

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of January 21, 2013

## IMPORTANT PA NEN LINKS

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

[NEWS NIBBLES](#)

[NEWSLETTERS](#)

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## PA NEN News

### 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.

### 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:

[Naturally skinny people need to follow a healthy diet regimen with exercise too!](#)

[It's up to us. We can control our food waste!](#)

[The proof! Food stamps help parents raise healthier children.](#)

[A widening array of jobs is available for Registered Dietitians.](#)

[Aging can't stop people from exercising. Here is an innovative way to encourage movement!](#)

[U.S. consumers crave more high protein foods. Here](#) is what dietitians have to say about this trend.

[Good food moves into a food desert!](#)

[Check the top eight meals and snack that dietitians prefer. And, what will they stay away from?](#)

[They're calling for healthy foods in city schools!](#)

[Exercise stimulates the brain.](#)

[Grow vegetables, and kids will eat them.](#)

[Why should we rethink school lunch?](#)

[Energy drinks start getting a bad reputation.](#)

[An age-old dilemma: How do you take care of elderly patients? Is a nutrition prescription that important?](#)

[Tracking your weight loss over social media might help others lose weight too. And, texting about health could educate overweight teens.](#)

[One public health dietitian predicts influential food policy changes in 2013.](#)

[Globally, people work for a reduction in unhealthy food advertising.](#)

More [evidence](#) proves that family habits play a big role in raising healthy kids.

[Listen in about hunger over holidays.](#)

[Pear-shaped bodies may be healthier than apple-shaped ones.](#)

[More immediate health problems are linked with childhood obesity.](#)

[Wow! Peer at a great new resource for in-store dietitians.](#)

[The world confronts food and agriculture issues.](#)

[Asthma and eczema are associated with eating fast food.](#)

[The US' health ranks below many other developed countries.](#)

[How will this new soda campaign influence Latinos?](#)

### Local:

**State College:** [Diet might not affect the lifespan of the elderly.](#)

**Pennsylvania:** [Keep an eye out for sustainability workshops coming to a school near you!](#)

### Resources:

[Take this survey about the fish served in your market or grocery store.](#)

This [report](#) denotes that the United States lags behind other countries when dealing with health and nutrition matters.

Here is a [review](#) rating Supplemental Nutrition Assistance Program ([SNAP](#)) websites across the nation, from an online application to links to the "Benefit Calculator."

Have you used the [free, printable MyPlate resources](#), games, CD's from Team Nutrition?

IOM reported on the Supplemental Nutrition Assistance Program ([SNAP](#)) benefits and accessibility. [Download the report.](#)

People age faster with diabetes. Change that with healthy planning and [these resources](#).

Check out [Food Day's](#) first edition, [Eat Real Newsletter](#), with food systems resources, future events, food policy news, and more!

The US Department of Agriculture ([USDA](#)) reports the effects of disabilities on household food security using newly available data on disabilities among adults. Look to [the summary](#) and the [full report](#).

### Webinars:

*NEW*-Can cartoon characters sell the healthy message to kids? To find this answer, join this webinar, "The Influence of Cartoon Character Advertising on Fruit and Vegetable Preferences of 9- to 11-Year-Old Children," on February 4th at 1:00 PM (EST). This webinar is free to the Society for Nutrition Education and Behavior ([SNEB](#)) members. [Register today!](#)

*NEW*-On February 14, at 1:00 PM (EST), a free webinar series is available to members of the Academy of Nutrition and Dietetics ([ACND](#)). It's titled the, "Nutrition Informatics Virtual Town Hall Series!" For people confused by the term "Nutrition Informatics," the Academy defines it as "...the effective retrieval, organization, storage and optimum use of information,

data and knowledge for food and nutrition related problem solving and decision-making. Informatics is supported by the use of information standards, processes and technology." For more information and for registration details, click [here](#).

*NEW*-What is a blog? How might you start one? On January 29th at noon, a [blogging webinar](#) will answer these questions. It's free for the Society for Nutrition Education and Behavior ([SNEB](#)) members. For dietetic technicians and dietitians, one continuing education credit has been approved.

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!](#)

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:

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*-Check out this grant for school gardens! The "All About the Fruits and Veggies" grant program will give youth garden initiatives \$500 in gardening supplies, curriculum, soil care, and plants to teach nutrition and planting. Applications are due on February 18th, 2013. Click [here](#) for more information.

*NEW*-[Food Corp](#) relies on service members to plant gardens and teach healthy lifestyles to people in areas with limited resources and high obesity rates. You can become a Food Corp service member too! Applications are due on March 24th. Look [here](#) for details.

*NEW*-Healthy Eating Research is a national program of the Robert Wood Johnson Foundation ([RWJF](#)). This program supports research focusing on

childhood obesity, especially among lower-income and racially diverse populations at highest risk for obesity. In light of their efforts, they're holding a call for proposals (CFP) for two types of awards aimed to provide advocates, decision-makers, and policy-makers with evidence to reverse the childhood obesity epidemic. Click [here](#) to learn more and to apply.

*NEW*-School superintendents striving to reduce childhood obesity can apply for this two-year grant from the [Robert Wood Johnson Foundation/Leadership for Healthy Communities](#) and the American Association of School Administrators ([AASA](#)) to support superintendents role in upholding competitive food policy (Check out the [definition of "competative foods."](#)). Development is underway of mentor/mentee groups between current superintendents whose districts have strong policies with those that do not. If you're interested in participating in this opportunity please contact: Sapna Batheja at [sbatheja@aasa.org](mailto:sbatheja@aasa.org) or (703)875-0732.

The Special Supplemental Nutrition Program for Women Infants and Children ([WIC](#)) provides nutritious foods, education, and referrals to health and other social services to participants. WIC remains 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](#).

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