

PA NEN - Weekly Food & Nutrition News Nibbles



Week of January 6, 2014

IMPORTANT PA NEN LINKS

SAVE THE DATE!
[PA NEN ANNUAL
CONFERENCE 2014](#)

[NEWS NIBBLES](#)

[NEWSLETTERS](#)

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PA NEN News,

Register for PA NEN's 2014 Annual Conference!

PA NEN's 2014 Annual Conference will celebrate what nutrition educators have done and are yet to do in making each generation's table a healthier one! Register today by clicking the links can be found on the right side of [this website](#).

Peek at our exciting sessions and speakers by clicking [here](#). Simply click on the titles for a complete description and to learn more about the presenters.

PA NEN's Resource Section

Might you be searching for nutrition resources to use with your clients? PA NEN's [Resource Section](#) includes [materials](#) for preschool age to older adults. It also provides [webinars and recordings for Nutrition Education Professionals](#). Check it all out by clicking [here](#).

If you have any questions, please contact Rose at the PA NEN office at 717-233-1791 or e-mail rcleland@phmc.org.

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 magnesium, Vitamin A and K, along with more nutrients. Sautee 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:

[When can we call food addictive?](#)

[10 small, healthy changes that everyone can follow this New Year](#)

[Serving vegetarian food in school gains popularity.](#)

[Success! Text messaging helps reduce diabetes risk.](#)

[Food trucks bring on better-for-you options.](#)

[New Year's "themes," rather than goals, might seem more attainable.](#)

[When exercising, intensity matters.](#)

[Web research pulls the most sought out diets of 2013.](#) And, check out what's [popular for 2014!](#)

[Consumers petitioned for food changes, and they're getting what they asked for.](#)

[An acclaimed food writer and author brings light to where our food originates - the soil!](#)

[Food Banks set standards to bring healthier fare to participants' table.](#)

[Because the Farm Bill did not pass in 2013, rumors about rising dairy prices ran wild. But, officials promise we won't see an increase, yet.](#)

[A photographer snaps beautiful family meals around the world!](#)

What does a healthy school kitchen look like? This [infographic](#) shows all. See how [federal grants](#) help cafeterias mimic this picture!

[NYC receives food from a local farm collaborative.](#)

What does a dad have to do to get his kids to eat lunch? [THIS!](#)

[A child-sized food exhibit makes health cool and kid-friendly!](#)

[One Hawaiian island won't grow genetically modified crops \(GMOs\).](#)

[Cheers to health in 2014!](#)

[A greenhouse, run by kids, grows all year round! From building a this structure, solar power irrigation, and learning how to plant; these student-gardeners have got it down!](#)

[What do cancer rates look like around the world?](#)

A [study](#) shows that multivitamins might not deliver promised benefits. [Here](#) is another article on the issue.

[A study proves that small improvements to happy meals make children healthier.](#)

[Health professionals weigh in on what needs to change on the Nutrition](#)

[Facts Panel.](#)

[Eat slow; you'll eat less!](#)

[Incorporate whole foods into your New Year's resolution. Just try some of these tricks!](#)

[Declare 2014 for family farming!](#)

Local

Philadelphia: [Urban agriculture thrives in Philly!](#)

Philadelphia: [A local dietitian walks through the good, bad, and ugly diet trends of 2014.](#)

Philadelphia: [Philly researchers find that eating habits form at a young age.](#)

Philadelphia: [On the outskirts the city, you'll find seniors in need of food.](#)

Resources:

The [Food and Drug Administration wants to update the Nutrition Facts Panel with a dual column system](#). One side would label a single serving of the food; the other would outline the nutrients in the whole container.

Only one in ten schools has the available equipment to meet the new healthy meal standards according to this [report](#). [Here are the summary and key findings](#).

Serve up [MyPlate curriculum](#) in Spanish and English.

