.

SNAC's Vegetable of the Month: Sweet Potatoes

What fluffs perfectly; can hide all winter in dark, cool pantries; and brightens up the table with an orange hue? You guessed it: the almighty [sweet potato](#)! Whether you boil, bake or microwave this veggie, feel assured that it always cooks smooth and tasty! Pair its sweetness with savory dinner dishes or highlight its honeyed flavor with

warm cinnamon-like spices. Get more recipe ideas and nutrition facts about the [sweet potato](#) at [this site](#).

International and National News:

[The Mayor's Report shows rising hunger and homelessness rates.](#)

[Hunger in New York remains prominent as post-storm food donations subside.](#)

[Changing the way we eat takes time.](#)

[Integrate healthy snacks at school.](#)

[Healthy, creative initiatives spring up across the nation.](#)

[Try New Year's resolutions that stick.](#)

[Family meals encourage good eating choices.](#)

[Can nutrition become trendy in 2013?](#)

[School meals prepare kids for learning.](#)

[Local schools bring in local foods.](#)

[Latino and African American kids have a higher risk of getting diabetes.](#)

[Pairing the young students with the elderly is a new way to provide nutrition education.](#)

[Food takes center stage for this photographer.](#)

[Look at a two-year progress update from the Healthy Hunger Free Kids Act.](#)

[A poll shows that a majority of people don't want government food programs cut.](#)

[Halt food marketing to kids.](#)

[Profits from fast food companies do not extend to the workers' wages.](#)

[Simply providing more water fountains could curb obesity rates.](#)

[Afterschool programs teach kids healthy lifestyles.](#)

[Soda companies hire a music star, revving up their brand.](#)

[How do you quantify the damage of bad health promotion schemes?](#)

[Studies show that Smartphone applications aid in weight loss.](#)

[How much weight gain is healthy for obese pregnant women?](#)

[Can you lose more weight through aerobic activity or weightlifting?](#)

[Follow your nose! Dull aromas may drive our mood.](#)

Local:

Pennsylvania: The PA Dietetic Association printed their [newsletter](#).

Pennsylvania: ["Udi's Gluten Free Au Naturel Granola" is recalled because of an undeclared almond allergen.](#)

Philadelphia: [A local school district pilots a breakfast program.](#)

Philadelphia: [Listen to the story on sodium/salt from Philadelphia researchers.](#)

Philadelphia: [What would nutrition professionals feed their kids?](#)

Resources:

Go heart-healthy for kids with these [recipe ideas](#).

[Look at online modules and other training resources for WIC!](#)

[The best and worst food marketing practices of 2012](#)

[Watch this movie, so you can use your leftovers efficiently.](#)

Kids and parents can rest assured that walking to school is enjoyable exercise. Listen to [this online module](#) to learn how to make this a safe option for the children in your community.

Online Continuing Education modules are available to dietitians through the [Academy of Nutrition and Dietetics](#). Review the resource topics [here](#).

Webinars:

NEW-Fuel Up to Play 60. Do wonder what the buzz is all about? See how this program can bring better health to students and schools in your community. Listen in to this 30 minute session to learn about the program basics and how to apply for funds for Fuel Up to Play 60. [Sign up today](#) for the webinar on January 22nd, 2013 at 2:30-3:30 PM (EST). Or, receive

the archived session, if you aren't able to join the call live.

NEW-From goal-setting, to budget tracking, and planning for sustainability—it's time to design and motivate your school wellness team. Figure out how to build an efficient team during a 75 minute webinar, "[Building a Wellness Team, Assessing your School's Wellness Environment & Developing an Action Plan](#)," on Tuesday, January 29, 2013 from 2:00 PM-3:15 PM (EST).

NEW-We need the support from parents, students, and other community members during National School Breakfast Week (March 4 - 8, 2013). Events are a great way to kick off this initiative! Learn what schools are doing across the nation during this 60-minute webinar, "[Alternative Breakfast: Special Events to Promote School Breakfast](#)," scheduled for February 5th at 4:00 PM (EST).

NEW-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).

The Journal of Nutrition Education and Behavior ([JNEB](#)) from the Society of Nutrition Education and Behavior ([SNEB](#)) will be starting a Journal Club—weekly webinars featuring authors from the latest nutrition journal. During the webinars the researchers will review and discuss their articles, while students will have an opportunity to ask authors questions. Each hour-long webinar will be broadcast to participating classrooms across the country at 1:00 PM (EST). The first series will focus on childhood obesity. Please register for each session individually at this [site](#).

Events:

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 benefits of a healthy family dinner abound. Check out [The Family Dinner Conference link](#) to get all the details.

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-How can you find the money to get your school eating and acting healthier? Look to the Action for Healthier Kids [website](#) for updated grant opportunities. Click on one from the list to see if you meet its qualifications, for the application dates, and much more.

The Society for Nutrition Education ([SNEB](#)) wants your research posters and abstract submissions for their August 2013 Conference, "Moving from Good to Great!" To see more information, review the links and application on this [site](#).

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