

PA NEN - Weekly Food & Nutrition News Nibbles



Week of January 25, 2015

IMPORTANT PA NEN LINKS

[PA NEN ANNUAL CONFERENCE](#)

[NEWS NIBBLE ARCHIVES](#)

[NEWSLETTERS](#)

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717.233.1791



PA NEN News:

PA NEN 2015 Conference, Piecing it All Together, Registration is Now Open!

The 2015 conference will help you piece together your role in this multifaceted picture. Join our energizing conference to gain knowledge, awareness, and tools to construct the most fitting nutrition education for your clients. Click [here](#) to view the brochure, read the speaker bio, session descriptions, and to register.

Interested in becoming a PA NEN Board Member? Place your name on the Ballot!

The PA NEN Board is looking to fill five seats come May of 2015. And, you may be a perfect fit!

If you are interested or would like more details, please contact [Julie](#) by January 30th.

Updates to the PA NEN Bylaws:

Two updates are being made to the bylaws. The mission statement and the Chair-Elect language.

- A New PA NEN Mission Statement has been approved and needs to replace the former one in the Bylaws. The statement in the Bylaws will now read as: PA NEN Mission Statement: The Pennsylvania Nutrition Education Network (PA NEN) facilitates communication among individuals and organizations engaged with improving nutrition in our communities. We work to ensure that effective, appropriate and evidence-based nutrition resources, primarily for low-income populations, are available across the state.
- Chair-Elect position: In order to clarify the process of electing a Chair-elect position, the language in the bylaws will change to the following: The Executive Committee will reorganize immediately after the PA NEN annual business meeting. The Executive Committee will select a Chair-elect from within the Executive Committee's members who will serve a one-year term and will automatically assume the Chair the following year for a one-year term.

If you have any questions or comments regarding these updates to the Bylaws, please contact [Julie](#) by January 30th.

International and National News:

[School kids in Utah played at recess before eating lunch and found that kids ate more fruits and vegetables!](#)

[Educators at Head Start Center taught children of farm migrant, Latino workers in a successful obesity prevention program!](#)

[A bus runs on food and human waste!](#)

[Bite into vegetables to keep the weight off.](#)

[Some restaurant menus share the amount of exercise it takes to burn the calories of meals. This tactic helps parents and kids to work out.](#)

[Takout food is hot, then cold; edible, then in-edible! Take some food safety tips to ensure that you won't get sick because of eating it!](#)

[Global experts weigh in on what our health will look like in the future.](#)

[The label "Skinny" pops up on restaurant menus, drinks, and in magazines. But, does it equate to "healthy"?](#)

[Sensors will track our activity which will lead to more individualized healthcare.](#)

[What's the healthiest option: Orange juice or the orange?](#)

[More people use smartphones as they grocery shop.](#)

[Picture a days-worth of fruits and vegetables!](#)

[Kids cook up science in the kitchen!](#)

[Kids will love these healthy foods that are available during winter from Kids Eat Right.](#)

[Run with these 2015 food trends](#)

[Nutritional needs in Ghana can be met by egg production.](#)

[Super Bowl healthy eating strategies from Nebraska Extension Office](#)

[What kind of health messaging present a healthy, motivating message?](#)

[Michigan Head Start reduces the risk for obesity in children!](#)

[One grocery store lowers the amount of added sugar in packaged foods and sells smaller portions.](#)

[Food and nutrition camp provides school credits while giving healthy lifestyle advice.](#)

[Who believes in "super foods"?](#)

Hike! [The outdoors makes you happier.](#)

[How do people eat or even get by with so little money?](#)

Local:

Pennsylvania: [Our state made the list of 15 places where people walk the most.](#)

Central Pennsylvania: [Look at this wonderful promotional video for the Central PA Food Bank.](#)

Gettysburg: [This podcast was filmed in the Gettysburg War Museum, and it's all about guts!](#)

State College: [A Penn State researcher focuses on avocados, and their affect on eaters' cholesterol.](#)

State College: [Check these fabulous winter exercise tips for when you feel unmotivated!](#)

Social Media:

This past Tuesday, a Twitter chat happened on January 27th. It was called, "How To Spark A Culture of [#Fitness](#)" Follow the hashtag, [#SaludTues](#), and find out more [here](#).

Resources:

MyPlate keeps winter resources including inspiring food pictures, recipes, activity sheets, and infographics. See them [here](#).

