

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of January 28, 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:

### Sessions are Filling Up, Be Sure to Register Early!

There are registration caps for some of the sessions due to their hands-on nature. Click [here](#) for the list of the sessions with registration caps and remaining openings.

### 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: Potatoes

Markets and grocery stores may not be brimming with ample amounts of fresh, local produce. But, sure enough, a potato crop elbowed its way through soil during the hot months to be harvested and saved during such minimalist times as these. This vegetable can substitute for bread, rice, and other grain relatives. It's versatile to say the least! Trade in the French fries for potatoes that are mashed, boiled, roasted or mixed with other healthy ingredients. See the possibilities in [PA NEN's Potato Newsletter](#). If this document sparks your interest, look to the variety of veggie Newsletters on [this site](#).

## International and National News:

[Fifth graders came together to make this video about drinking less soda! It's phenomenal!](#)

[Food companies are caught red-handed with fraud.](#)

[Did you know these intriguing facts about school meals?](#)

[Dietitians cater to their communities by walking clients through local grocery stores.](#)

[Kids that spend more time at the dinner table weigh less.](#)

[Bad eating habits rise during a bad economy.](#)

[Review common causes of weight gain that you might overlook.](#)

[Kids dance themselves healthy.](#)

[Has obesity become an acceptable prejudice? How do nutrition professionals overcome this perception?](#)

[Ponder over legislation critical for public and preventative health initiatives.](#)

[Most studies prove that eating while watching T.V. increases food consumption. Now, researchers counter the problem by recommending television spectators to take smaller bites.](#)

[A food hub helps transport urban agriculture supplies and encourages the local food movement.](#)

[A heated article disapproves of Registered Dietitians and their corporate food sponsorship.](#) See the Academy of Nutrition and Dietetics' (AND's) [rebuttal.](#)

The Supplemental Nutrition Assistance Program ([SNAP](#)) stimulates Texas' economy. Look [here](#) to learn how.

[Soda companies against taxing their product believe that the tax holds ethnic biases.](#) Take [this research article](#) for an example: Low-income, African American kids are more likely to drink sugar.

Mobile food markets for food deserts are in the works across the country, as you can see [here](#) and [here](#).

[Today's seafood is a mixed-bag of who knows what.](#)

[A school cafeteria makes healthier items cheaper, and sales go up!](#)

[A large fast food chain turns to sustainable practices.](#)

[Three nutrition "facts" are debunked.](#)

[Lighten up brunch!](#)

[Quinoa becomes more available worldwide and less in its native country.](#)

[Can aspartame be more damaging than we know?](#)

[Schools need to help boost physical activity for kids!](#)

Parents struggle with the way nutrition professionals talk about their kid's weight. See [this study](#) proving that we need to be careful with our words. Take [another interesting article](#) on the matter. [Video sites bring physical fitness to you.](#)

### Local:

**Philadelphia:** A local dietitian talks about 2013 dietary trends. Catch her News broadcast [here](#).

**Philadelphia:** [What do you feed your sick kids?](#)

**Pennsylvania:** [Across the nation, "Annie's Homegrown Rising Crust Frozen Pizzas" were recalled.](#)

### Resources:

The Robert Wood Johnson Foundation ([RWJF](#)) [study](#) shows that better school lunch standards will have an impact on kids' health.

School Nutrition and Meals Resources:

- [Oklahoma's Farm-to-School cookbook](#)
- [Stories of successful nutrition practices in the lunchroom](#)
- [Best Practices for increasing high school food service participation](#)
- [National Food Service Management Institute's culinary techniques for healthy school meals](#)
- [Cooking stars make delicious-healthy school meals that pass the USDA's test!](#) Click the names on the right hand side to see their recipes.
- If you are a part of the Kids Eat Right Campaign, log-in and view all their [great school lunch resources](#).

[Try this Competitive Foods Calculator.](#)

[What does that food label claim mean?](#) [Familiarize yourself with salt claims too.](#)

## Webinars:

*NEW*-The Meals on Wheels Association of America's National Resource Center on Nutrition and Aging ([MOWAA](#)) is launching, "Momentum: Advancing Into Future Readiness," a series of events and discussions updates senior nutrition services. It will begin on February 12 at 3:30 PM (EST) with a webinar on the components of a quality nutrition program. Click [here](#) to learn more and register.

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

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 label, Nutrition Informatics, the Academy defines this term 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](#).

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!](#)

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 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*-Do you work with pressure ulcers? Then, you can enter the mobile device challenge to possibly win up to \$60,000. See if you could meet the two challenge goals: (1) to develop a standard bedside pressure ulcer assessment and (2) to promote the integration of nursing content into common information models and Systematized Nomenclature of Medicine Clinical Terms (SNOMED CT). Look [here](#) for a recorded webinar on this information, and please note that this opportunity is for tech savvy professionals.

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

[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.

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 at advocates, decision-makers, and policy-makers with evidence to reverse the childhood obesity epidemic. Click [here](#) to learn more and to apply.

School superintendents striving to reduce childhood obesity in their school 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."](#)). They are trying to develop 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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Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, an entity of The Pennsylvania State University's College of Health and Human Development, as part of USDA's Supplemental Nutrition Assistance Program (SNAP).