

PA NEN - Weekly Food & Nutrition News Nibbles



Week of January 5, 2015

IMPORTANT PA NEN LINKS

[PA NEN ANNUAL CONFERENCE](#)

[NEWS NIBBLE ARCHIVES](#)

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PA NEN News

Speakers for PA NEN's 2015 Annual Conference

We announced the 2015 lineup of speakers and topics for our annual conference! Click [here](#) to view the list and more details.

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 (Jbartol@phmc.org) 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:

[Does the Supplemental Nutrition Assistance Program \(SNAP\) improve health of participants? A recent research study shows this to be true.](#)

[The GOP continues a push to eliminate "junk food" purchases with SNAP dollars.](#)

[Kale isn't the only nutrient-packed vegetable – check out this list of other nutritional, powerhouse veggies.](#)

[Weight can be a very touchy subject – especially for children and teens. Here are 6 tips to help parents better approach this sensitive topic.](#)

[Have fun making "boring" health food, exciting!](#)

[It's a tough job, but nutrition educators need to keep encouraging people to eat their fruits and vegetables.](#)

[Even really educated people have to turn to food stamps to shop on a budget.](#)

[Food stamps lift people out of poverty!](#)

[Celiacs disease symptoms vary from patient to patient.](#)

[Casinos in Atlantic City close, and food pantries become an option for the unemployed.](#)

[Get people to cook more by asking eaters to complain less.](#)

[Watch and listen to the beautiful music played at a soup kitchen!](#)

[Co-ops make a comeback with some modern twists.](#)

[What was 2014's most popular diet?](#)

[Check the New Year's food traditions from around the world!](#)

[Restaurants reduce food waste for 2015.](#)

[Try out 2015 food resolutions for the family!](#)

[Surveys show that people want wearable technology.](#)

[Mom's with kids with food allergies want more support from dietitians; see what kind of information they ask for.](#)

[Eat well now to feel better as you age.](#)

[In Seattle, no food is allowed in the trash. It's the law to compost all food.](#)

[Schools open food pantries for hungry families.](#)

[Caffeine's effect on athletic performance](#)

[The U.S. works to build a culture of health!](#)

[A tax break for busy breast feeding moms](#)

[Social media can be helpful for weight loss!](#)

[One repercussion of putting someone in jail is that it causes inmates' families to go hungry.](#)

[Food hubs work with local farms and other specialty producers to bring healthy food to their communities.](#)

Local:

Harrisburg: [2015 health recommendations come from a local dietitian!](#)

Philadelphia: [There is a clear overlap between what's good for health and good for the environment – a recommendation to decrease meat intake may find its way into the new dietary guidelines.](#)

Philadelphia: [The face of homelessness is changing, and it's the face of a child.](#)

Philadelphia: [Here is a healthy way to look at New Years resolutions!](#)

Philadelphia: This [website](#) encourages people to eat less salty foods.

Pittsburgh: [Volunteers help bring in food for the hungry!](#)

Pittsburgh: [With the help of grant money a mobile food pantry is on its way around Pittsburgh.](#)

Resources:

Check out [these infographics](#) to see how the Healthy Hunger Free Kids Act (HHFKA) is helping to create a healthier next generation.

[25 quick, healthy snacks for children \(The printable version is available!\)](#)

[Learn about the negatives \(and positives!\) of "processed" food.](#)

[Simple, affordable, slow cooker, pork chili recipe](#)

[Game day snack ideas](#)

[The Supplemental Nutrition Program for Women, Infants and Children](#)

[\(WIC\) celebrates its 40th year with this infographic!](#)

Webinars:

NEW-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](#).

NEW-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](#).

"Phytochemicals: Hidden Nutrition Gems" will be held on Thursday, January 15, 2015 from 2:00 PM - 3:00 PM (EST). During the webinar, you will learn about current and future research regarding these nutrients. The webinar is approved for 1 continuing education credit for Registered Dietitians and Dietetic Technicians who need credentialing from the Academy of Nutrition and Dietetics. [Register today](#).

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 you 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:

On April 11th, the Stroehman's Walk Against Hunger is a 5K race scheduled

for December 18, 2014. 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:

From March 15-April 30, 2015 the Conagra Foundation's "generationOn" campaign is challenging you to make your mark on hunger. Here's how to get involved. By January 16th, you can apply for a service grant to hold youth-led hunger relief activities. Or, you can simply take time to learn about hunger in your community. Find more details [here](#).

The BUILD Health Challenge asks for proposals to that identify, highlight and advance new models for improving community health and health equity. BUILD Health will award up to \$7.5 million in grants, low-interest loans and program-related investments over two years. Awards will support up to 14, community based efforts providing access to a local grocery store where healthy food is available, community activity initiatives and more. The first round of applications January 16, 2015. Click [here](#) for more information.

Healthy Kids Grants promote healthy eating and active lifestyles for kids and families. This year, the General Mills Foundation is offering \$1 million in grants, awarding 50 grants of \$20,000. Organizations seeking a grant must include a registered dietitian or dietetic technician on staff who is a member of the Academy of Nutrition and Dietetics. Applications are due by Friday, January 23, 2015, at 6:00 PM (ET) Please email questions to KidsEatRight@eatright.org. Find out more about previous award recipients and find application information [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).