

PA NEN - Weekly Food & Nutrition News Nibbles



Week of January 27, 2014

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PA NEN News

Save on PA NEN's Annual Conference!

Are you planning on sending your staff to PA NEN's Annual Conference? If so, this might be a great savings opportunity for you! Register 10 staff from your organization; the 11th will have a FREE registration. If you are interested in this offer, contact Rose at rcleland@phmc.org or 717.233.1791.

This offer ends Friday, March 28, 2014 and is limited to 1 FREE registration per organization of lesser or equal value.

SNAC Vegetable of the Month: Spinach

Spinach has the power! It's hearty enough to withstand these wintry conditions in greenhouses near you, that is! Cook it to unleash Vitamins A and K, along with more nutrients. Sauté it with garlic, boil it into soups or make your omelet shine green with this and other flavorful veggies. Look at our [Spinach SNAC page](#) with kids' activities, bulletin boards and flyers with further nutrition and handling tips, plus yummy recipes. Find the Spinach Newsletter in [English](#) and [en Español!](#)

International and National News:

[Have you heard of the Child Food Core fighting childhood hunger across the nation?](#)

[Restaurants pledge to serve healthier meals to kids. \\$41 million will be set aside for media coverage the campaign over the next 3 years.](#)

[Institutional food waste could save millions of dollars by turning into farm fertilizer.](#)

[City parks boost moods.](#)

[A 94-years-old still shines as a track super star.](#)

[Learn 10 ways to get fooled in the grocery store.](#)

[Does the panel developing the 2015 Dietary Guidelines have a conflict of interest?](#)

[2013's most powerful people in food](#)

[The top ten nutrition Tweeters in 2013](#)

[How does inactivity change your brain?](#) Grasp the research by looking at [these pictures](#). Conversely, check out [what happens to your brain and body after exercise!](#)

[Jump with Jill, the musician and dietitian, moves to Michigan's music.](#)

[A former participant of the Supplemental Nutrition Program for Women, Infants and Children \(WIC\) uses WIC staples to make affordable dishes in a new seasonal cookbook.](#)

[Kids learn more about feeding when they serve their own meals.](#)

[Florida's Department of Health announces a healthy initiative to improve statewide eating habits.](#)

[Take some quick tips for dealing with your leftovers.](#)

[Food pantries are short on food after Supplemental Nutrition Assistance Program \(SNAP\) cuts.](#)

[Let's Move Coaches get the Washington DC school kids moving, jumping, jiving!](#)

[Dietitians identify malnutrition in hospitals.](#)

[Healthier snacks turn up for students!](#)

[Quinoa can officially be labeled gluten free.](#)

[Diabetes is a primary health concern for Latino families.](#)

[A new study is out on food addiction.](#)

[How does one example of a local food system work?](#)

[These people set the foundation for the organic farm movement.](#)

[Headline: School lunch debit card causes people to eat more.](#) The [research](#) does not exactly prove this hypothesis.

[Taxing soda a penny per ounce would raise \\$13 billion annually for public health programs.](#)

[Take 10 ways to kick your worst eating habits.](#)

[A warm room reduces metabolism.](#)

[Hotels begin to offer healthier food options.](#)

[The Food and Drug Administration researches the effects of caramel coloring used in foods like sodas.](#)

[Pictures show off healthy school lunch around the US.](#)

[How do you feed a child when he or she gets sick?](#)

[What healthy-for-you chemicals can you find when you eat your fruits and vegetables? Phytochemicals!](#)

[Help your kids begin to eat like an adult.](#)

[This article explains the link between stress and weight gain.](#)

Local

Hampton Township: [Gym classes started before school.](#)

Pennsylvania: [Healthy eating is about getting back to the basics!](#)

Philadelphia: Watch [this video](#) about people taking part in Philabundance's feeding programs. They're people just like you.

Philadelphia: [Philly brings the farm to healthcare.](#)

Philadelphia: What's the deal with coconut? [Read the science provided by a local dietitian.](#)

York: [A food alliance spurs movement in the local food system.](#)

Resources:

Farmers Market progressed dramatically from 2006-2011. See all of it in [this report](#) from the Farmers Market Coalition.

Try an affordable, [Super Bowl tostada recipe!](#)

[MyPlate set 10 tips for a healthy dining hall experience.](#)

More kids take advantage of a free school breakfast according to the [Food Research Action Center's \(FRAC\) report.](#)

The top 30 kid-tested recipes from the Recipes for Healthy Kids Competition can be sought out [here.](#)

The American Public Health Association presented this obesity [infographic](#) with environmental level fixes.

The Food Research and Action Center and Children's HealthWatch launched a new periodical called, "Food Insecurity and Hunger in the U.S.: New Research." It will be published three times a year and highlights the most recent research, policies, and organizations working towards alleviating hunger and malnutrition. Find the first issue, [here](#).

"Caffeine in Food and Dietary Supplements" is an Institute of Medicine [summary](#) from a workshop in August 2013. You can download the PDF for free. The report contains information about the safe levels of caffeine consumption in foods, beverages, and dietary supplements and identifies data gaps.

Webinars:

NEW-Watch this [recorded presentation](#) from the University of Alabama at Birmingham about how obesity causes people to overeat.

NEW-"Nutrition and Stressed" is a free, recorded webinar from the Sports, Cardiovascular and Wellness Nutrition Dietary Practice Group. The recording will run until February 8th, 2014. Continuing Education Credits are available for registered dietitians. [Look to this site for more information](#).

NEW-The Food Research Action Center (FRAC) maintains a list webinars from 2010 onward. The recordings are often focused on school nutrition, federal nutrition programs, and policy. Look [here](#) for the listing.

