

PA NEN - Weekly Food & Nutrition News Nibbles



Week of January 16, 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!

Here is your Opportunity to \$ave!

Are you planning on sending numerous staff to the PA NEN Annual meeting? If so, this is a great savings opportunity for you!

If you register 10 staff from your organization the 11th will receive a FREE registration. If you are interested in taking advantage of this offer please contact Rose at rcleland@phmc.org or 717.233.1791.

This offer ends Friday, March 30, 2012 and is limited to 1 FREE registration per organization of lesser or equal value.

SNAC Vegetable Pamphlets

Find buying and selection tips for recipes, along with many other pointers [here](#).

International and National News:

[Increasing tax on sugary drinks by only one penny could prevent nearly 26,000 deaths per year.](#)

[Offer kids snacks designed as mini-meals to help maintain healthy weight and to provide optimum nutrition.](#)

[A number of studies are showing Omega-3 supplementation as effective therapy for various mood disorders.](#)

[Updated report on the status of SNAP during hard economic times](#)

[USDA reports that the average American eats nearly a ton of food per year. A breakdown of what types of foods we consume the most is also provided.](#)

[One more reason to fill up on whole grains, legumes and other high](#)

[fiber foods: Researchers find that these foods reduce inflammation within the body.](#)

[Research shows hormone released after exercise contributes to loss of unwanted fat.](#)

[Kids are more likely to eat their side of vegetables if served an age appropriate portion size.](#)

[Break large health goals into small attainable ones to achieve long lasting success.](#)

[Although programs have been developed to prevent childhood obesity, few programs help children achieve a healthy weight when they're already overweight.](#)

[CDC releases report stating obesity rates are remaining steady.](#)

Local:

Harrisburg: [Doctors fail to tell parents that their children are overweight.](#)

Pennsylvania: [Since August, 88,000 children have lost Medicaid benefits.](#)

Susquehanna Valley: [Staggering statistics prove how sedentary kids are today.](#)

Resources:

This [website](#) offers valuable information regarding children's cereals. There is a chart that compares 84 different cereals and how they stack up against one another by grams of sugar per serving, sodium content, saturated fat, serving size and the cereal's most predominant ingredient.

The [Pennsylvania Department of Public Welfare](#) administers an array of supportive services and programs that assist millions of Pennsylvanians, from infants to the elderly. The department's programs help provide many of our most vulnerable citizens with the most basic necessities, including food, shelter, health care and other forms of vital assistance. The department's overall mission is to:

- Promote, improve and help maintain the highest quality of life for Pennsylvania families
- Support families' efforts to break the cycle of dependence, find permanent employment and move from welfare to work
- Provide access to the highest quality services that help keep

- Pennsylvania's most vulnerable citizens safe and healthy
- Wisely and carefully manage taxpayers' investment in programs and services.

Events:

The 2012 National Anti-Hunger Policy Conference in Washington D.C. will take place from February 26-28. Anti-hunger advocates, federal, state and local officials, representatives from food pantries and nutrition groups will meet to learn how nutrition programs for low income families can be strengthened. They will also discuss innovative ways to end hunger in America. Hurry, the early bird discounts will expire soon! Get all the details [here](#).

Webinars:

NEW-There is a free webinar that focuses on nutrigenomics on January 25, 2012. Join Colleen Fogarty Draper, MS, RD from the International Society of Nutrigenetics and Nutrigenomics ([ISNN](#)) for her informative presentation discussing nutritional genomics. Spots are going to fill up quickly, to [reserve yours now](#).

NEW-The Food and Drug Administration's Center for Food Safety and Applied Nutrition and the Joint Institute for Food Safety and Applied Nutrition are sponsoring a Dietetics and Nutrition Webinar on March 5 and 6, 2012. Topics include food labeling, updating the nutrition facts panel, front of pack labeling, dietary guidance statements, infant formula regulations, medical foods, food ingredient safety and regulatory program for chemical contaminants in foods, dietary supplements, adverse events reporting and consumer research and education. A tentative schedule is [available](#). A fee of \$25 will be charged per registration. To register, go [here](#).

Starvation is often used for weight management, but this approach is a temporary fix. What if people could go diet-free while keeping healthy? It's possible. This webinar on January 24, 2012 will teach about intuitive eating—recognizing your body's cues while experience satisfying eating and maintaining a healthy weight. Click [here](#) for more information.

Grants and Opportunities:

The Kids Eat Right Campaign is offering [mini-grants](#) to recipients who will use the funds to host parent cooking workshops in their communities. The grant was designed to promote the use of a newly

launched learning tool, Family Champions One Change at a Time Tool kit. To find out more click [here](#).

On December 29th, 2011, awards were announced to help four states improve enrollment in the National School Lunch and Breakfast Programs through a process called direct certification. Direct certification requires educational agencies to automatically enroll students from households already participating in the Supplemental Nutrition Assistance Program ([SNAP](#)) or the Food Distribution Program on Indian Reservations ([FDPIR](#)), without any additional paperwork. These monetary awards will assist states—Pennsylvania included—in reducing administrative error and waste during this process. For more information about the Direct Certification Grants, visit this [site](#).

Many people participated in the National Cooking Matters Recipe Contest. Results are posted [here](#). Now it's time for a second recipe submission. This opportunity will run until February 29, 2012. Use this [submission form](#) to sign up. Recipe categories include: homemade food that could replace packaged items like Hamburger Helper and other suggestions like healthy Italian dishes or spring holiday meal ideas.

Is a nutrition professional's hard work and dedication going unnoticed? Consider nominating that person (or yourself) for a 2012 PHCNPG Award! Click [here](#) for more information on these awards. Application deadline is April 1, 2012.

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