

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of January 7, 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

### The Pennsylvania Nutrition Education Network's Annual Conference 2013 Registration is Open!

Are you looking for new ways to help improve your clients' nutritional status? Then this conference is for you! PA NEN's 2013 Conference will present topics on the issues facing low income Pennsylvanians and how you can exercise your knowledge to help make a positive difference in their quest for a healthier lifestyle. Be a part of this must-attend-conference which will equip you with the tools to create healthy, balanced nutrition education for your clients. Click [here](#) to register and for the brochure.

### NEW for 2013 - Local Projects to be a Part of the Resource Area!

You asked, and we delivered! There were many requests on the 2012 Conference Evaluations for Local Projects to be included in the Resource Area. The committee reviewed numerous submissions and invited the following organizations:

- The Food Trust, James Wells Kwele, Project Coordinator: TBA
- Project SHARE of Carlisle, Robyn Wampler, Nutrition Educator: Food Box to Full Belly - How to Make the Most of Your Pantry Box
- Rutgers, The University of NJ, Debra Palmer, PhD: TBA
- Vida Charter School/Adams County Food Policy Council, Audrey Hess, RD, Graduate Student: Healthy Options for Families in the Food Gap

Be sure to check out the complete list of vendors by clicking [here](#).

There are currently no vendor spots remaining. If you would like to be placed on a waiting list, please email [Rose](#) or call the office at 717.233.1791.

### **SNAC VEGETABLE of the Month: Beets**

Beets. We dig these delicious veggies! Do you?

Compared to the mushy beets you might remember, fresh varieties take on an earthy, tangy flavor with shades from purple, gold, and white to zebra-striped. Try them boiled, pickled, roasted, or enjoy them canned or raw. Endless options bring endless opportunities!

Check out our [Beet Newsletter](#) for more recipes, cooking or handling information and more! [Spanish materials](#) are available too!

### **International and National News:**

[Why does poverty leads to health disparity?](#)

[Kids attend fitness and nutrition boot camp. How young is too young to push for major weight loss?](#)

[Research](#) suggested that a few extra pounds might stave off disease. However experts counter this [article](#).

[Few Americans realize ALL of the health repercussions of obesity.](#)

[Listen to the food industry innovations for reducing salt in our food supply.](#)

[In this preliminary study, scientists question current limitations on seafood for pregnant women. This mandates further research.](#)

[Keep your healthy immune system going.](#)

Review the [summary](#) of a [year-long investigation](#) of the Kansas City beef industry.

[Cuts to SNAP-Ed funding are eminent.](#)

[A long awaited food safety rule passes.](#)

[The wellness trends of 2013.](#)

[Feed your babies well.](#)

[Know all the good-for-you cuts of meat.](#)

[In some states, more SNAP checks are redeemed at local farmers' markets.](#)

[Changes in school food spread through daycare centers.](#)

[Taxing unhealthy foods does not appeal to everyone.](#)

[What diet plans worked the best in 2012?](#)

[Who wants healthier options in the work place?](#)

[It's all about nutrition basics.](#)

[A new diet trend reverts back to the less processed diet foods of the 60's ad 70's.](#)

[School diversity makes cafeterias cook cross-culturally.](#)

Let the school lunch workers speak! They're sharing recipes and hints to prepare flavorful, healthier entrees for kids. Listen or read the article [here](#).

[Recess is best!](#)

[Why do people fear fat in their food?](#)

[What happens when people are denied access to good food?](#)

### **Local:**

**Philadelphia:** [Exercise class. All you need to bring is Y-O-U!](#)

### **Resources:**

[School food successes, revealed.](#)

[Check out some freezing strategies to save local produce at K-12 schools.](#) Here, you can read the actual report, "[Frozen Local: Strategies for Freezing Locally Grown Produce for the K-12 Marketplace.](#)"

School foodservice workers can get creative with the US Department of Agriculture's (USDA) [Recipe Finder](#).

You can subscribe to the [Rudd Roots Parent messaging board](#) for parents interested in their family's, kids', and community's health.

[Americans changed the way they ate from 1977-2008.](#)

The Journal of the American Medical Association ([JAMA](#)) approaches [ways to address childhood obesity](#).

[A one-pager dispels Americans' snacking habits.](#)

## Webinars:

*NEW*-Mixed research speaks to the benefits or negative effects of low-calorie sweeteners. To address consumer confusion, scientists speak to the hotbed of information for practical application in the webinar called, "Low-Calorie Sweeteners & Weight Management, Help or Hindrance?" to be presented on January 22 from 1:00-2:00 PM (EST). One Continuing Education Credit will be made available to Registered Dietitians, along with one ANCC Contact Hour for nurses. Find out more, and register at this [site](#).

*NEW*-Are you interested in the local food system? Figure out how to transport local foods more effectively, to meet the buyers' demand, and ways to create local "food hubs" during the [National Good Food Network Webinar, "Production Planning to Increase Market Efficiency: Reducing Financial Risk Through Food Hubs,"](#) on Thursday, January 17th from 3:30-4:45 PM (EST). [Register today!](#)

*NEW*-Join the webinar, "SPARKfamily.org: Tools to Build a Better Program," on January 16th at 6:00 PM (EST). On it, you'll learn about SPARKfamily.org website where you can access an extensive library of digital content to enhance your Physical Education, After School or Early Childhood program. This webinar will tour you through their electronic curriculum manuals, video clips, assessment tools, circuit training videos, skill and task cards, academic integration lessons, and more. Click [here](#) to register and for more information.

Fuel Up to Play 60. Do wonder what the buzz is all about? See how this program can bring better health to students and schools in your community. Listen in to this 30 minute session to learn about the program basics and how to apply for funds for Fuel Up to Play 60. [Sign up today](#) for the webinar on January 22nd, 2013 at 2:30-3:30 PM (EST). Or, receive the archived session, if you aren't able to join the call live.

From goal-setting, to budget tracking, or planning for sustainability—it's time to design and motivate your school wellness team. Figure out how to build an efficient team during a 75 minute webinar, "[Building a Wellness Team, Assessing your School's Wellness Environment & Developing an Action Plan,](#)" on Tuesday, January 29, 2013 from 2:00-3:15 PM (EST).

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:

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 benefits of a healthy family dinner abound. Check out [The Family Dinner Conference link](#) to get all the details.

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*-Twenty Five members of [Kids Eat Right](#) have the opportunity to receive \$200 grants to present the Kids Eat Right toolkits (Healthy Breakfast, Healthy Snacking, Family Champions, Family Mealttime, or Myth Busters). Two presentations are required between February 4-March 31, 2013. Applications are due January 25, 2013; and mini-grantees will be announced February 4, 2013. Learn more, and download the application [here](#).

How can you find the money to get your school eating and acting healthier? Look to the Action for Healthier Kids [website](#) for updated grant opportunities. Click on one from the list to see if you meet its qualifications, for the application dates, and much more.

The Society for Nutrition Education ([SNEB](#)) wants your research posters and abstract submissions for their August 2013 Conference, "Moving from Good to Great!" To see more information, review the links and application on this [site](#).

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