

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of January 13, 2014

## IMPORTANT PA NEN LINKS

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## PA NEN News

### **Save on PA NEN's Annual Conference!**

Are you planning on sending your staff to PA NEN's Annual conference? If so, this might be a great savings opportunity for you! Register 10 staff from your organization, the 11th will have a FREE registration. If you are interested in this offer, contact Rose at [rcleland@phmc.org](mailto:rcleland@phmc.org) or 717.233.1791.

This offer ends Friday, March 28, 2014 and is limited to 1 FREE registration per organization of lesser or equal value.

### **SNAC Vegetable of the month: Spinach**

Spinach has the power! It's hearty enough to withstand these wintry conditions in greenhouses near you, that is! Cook it to unleash Vitamins A and K, along with more nutrients. Sauté it with garlic, boil it into soups or make your omelet shine green with this and other flavorful veggies. Look at our [Spinach SNAC page](#) with kids' activities, bulletin boards and flyers with further nutrition and handling tips, plus yummy recipes. Find the Spinach Newsletter in [English](#) and [en Español!](#)

## International and National News:

[Next time you're on your way to the grocery store, be prepared with food shopping traps to avoid!](#)

[Food stamp fraud numbers are at their lowest.](#)

[Gardens on rooftops? Schools collaborate to create a curriculum for this type of gardening.](#)

[Does increasing the price of fast food alter buying behavior?](#)

[Food marketing takes over schools!](#)

[Skip the gym for these inventive exercise activities!](#)

[What's new in the 2014 nutrition world? Find out how you can use your leadership and professional skills to take the trends head on!](#)

[Watch as inmates grow their own food.](#)

[Eliminating carbohydrates does not cause you to lose weight, just choose grains responsibly! Watch the video to find out the possibilities.](#)

[Brighten your day with these ingenious food pictures!](#)

[Combining nutrition and physical activity becomes paramount in school gym class.](#)

[The World Health Organization \(WHO\) recommends halving current sugar recommendations.](#)

A [study](#) links diabetes risk with the reduction in Supplemental Nutrition Assistance Program (SNAP) benefits.

[Be positive about your body image for 2014!](#)

[Trillions of calories were cut from various prepackaged foods.](#)

The Long-Island Cheese Pumpkin is an heirloom that originated in Long Island during the 1800s! Find out how to grow it, eat it, and more about this vegetable's nutrition [here](#).

[Do procedures change when bariatric patients enter the emergency room?](#)

[Emergency food assistance boost food pantries' and food banks' inventory!](#)

[Cheap, healthy lunch ideas](#)

[Keep an eye out for 101 health, food, and agricultural organizations on the rise this year.](#)

[Companies and restaurants cut food waste to feed the world.](#)

[What food labels tempt people to pay more?](#)

[A dietitian gives recommendations to stay healthy during cold and flu season.](#)

[Californians come together to boost agricultural and food system legislation.](#)

[Find the scoop on how to deal with your picky eaters!](#)

[Latino cuisine gets a diabetic-friendly makeover!](#)

### Local

**Philadelphia:** A famous chef fights hunger with nutritious and delicious ideas. [Watch him here!](#)

### Resources:

The Robert Wood Johnson Foundation released recommendations about investing children and their communities through environmental changes involving various stakeholders. [See the new curriculum and graphics that were put out this week!](#)

A global report on non-communicable diseases like diabetes and obesity was printed. See [the brief](#) and the [supporting documentation](#).

[Do you know about limited food access across the nation? Test yourself with this quiz!](#)

Why do we purchase this food or that one? For the answer visit [this site](#) with behavioral nutrition research from Cornell.

[Check out this gardening cartoon for kids!](#)

This [graphic](#) shares the Client Centered Nutrition Education Model from the Journal of Nutrition Education and Behavior.

[Eat these herbs and veggies. Then, instead of throwing the leftovers out, regrow them!](#)

[Go wild over this easy, yummy cauliflower dish!](#)

### Webinars:

*NEW*-“Real or Magic? The Power of Positive Thinking in Health Outcomes” is a webinar that looks at the science behind positive thinking and how it affects our health. Come January 21, 2014 from 1:00-2:00 PM (EST) to listen! [Register today](#).

*NEW*-“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](#).

The Food Research and Action Center will reveal details from the new “USDA Recipes for Healthy Kids” and “CACFP Crediting Guide: Supporting Healthy Eating in Child Care” in this webinar on Tuesday, January 14,

2014 from 2:00-3:00 PM (EST). [Register today!](#)

Visit the National Farm to School Network's archive of "[Lunch Bites](#)" [webinars](#). The recordings are approximately 15-30 minutes long and focus on bringing local foods into schools.

