

PA NEN - Weekly Food & Nutrition News Nibbles



Week of January 31, 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 online. If you are registering on the [printable form](#), simply write 'Bill Me' in the credit card information area. Click [here](#) to register!

*Registration fees are due by April 8th. After which registration will be forfeited.

Do you Have a Nutrition Program that you Would Like All of PA to Know About?

PA NEN has created a state-wide database listing nutrition education programs that serve the low-income audience. This database provides information that can be used to find educational programs in specific locations. This database can also

be utilized to find information on a particular program or organization, locate gaps in services and to provide opportunities for agencies to work together to provide nutrition education to those in need.

If you would like your organization's information available on this page, please fill out a short request form by clicking [here](#). Please submit your information so other PA NEN members can learn about your organization and the programs offered!

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 choose from fabulous vegetable information.

International and National News:

[The French are big fans of McDonalds; but, in their country, you can see how this restaurant differs.](#)

[National Center for Translational Sciences is launched to interpret scientific research \(including nutrition\) for the use of the general public!](#)

[Colorado might ban trans-fats in school lunches.](#)

This [article](#) reveals details about the [USDA](#)'s new meal patterns and nutrition standards for the [National School Lunch](#) and [School Breakfast Programs](#) that align with the updated [Dietary Guidelines for Americans](#) and the [Institute of Medicine](#)'s recommendations. The basic guidelines:

- Offer both fruits and vegetables every day of the week
- Increase whole grain-rich foods
- Offer only fat-free or low-fat milk varieties
- Limit calories based on the age of children being served to ensure proper portion size
- Focus on the reduction of the amounts of saturated fat, trans fats and sodium

The USDA's Food and Nutrition Service has posted a variety of technical assistance and guidance documents. They may be found by clicking [here](#). A sample menu may be viewed [here](#). And, the Federal Register final rule may be accessed by clicking [here](#).

[People have trouble interpreting nutrition information on food packages.](#) In agreement with this finding, Marion Nestle [sites a study](#) where the simpler nutrition "traffic light" labeling system might help the

consumer. A more detailed look at the study's findings is found [here](#).

[Food Stamp Bills in Florida push for healthier foods.](#)

[Five tips on eating better during rough economic times](#)

[Looking at delicious food may make you hungrier according to this study.](#)

[This story highlights the changes that grocery stores and supermarkets are making to provide for their SNAP recipients.](#)

Helping children deal with their weight is the mission of [UnitedHealth](#) and [YMCA of the USA's](#) pilot program. This program is a cost-efficient alternative to hospital programs and involves the entire family to improve their child's weight issues. Look [here](#) for the results of this program.

Local:

Chambersburg: Raw, unpasteurized milk from a family farm causes a [Campylobacter](#) outbreak in the mid-state that sickened at least six people. Look [here](#) for more details.

Philadelphia: A local reporter weighs-in on [Paula Deen's](#) Type II diabetes. You can read the article at this [site](#).

Pennsylvania: A recent [study](#) from the American Journal of Clinical Nutrition served 17 preschoolers six variations of the same entrée. When served smaller amounts of the high calorie main dish, the kids actually ate more of their side vegetables and fruits. This might mean that kids can eat fewer calories when served a well-rounded diet.

Pennsylvania: [Be careful if you have a nut allergy. Walgreens Co. recalled their chocolate covered raisins because the 13 ounce package could contain unlabeled peanuts, almond and soy ingredients.](#)

Pennsylvania: PA wants to curb food stamp fraud, but what is the best way to do that? [Here](#) is an article with eye-opening statistics to support of the new asset test proposal.

Resources:

A study published by the American Sociological Association views the connection between [competitive food](#) sales in schools and childhood obesity. The [study](#) found that weight gain in fifth and eighth graders was not associated with competitive food sales. This suggests that food preferences and dietary patterns are established before adolescence.

All nutrition educators can learn to integrate [MyPlate](#) into [MyPyramid](#) material by using [this handout](#).

Do you understand all those details about the [Farm Bill Reauthorization in 2012](#)? [WhyHunger](#) has created a new [Food Security Learning Center topic](#) that collected the best resources, analysis and articles regarding the upcoming Food and Farm Bill reauthorization. This area will be continuously updated.

Events:

The Pennsylvania Head Start Association invites parents, staff, administrators and interest groups affiliated with the program to join them at their annual conference, "One Clear, Powerful Voice." On May 2nd-3rd, 2012; come to the [Holiday Inn at Harrisburg East](#) for an action-packed conference. Online workshop proposals will be accepted now, and online conference registration will be open on March 2012. View this [link](#) for more information.

For registered dietitians, nutritionists, and dietetic technicians: [the Academy of Nutrition and Dietetics](#) is holding their annual Public Policy Workshop (PPW) on April 15th-17th! You and your colleagues can strengthen your voice in congress and solidify your advocacy skills by attending this program. Several important issues including the Farm Bill, the Older Americans Act and reimbursement will be discussed. [Learn more here](#). [Register online](#) by March 1, 2012 for reduced rates (Have your log-in and password ready).

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-[Healthy Food Action](#) and the [American Nurses Association](#) are hosting a webinar, "Driven to Distraction: Food, Chemicals and Child Behavior." It will be held on Wednesday, February 8, 2012 at 12:00 PM (EST). In it, professionals focus on science that suggests synthetic food dyes and caramel colorings, often added to candy and other junk foods, can alter their learning and behavior and may increase cancer risk. Register [here](#).

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:

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](#).

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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