Soon, there will be new standards for school lunches. [See the update here!](#)

New releases: "[USDA Crediting Handbook for the Child and Adult Care Food Program](#)", "[Recipes for Healthy Kids Cookbooks for Child Care Centers](#)" and "[Recipes for Healthy Kids: Cookbook for Homes](#)"

This [study](#) shows that parenting styles influences kids' eating habits.

You can take charge of what and how much you eat! Size your portions right by checking out fabulous portion guides at [this website](#). Eat well, and be happy for 2014!

[With this US Department of Agriculture recipe list, kids can get cooking in the kitchen!](#)

15 Child and Adult Care Food Program (CACFP) providers and sponsors are showcased in this [report](#). They've implemented creative strategies to integrate healthy meals and snacks for the population they serve.

Webinars:

NEW-The Food Research and Action Center will reveal details from the new "USDA Recipes for Healthy Kids" and "CACFP Crediting Guide: Supporting Healthy Eating in Child Care" in this webinar on Tuesday, January 14, 2014 from 2:00-3:00 PM (EST). [Register today!](#)

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.

The Society of Nutrition Education and Behavior (SNEB) lists recorded webinars that were previously presented. Webinars are free to members but may cost \$25 for non-members. Email info@sneb.org with the title of the sessions you wish to purchase. Continuing Education Credits are available within a year after the original date of the webinar. Email, [Rachel Daeger](#) from SNEB for Credits and more information. Click [here](#) to see the list of recordings.

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-On January 17th-18th the Chesapeake Alliance for Sustainable Agriculture is holding its Annual Conference, "Future Harvest CASA's 15th Annual Farming for Profit and Stewardship" conference. Speakers will talk about the business of farming, cover crops, cheese making, local food communities and much more! Look [here](#) for more information.

NEW-Agriculture education is a growing segment. Each year at the Maryland Association of Environmental and Outdoor Education Conference, there are more participants striving to put food and agriculture education into all sorts of educational programming. Try a Farm to School, Friday Ag-Adventure field trip for environmental science teachers. [Registration is now open!](#)

The second meeting of the 2015 Dietary Guidelines Advisory Committee, originally scheduled for October 3-4, 2013, is scheduled for January 13-14, 2014. This meeting is an incremental step towards developing the 2015 Dietary Guidelines. Health professionals and paraprofessionals are welcome to attend in person and over a webinar. When available, more information will be posted [here](#).

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-Are you Registered Dietitian Nutritionist looking for a research opportunity? Then, apply to the Malnutrition Research Fellowship from Abbott Nutrition by January 17th. A masters or doctoral degree is required for this position. View this offer and other research grants on this [page](#).

NEW-Apply by February 1st for the Abbott Nutrition Alliance Award. It recognizes hospital dietitians focusing on malnutrition and awareness of the issue. Find this award and more, on this [website](#).

NEW-The Academy of Nutrition and Dietetic's 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](#).

NEW-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](#).

NEW-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!](#)

NEW-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!](#)

Fuel Up to Play 60 is launching the "Make Your Move" campaign to inspire students to get 60 minutes of play a day. Learn more about the opportunity by watching [this video](#).

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.

General Mills Champions for Healthy Kids Partnership Doubles Grants for 2014 provide \$1 million in annual grants for nutrition and physical activity programs implemented by 501(c)3 charities with a registered dietitian nutritionist on staff. See more details about this grant at [this site](#); however, you must be a part of the Academy of Nutrition and Dietetics.

The Academy of Nutrition and Dietetics Foundation offers leadership recognition and monetary awards for continuing education, international and program development. You must be a registered dietitian nutritionists and a member of the Academy of Nutrition and Dietetics to receive these grants. Applications are due February 1, 2014. Find out more details about each grant at [this site](#).

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](#).

The Academy of Nutrition and Dietetics will offer nine scholarships of \$4,500 for college students who want to be a food safety advocate across their campus. Applicants will also spread messages outlined by the Academy's "Home Food Safety" campaign. Learn more about the application and further opportunities at [this site](#). The application deadline is February 1, 2014.

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