There is an investigative report released by U.S. Senators calling energy drink manufacturers to stop marketing in schools toward kids under 18-years-of-age. Access the report [here](#).

"[Recommendations for Responsible Food Marketing to Children](#)" was a report written by a national panel of experts that convened about Healthy Eating Research. The [issue brief](#) outlines a model practices of food marketing toward children. This [infographic](#) also summarizes the report.

SNAP-Ed Connection's updated their [Seasonal Produce Guide](#). Know what fruits and vegetables are commonly in season, how to prepare, store, and teach about them. For seasonal nutrition information, visit [Nutrition Through the Seasons](#). PA NEN's materials are included too!

[MyPlate promotes some food couponing ideas.](#)

OSNAP stands for "Out of School Nutrition and Physical Activity Initiative (OSNAP)." It's an interactive [website](#) that guides people through the process of improving out of school program practices and policies involved in healthy foods, drinks, and physical activity.

This [Facebook photo album](#) shows the reality of picky eaters in a comical way. How comical, but they're in need of behavioral therapy and some of [Ellyn Satters advice](#).

The Central Pennsylvania Food Bank is making the Supplemental Nutrition Assistance Program application a little bit easier. For assistance for your clients, you can distribute or direct people to these flyers. [English](#) and [Spanish](#)

Webinars:

NEW-The "Edible Education 101" series starts next week at UC Berkeley, and lectures are streaming LIVE! You can see Michael Pollan, Mark Bittman, Marion Nestle, Eric Schlosser, Alice Waters, and more leaders who look critically at our food system and how to make it healthier, sustainable, and equitable. Learn more about the live streaming [here](#).

NEW-Villanova University's Center for Obesity Prevention and Education is presenting a webinar on February 11th at 12:00 PM (ET). It's about progress, the future, and current challenges within school nutrition and its impact on the students' health. You can [register](#) for the webinar today.

TEDxMANHATTAN, "Changing the Way we Eat" is a conference that will broadcast live on Saturday, March 7th at 10:30 AM – 6:30 PM (EST). You can join for free. [Sign up today!](#)

These [Cooking Channel YouTube videos](#) share fascinating facts about all fruits and vegetables from around the world.

On February 5 from 12:00 - 12:30 PM (EST), you can register for a Society of Nutrition Education and Behavior webinar with Dr. Barbara Lohse, a professor and researcher from Penn State. You'll learn about her research behind successful communication strategies behind nutrition education and opportunities for students to get involved in this field. [Register today](#).

The Healthy Food Bank Hub, a part of Feeding America, outlines the various resources, recipes, and other web platforms encouraging healthy, affordable food purchases. Watch this video-walk-through of the [website](#).

The National Institute of Health created a webcast of professionals who speak to improving health and fitness for people with disabilities. Watch the recording [here](#).

There is a free, live webcast offered on February 19th, 2015 from 9:00-

10:00 AM. It's titled "Confronting Health Disparities: Obesity and Prevention in African American Communities." This program will focus on the reality of African-American health disparities, why they exist and the impact of environment, income and other determinants on health. For more information, go to [this website](#).

Are you a member of the Academy of Nutrition and Dietetics? This free, online learning module is available to members. It addresses skills and resources needed to foster the mentor-mentee relationship, develop successful partnerships and solidify effective communications. Click [here](#) for more information.

What are the best ways to promote physical activity in your practice? Find the research, practical application, a free webinar recording, and continuing education credits from the Beverage Institute. Sign up [here](#).

Dr. David Katz, director of the Yale Research Prevention Center, gives a logical, research based argument about the Paleo diet. [See what he has to say](#).

This [radio podcast](#) shares inspiration from a food movement growing in the Bronx.

Change Lab Solutions is a non-profit with resources about healthier retail strategies, food access, collaborative health strategies, and much more. Find fabulous [resources and webinar recordings](#) at the bottom of each page.

You can fulfill your state's continuing education requirements through online webinars. Whether you're an athletic trainer, respiratory tech, or social worker - go to [this website](#) to find webinars focused on your area of expertise. Click on the "Find My Profession" tab to see if your area is covered. They offer free webinars specifically for those people interested in nutrition. Click on the "free" tab on [this website](#) to find out what free continuing education webinars are available.

Events:

NEW-Donate your food-safe pottery bowls for the Central PA Food Bank's Soup or Bowls event. Learn [more](#) about it.