The Part One of the Core Nutrition Messages Webinar Series is now [posted](#) on the homepage of Nutrition.gov, under the "Spotlights Section," at the bottom of the page. Please enjoy these webinar about the research based nutrition messaging for parents and kids focusing whole grains, fruits and vegetables, milk, and child feeding. Part two focuses on creative ways of using these messages and will be posted at a later date.

"Creating Healthy Menus in Early Child Care and Education Settings" on February 11, 2014 at 3:30-4:30 PM (EST). The New York City Department of Health and Mental Hygiene (NYC DOHMH) modified health codes at NYC child care centers to prevent obesity and related conditions. This webinar shares the changes, provides tools and recommendations for implementation. [Reserve your spot at the webinar](#).

Visit the National Farm to School Network's archive of "[Lunch Bites](#)" [webinars](#). The recordings are approximately 15-30 minutes long and focus on bringing local foods into schools.

This [recording](#) is from Cornell Cooperative Extension. It's called, "Eating Well on a Budget." Gain ideas for your classes, and learn more about stretching the food dollar.

The Nebraska Cooperative Extension office recorded online diabetes education classes led by health professionals. You can listen to each recording [here](#). Under each link you will find presentation and handouts from each session.

Check out these free webinars for farmers interested in sustainable agriculture. These forums focus on anything from how to begin farming, to legal issues, to how to host farm events. Dates and more registration information are [here](#).

Events:

NEW-The Lancaster Family YMCA Kids Marathon at Garden Spot Village is on April 11, 2014. Kids from kindergarten to 8th grade can join from 6:00-12:00 PM. During this time, they will finish 25 miles of walking, biking, or running. Get more information about the [event here](#).

NEW-Second Opinion has led health based Twitter Chats. They presented one about obesity on the 29th. Check back to [the archive](#) to see the the postings. You'll find videos about managing diabetes and food allergies too. You can also click on Twitter Chat titles like, "Holiday Heart Attacks Twitter Chat" and "Food Safety Episode Archive." On February 11th, they're holding a one on cholesterol. [Scroll down this page to find out who and what hashtags to follow](#).

NEW-Stroehmann Walk+Run Against Hunger will be held on April 12, 2014. It's a 5K starting at the Philadelphia Art Museum that raises funds for over 100 hunger relief agencies in South Eastern, PA. You can learn more about this event at [this site](#).

The 2014 ASNNA Annual Meeting will be held in Washington DC, February 10-13th. It will be held at the Arlington Hilton. During this conference, enjoy interactive sessions, network with heads of various nutrition organizations, and see what's new in the nutrition field. Registration materials and conference information can be found at [this site](#).

The Food Research and Action Center and Feeding America are holding the National Anti-Hunger Policy Conference on March 2-4, 2014 in Washington, DC. For hotel, travel, registration and more information, [click here](#). You can also join the Twitter conversation: #hungerpc2014.

Save the date for the Central Pennsylvania Food Bank's event, Soup and a Bowl. It's in Williamsport on Friday, February 21st, 2014 and in Harrisburg on Monday, March 17th, 2014. For more information, visit this [link](#).

Grants and Opportunities:

NEW-Do you teach nutrition to those suffering from hunger in your community? Have you had to go to a food pantry or soup kitchen for assistance? Have you volunteered at your local food bank? Share Our Strength needs your story to help the hungry across the nation! You can enter your information at [this site](#).

NEW-Have you ever heard about the "Cooking Matters at the Store", a guided grocery store tour which helps families shop wisely and affordably. Find out more about them [here](#). Go to [this link](#) for more information about a grant available for those who want to teach this tour.

NEW-Are you located near Chester, PA? Then, how can you get involved with them as they distribute food and services to those who need it? Look [here](#) for more information.

The NIH-funded Johns Hopkins Global Center on Childhood Obesity (JHGCCO) wants applications for research about time-sensitive changes in environments or policies that may reduce the prevalence of childhood obesity. Projects should take a systems perspective and have the potential to inform their community- or population-based interventions. Investigators can be at all career levels. Download the request for application here. Download the full RFA [here](#).

The Academy of Nutrition and Dietetics' Diversity Action Grant is given to an affiliate, dietetic practice group, member interest group, accredited dietetic education program or other Academy unit that improves the recruitment and retention of racial and ethnic minorities in dietetics. A \$1,000 honorarium will support the recipient's program and activities. The deadline to submit an application is April 2, 2014. Find out more information [here](#).

This spring-summer, you can become an Agricultural Supported Community intern at the Rodale Institute. [Find out more](#), and [apply today](#).

The Academy of Nutrition and Dietetic Foundation's CDR Advanced Practice Residency Grant will provide funding up to \$30,000 for advanced practice residency programs for Registered Dietitian Nutritionists. [See if your institution is eligible](#).

A \$200 Kids Eat Right Mini-Grant Opportunity is available for Kids Eat Right (KER) Members and Registered Dietitian Nutritionists. Recipients will show two presentations which utilize KER toolkits between February 3rd-March 28th. Find out more, [here](#).

High School students can join Earth Day Network's 2014 Healthy and Sustainable School Food Journalism Competition. Kids, ages 13-18, from across the country can write an article about their school's sustainable, healthy foods. [Enter a paper online until February 28, 2014!](#)

The Awesome Foundation awards \$1,000 every month to a creative food project. Anyone can apply, and applications are due on an reoccurring basis. Look at this opportunity [here](#)!

The US Department of Agriculture released a grant for Value Added Producers. This grant applies to farmers, ranchers, fishers, and agricultural harvesters. See if this grant applies to you [here](#). Also, here is a [guide](#) to help you apply for the grant.

Develop your story, and grab a camera! This contest is searching for a short film on food, farming and sustainability due on February 14, 2014. Check out the details at [this site](#).

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