

PA NEN - Weekly Food & Nutrition News Nibbles



Week of January 14, 2013

IMPORTANT PA NEN LINKS

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

[NEWS NIBBLES](#)

[NEWSLETTERS](#)

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717.233.1791



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.

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.

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 VEGETABLE of the Month: Beets

Beets. We dig these delicious veggies! Do you?

Compared to the mushy beets you might remember, fresh varieties take on an earthy, tangy flavor with shades from purple, gold, and white to zebra-striped. Try them boiled, pickled, roasted, or enjoy them canned or raw. Endless options bring endless opportunities!

Check out our [Beet Newsletter](#) for more recipes, cooking or handling information and more! [Spanish](#) materials are available too.

International and National News:

[This is the story of how a few university students have put "thrown away" food to good use.](#)

[The whole grain stamp of approval doesn't pass every health professional's test.](#)

[Get moving, dancing, walking, you name it to reduce your risk of diabetes!](#)

[A big soda company publically addresses their role in the obesity epidemic.](#)

[Watch how this gal takes strides against childhood obesity!](#)

[Fast food restaurants ship out of hospitals across the nation.](#)

[Brain imaging proves that fructose might be linked to overeating.](#) This study mandates more research. Here's [another article](#) from the researchers.

The Federal Trade Commission ([FTC](#)) forms strict [regulations](#) for online advertising to kids.

Did you know that previous regulations allow a food box to say, "Made with Strawberries," without any real fruit in their recipe? See more details [here](#).

Good or bad? [Kids can further their learning as they order fast food meals.](#)

[A West Virginia school ousts sugar sweetened beverages.](#)

[Food-related games online and on smartphones relate to poorer eating habits.](#)

[Why is exercise is good for teens brains? Listen here!](#)

[What do you think about nutrition labels on packaged foods?](#)

[Try three ways to add Latin flavor to leafy greens!](#)

[Sugar sweetened beverages link to obesity and depression.](#)

[Obese children involved in New York WIC lost weight.](#)

[More eaters begin to prioritize health first.](#)

[Obesity affects nations around the world. Watch how Ireland deals with the problem.](#)

[Cut TV to reduce chronic disease.](#)

[There is potential in removing a bodily protein to lose weight.](#)

[Watch how the UK government advertises healthy foods.](#)

[Convenient stores turn to healthier foods.](#)

[Eat a small amount of nuts daily.](#)

[Have you heard of intestinal taste receptors?](#)

[Here is a new trend: healthy-fine-dining restaurants with cooks that work in tandem with their in-house dietitian.](#)

[Eating for health can taste oh-so-good!](#)

[Taste tests! Recipe contests! All this competition is to find out what school children like to eat.](#)

[Seattle thinks of novel ways to divvy out good food to places that need it!](#)

Local:

Hershey: [Students investigate the impact of eating chocolate on their Grade Point Average.](#)

Resources:

A Food Network Star holds a [video web series](#) about healthy eating.

Texas releases an [online campaign](#) pushing the move and eat right message. [Check it out!](#)

The Federal Trade Commission ([FTC](#)) released a [report showing that food advertising towards children has changed over the past few years](#). The food industry hasn't reduced its promotions. They've actually turned to cheaper venues—previously focusing on pricy TV commercials and, now, on less expensive online games and social media. Read the FTC's full-length report [here](#).

[Steege Thomson](#) teamed with the [Robert Wood Johnson Foundation](#) to lead a month-long, Twitter campaign called *Finding Answers*. To follow tweets about reducing racial and ethnic disparities in the US Healthcare system, follow @FndgAnswers. Avid Twitter users can tweet their 2013 solutions to this problem by using the hashtag #Equity13.

Did you know that the US Department of Agriculture ([USDA](#)) keeps a [Vegetarian Resource List](#) with books, websites, and healthy recipes?

Webinars:

NEW-A webinar is scheduled to address key findings the new Federal Trade Commission report entitled, "Marketing Food to Children and Adolescents: A Review of Industry Expenditures, Activities, and Self-Regulation." This event will occur on January 22 from 3:00-3:30 PM (EST). Register [here](#).

NEW-School meal pattern changes continue to challenge food service workers across the nation. In this webinar, "USDA Nutrition Standards Meet Real Consumers: Successful Strategies for Kid Approved School Meals," you'll hear practical strategies for improving school foods on a budget, along with other available resources. The event begins at 2:00-3:00 PM (EST) on January 24th. For Dietitians and Dietetic Technicians, one Continuing Education Credit will be provided. [Register today](#).

NEW-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!](#)

NEW-On January 24th from 2:00-3:00 PM (EST), a webinar will review the US Department of Agriculture ([USDA](#)) and Health and Human Services' ([HHS](#)) Nutrition and Wellness Handbook called, "[Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program](#)." During this webinar, you will walk through this resource, along with the "[CACFP Wellness Resources](#)" [web page](#). You can [register today!](#)

Mixed research speaks to the benefits or negative effects of low-calorie sweeteners. To address consumer confusion, scientists speak to the hotbed of information for practical application in the webinar called, "Low-Calorie Sweeteners & Weight Management, Help or Hindrance?" to be presented on January 22 from 1:00-2:00 PM (EST). One Continuing Education Credit will be made available to Registered Dietitians, along with one ANCC Contact Hour for nurses. Find out more, and register at this [site](#).

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.

From goal-setting, to budget tracking, or 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 2:00-3:15 PM (EST).

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).

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:

NEW-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 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-The Special Supplemental Nutrition Program for Women Infants and Children ([WIC](#)) provides nutritious foods, education, and referrals to health and other social services to their participants. WIC remain critical for the low-income pregnant, postpartum, breastfeeding women and their

children. That's why there is grant funding projects that test creative, innovative approaches to WIC nutrition education. To view examples of such efforts and to download the application, click [here](#).

Twenty Five members of [Kids Eat Right](#) have the opportunity to receive \$200 grants to present the Kids Eat Right toolkits (Healthy Breakfast, Healthy Snacking, Family Champions, Family Mealtime, or Myth Busters). Two presentations are required between February 4-March 31, 2013. Applications are due January 25, 2013; and mini-grantees will be announced February 4, 2013. Learn more, and download the application [here](#).

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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