NEW-Join in on the Pennsylvania Department of Aging Annual Nutrition Conference, "Too Much.....Not Enough.....Just Right: The Inconsistencies of Seniors' Food Choices." During the event, you'll watch international and regional speakers offer their expertise about healthy eating, nutritional challenges related to aging, food safety and targeted marketing. All this and more will be presented at the conference at the Holiday Inn in Grantville, PA on March 16 and 17, 2015. See more information, including the event agenda, [here](#). Send Mona Lemanski, RD, LDN, CDE any of your questions at (717) 772-0371, or email her at c-mlemanski@pa.gov.

The Central PA Food Bank is holding their 9th annual "Soup Or Bowl" event in Williamsport, PA on February 20th. For more information and to order tickets, visit [this website](#).

Everybody Walk Across PA! On March 30th until May 30th teams will take a virtual walk of the scenic route across Pennsylvania. People can do this by exercising and recording the equivalent of ten miles per week for eight weeks. See more information and register on [this page](#).

National Food, Nutrition, and anti-hunger conferences are all listed [here](#) for 2015.

On February 28, 2015, you can join "Rooting DC" in Washington D.C. This free forum brings 80 sessions about food and farming. Learn about cooking programs, how urban agriculture revitalizes communities, about eating well on a budget, how food banks are creating community gardens with low-cost equipment, and more! [Find out more](#).

On April 11th, the Stroehman's Walk Against Hunger is a 5K race. Get more details [here](#).

The 2nd Annual Penn State Public Health Day Symposium will be held on Wednesday, April 29, 2015 from 8:30 AM - 4:30 PM at the National Civil War Museum in Harrisburg, PA. Join, especially if you are looking for professional networking opportunities, a chance to highlight your practice, and to learn about other happenings around Pennsylvania. Registration will open on Monday, February 2, 2015. Please [contact](#) with questions.

Have you heard of the 2015 National Physical Activity Plan Congress? It's an event being held on February 23-24, 2015 in Washington, DC focusing on The National Physical Activity Plan (NPAP). This is a set of policies, programs, and initiatives to get all people more active across America. See what this event has in store, and [register today](#).

Grants and Opportunities:

NEW-In July, First Fruits will fund youth-run charities based on your votes! Criteria, nomination guidelines and funding details are available on [this website](#). Start voting for your favorite on May 4.

NEW-You can volunteer to make schools in your community healthier. Through Action for Healthier Kids, join the action! Look [here](#) for volunteer details.

The Food and Drug Administration presents grants that focuses on food safety education for small farms and processors. Read more about the available grants [here](#) and [there](#).

Whether you're a parent or a school foodservice professional, you can apply for a grant to get a salad bar in your kids' school! Look at Chef Ann's Cooper's Salad Bars 2 School program [here](#).

The U.S. Department of Agriculture's National Institute of Food and Agriculture announced the availability of more than \$15 million for undergraduate, pre- and post-doctoral fellowships. They will be awarded to innovators involved in research, education, and extension who are ready to address the challenges in the agricultural, environmental, natural resources, and food systems arenas. Pre- and post-doctoral fellowships are due February 11. February 18 is the due date for undergraduate's letter of intent, and the full application is due May 6th. [Learn more](#).

U.S. Department of Health and Human Services' Office of Disease Prevention and Promotion will host a Healthy Aging Summit on July 27 and 28, 2015. They are looking for abstracts that focus on the science of healthy aging, identifying knowledge gaps in the geriatric field, promoting preventative services to improve the elderly's life and more. If this opportunity matches your field of work, submit abstracts and participate. Abstracts are due by February 2, 2015. Click [here](#) to see more!

Did you know that the Academy of Nutrition and Dietetics presents awards to dietetic professionals, students, and graduate students in these various areas: continuing education, recognition, program development, and international studies. See how you might [apply or nominate](#) a dietitian or dietetic technician of your choice.

Calling all school educators, those in food service, families and students to enter the "Smart Snacks Roundup" contest to win up to \$300. The contest is designed for sharing the successes and challenges with providing healthy options (that meet the Smart Snack guidelines) in vending machines, cafeteria à la carte, school stores, and fundraisers. Look [here](#) for more details.

If you're in college and interested in health and wellness blogging, then Be Well Philly is now accepting summer Intern applications. Look [here](#) for details.

Public health, summer opportunities are available for collegiate students through the Center of Disease Control and Prevention. See the listing [here](#).

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