

PA NEN - Weekly Food & Nutrition News Nibbles



Week of January 23, 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.

Annual Conference: Register NOW and Pay Later!

Are you planning on attending PA NEN's Annual Conference on April 24-25 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 on line. If you are registering using the 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 8th. After which registration will be forfeited.

Annual Conference Resource Area Highlight

For almost 37 years, the [Pennsylvania WIC Program](#) has helped women achieve a healthy start to their pregnancy and their child's nutrition! WIC now offers new food options to complement the foods WIC has always provided. Stop by the WIC exhibit table to see what's new in WIC and pick up outreach, nutrition and

breastfeeding materials and incentives!

SNAC Vegetable Pamphlets

We have vegetable information located on [this site](#). Our vegetable pamphlets outline prime pickings with simple recipes, storing and growing requirements, and nutrition information for every season! These downloadable documents are large and may slow down your computer processing. Be aware of your computer's capacity before you chose from our fabulous vegetable information.

Update: PA NEN Social Marketing Committee's Family Meals Campaign

What is the Campaign?

This campaign is well on its way to promoting family dinners, eating together and nutrition for the SNAP-eligible populations. It will do so through a variety of social marketing venues (i.e. direct mailings, posters, a website, billboards and much more). This is a 2012 pilot project in Allegheny, Lancaster and Tioga counties.

Campaign Update:

- The Campaign will be called, "Eat Together PA" after an official vote by PA NEN's Board.
- PA NEN presented the newest "Eat Together PA" materials to the Lancaster WIC staff. The staff evaluated the materials, and we hope to use their feedback when developing the campaign.
- Our goals include completion of photography, initiation of the campaign in the beginning of February and continuation of materials development.

How can you help promote family meals?

Do you work for a County Assistance Office, food pantry or another nutrition program within Allegheny, Tioga or Lancaster counties? Would you be interested in promoting PA NEN family meals materials in the near future? Please call PA NEN office at 717-233-1791 or email Amanda, our Community Nutritionist, at afranken@phmc.org for more information.

International and National News:

[Michelle Obama, on behalf of the USDA, released new school nutrition standards!](#)

[Chick-fil-a and a healthier kids menu](#)

[A busy mom and dad who work overtime don't always sleep enough. This sleep deprivation may cause weight gain.](#)

[Health and fitness to reduce child obesity took center stage at an expo in Washington D.C.](#)

[Close to half of the population uses food stamps.](#)

[California wants free breakfasts for all students!](#)

[See the trends of the restaurant industry in 2012. From making healthier kids meals to bettering fast food appeal for all ethnicities, we're in for big changes during 2012.](#)

[Is the solution to food insecurity fresh foods to-go at your local drugstore?](#)

[Obesity rates remain stagnant. Numbers are no better, no worse.](#)

[A non-profit, Wellness in the Schools, begins a program called, "Eat for Kids," that requests NYC'S restaurants to donate delicious yet healthy food to school lunches during restaurant week.](#)

[Programs across the United States popularize fresh produce to reduce food deserts. See all the forward-thinking movements here.](#)

New York receives funding for a program that helps SNAP-eligible parents in job training by paying for childcare. Look [here](#) for details.

[WIC families are still food insecure which puts their babies at nutritional risk.](#)

[Mayors want a food policy task force so they can receive updates about working projects and to make sure the federal system doesn't disrupt their success.](#)

Bill Clinton's Alliance for a Healthier Generation and its [Healthy Schools Program](#) were recently featured on the [NBC Nightly News](#) and [Today Show](#). The pictured school redid its cafeteria and added activity breaks throughout the day.

Local:

Pennsylvania: [People are discontent with the new requirement that people can only be eligible for SNAP if they have less than \\$2,000 in assets \(excluding savings for retirement and housing\).](#)

Resources:

[Yale](#) and the [Robert Wood Johnson Foundation](#) printed a [report](#) on the influence of internet gaming on kid's food purchases.

Nutrition is a team effort from the parents to the teachers, principals and foodservice personnel. Begin with [this series](#) of communication tools—"Healthier Middle Schools: Everyone Can Help"—to start promoting school wellness.

Are you a registered dietitian or dietetic technician who regularly receives clients asking about cell phone APPs focused on health? Here is a [science based review](#) of the current nutrition Apps out there.

Resources focusing on managing lactose intolerance can be found in this [tool kit](#).

Events:

This TV special is a must-see! There will be a four part HBO Documentary Series in May 2012 called, "The Weight of the Nation." It will elucidate on the obesity epidemic of America. Look [here](#) for more details.

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 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-Were you busy on October 18th, 2011? Maybe you missed the webinar called, "A Closer Look at Lactose Intolerance Among Different Ethnic Groups: Understanding the Latest Science and Smart Solutions to Prevent Unintended Consequences." During the presentation, experts in the field of lactose intolerance management discussed the impact of lactose intolerance on minority populations, particularly Hispanics and African Americans. They also provided culturally sound lactose intolerance solutions and pinpointed key resources and references on this topic. This recording is available [here](#). Though this webinar is

available to any health professional, one continuing education credit is given to participating dietitians and dietetic technicians.

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](#).

Grants and Opportunities:

NEW-Funding opportunities never get old! Check out this [site](#) for the updated grant section affiliated with Farm to School. It lists federal funding opportunities. The information is organized by target audience, which includes farmers, schools and community members.

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 or other suggestions like healthy Italian dishes and 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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