This [recording](#) is from Cornell Cooperative Extension. It's called, "Eating Well on a Budget." Gain ideas for your classes, and learn more about stretching the food dollar.

The Nebraska Cooperative Extension office recorded online diabetes education classes led by health professionals. You can listen to each recording [here](#). Under each link you will find presentation and handouts from each session.

The Society of Nutrition Education and Behavior (SNEB) lists recorded webinars that were previously presented. Webinars are free to members but may cost \$25 for non-members. Email [info@sneb.org](mailto:info@sneb.org) with the title of the sessions you wish to purchase. Continuing Education Credits are available within a year after the original date of the webinar. Email, [Rachel Daeger](#) from SNEB for Credits and more information. Click [here](#) to see the list of recordings.

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:

On January 17th-18th the Chesapeake Alliance for Sustainable Agriculture is holding its Annual Conference, "Future Harvest CASA's 15th Annual Farming for Profit and Stewardship" conference. Speakers will talk about the business of farming, cover crops, cheese making, local food communities and much more! Look [here](#) for more information.

Agriculture education is a growing segment. Each year at the Maryland Association of Environmental and Outdoor Education Conference, there are more participants striving to put food and agriculture education into all sorts of educational programming. Try a Farm to School or Ag-Adventure field trip for environmental science teachers. [Registration and more information is available!](#)

The second meeting of the 2015 Dietary Guidelines Advisory Committee, originally scheduled for October 3-4, 2013, is scheduled for January 13-14, 2014. This meeting is an incremental step towards developing the 2015 Dietary Guidelines. Health professionals and paraprofessionals are welcome to attend in person and over a webinar. When available, more information will be posted [here](#).

The 2014 ASNNA Annual Meeting will be held in Washington DC February

10-13th. It will be held at the Arlington Hilton. During this conference, enjoy interactive sessions, network with heads of various nutrition organizations, and see what's new in the nutrition field. Registration materials and conference information can be found 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*-This spring-summer, you can become an Agricultural Supported Community intern at the Rodale Institute. [Find out more](#), and [apply today](#).

Are you Registered Dietitian Nutritionist looking for a research opportunity? Then, apply to the Malnutrition Research Fellowship from Abbott Nutrition by January 17th. A masters or doctoral degree is required for this position. View this offer and other research grants on this [page](#).

Apply by February 1st for the Abbott Nutrition Alliance Award. It recognizes hospital dietitians focusing on malnutrition and awareness of the issue. Find this award and more, on this [website](#).

The Academy of Nutrition and Dietetic Foundation's CDR Advanced Practice Residency Grant will provide funding up to \$30,000 for advanced practice residency programs for Registered Dietitian Nutritionists. [See if your institution is eligible](#).

A \$200 Kids Eat Right Mini-Grant Opportunity is available for Kids Eat Right (KER) Members and Registered Dietitian Nutritionists. Recipients will show two presentations which utilize KER toolkits between February 3rd-March 28th. Find out more, [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 recurring basis. Look at this opportunity [here!](#)

Fuel Up to Play 60 is launching the "Make Your Move" campaign to inspire students to get 60 minutes of play a day. Learn more about the opportunity by watching [this video](#).

The US Department of Agriculture released a grant for Value Added Producers. This grant applies to farmers, ranchers, fishers, and agricultural harvesters. See if this grant applies to you [here](#). Also, here is a [guide](#) to help you apply for the grant.

General Mills Champions for Healthy Kids Partnership Doubles Grants for 2014 provide \$1 million in annual grants for nutrition and physical activity programs implemented by 501(c)3 charities with a registered dietitian nutritionist on staff. See more details about this grant at [this site](#); however, you must be a part of the Academy of Nutrition and Dietetics.

The Academy of Nutrition and Dietetics Foundation offers leadership recognition and monetary awards for continuing education, international and program development. You must be a registered dietitian nutritionists and a member of the Academy of Nutrition and Dietetics to receive these grants. Applications are due February 1, 2014. Find out more details about each grant at [this site](#).

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](#).

The Academy of Nutrition and Dietetics will offer nine scholarships of \$4,500 for college students who want to be a food safety advocate across their campus. Applicants will also spread messages outlined by the Academy's "Home Food Safety" campaign. Learn more about the application and further opportunities at [this site](#). The application deadline is February 1, 2014.

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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).