

PA NEN - Weekly Food & Nutrition News Nibbles



Week of January 9, 2012

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)



PA NEN News

Register for Our Annual Conference!

Registration for our Annual Conference, "What's on Your Plate?" is now open. Click [here](#) to see what we can offer you!

SNAC Vegetable Pamphlets

Is your New Year Resolution to eat more vegetables or try some new recipes? Start 2012 off right by finding healthy, delicious veggie recipes along with many other pointers [here](#)!

Upcoming PA NEN Board Meeting:

The next PA NEN Board Meeting is scheduled for Thursday, January 19, 2012 from 10:00 AM to 12:00 PM. This meeting will be held as a conference call.

To find out more details regarding the PA NEN Board Meeting, please visit the [PA NEN Board Meeting page](#) located on PA NEN's website. Board meetings are open to all PA NEN members.

Did you know that PA NEN has a Resource Page?

There is an ample amount of nutrition information to sort through! But, we can make this process easier with our [Resource Page](#). Are you looking for pertinent nutrition education websites, old PA NEN Newsletters or resources from our New Nibbles archives? Get your hands on this information by clicking [this link](#) or looking for the "Resources" tab on the left-hand sidebar of [PA NEN's website](#).

International and National News:

[No one nutrient can be blamed as a cause of ADHD, but researchers believe a Westernized diet is not helping.](#)

This [study](#) shows connection between fast food restaurant density and obesity in countries around the world.

[Adolescents buy less soda if calories are portrayed in a way they can understand.](#)

[Some doctors push for weight loss surgery for the nation's obese youth despite apparent risks.](#)

[The homeless can receive extra SNAP benefits.](#)

[Food shopping at 12:00 AM is all too common for food stamp recipients.](#)

[Locally grown food at every school meal? You bet. For students in Maine, this idea has increased the amount of kids buying their lunch.](#)

[Grants can bring healthier food to food deserts.](#)

[The USDA celebrates the one year anniversary of the Healthy, Hunger-Free Kids Act of 2010.](#)

[The FDA put restrictions on antibiotics in our meat supply. See the implications here.](#)

[Mayors across the nation note an increase in hunger.](#)

[Research shows that kids influence their parents' food choice.](#)

[NYC finds a significant drop in childhood obesity.](#)

[Economics is associated with an increase in diabetes.](#)

[Sugary cereals cater to the SNAP-eligible population.](#)

Local:

Pennsylvania: [A plan to utilize assets test to help determine eligibility for SNAP/Food Stamp benefits](#)

Pennsylvania: [There is a recall on certain chocolate chip cookies because of two unlabeled allergens, milk and eggs.](#)

Philadelphia: [One woman's mission is to fight childhood obesity by providing nutritious snacks that are geared towards kids.](#)

Pittsburgh: [You can do your part! Help the Greater Pittsburgh Community Food Bank by donating food to the annual Dr. Martin Luther King Jr. Food Drive.](#)

Resources:

What in the world can you cook with dry beans? Learn how to buy, soak, cook and get the most from your beans [here](#).

It seems that changing a school's lunch menu is very challenging. [Here](#) are some great suggestions to review when investing in this radical change.

The [Harvard School of Public Health](#) revealed this new, interactive [website](#) to promote health and prevent obesity for [SNAP](#)-eligible participants.

Demographics for WIC participants are updated. They include information like nutrition risk, breastfeeding initiation and much more. Click [here](#) to see them.

It's a tricky task to find a farmers market—especially during the winter! Before you give up on the affordable produce that this venue offers, look to the USDA's [farmers market locator](#) to find a location near you. This tool also indicates the availability of nutrition assistance like the [SNAP](#), [WIC](#) and [Senior Farmers Market Nutrition](#) Program. Look here for details.

Webinars:

NEW-2:30-4:00 PM on January 19th, you can join leaders in the public health field to discuss the future of prevention and public health. In December there was a proposal to cut 68% of the funding in this arena. This cut will influence CDC funding along with Community Transformation Grants. This webinar will address ways to inform policy officials about the importance of this sector, the emphasis on results and outcomes and ways to protect Prevention Fund among economic turmoil. Review more information [here](#), and to register, look [here](#).

Starvation is often used for weight management, but this approach is a temporary fix. What if people could go diet-free while staying healthy? It's possible. This webinar on January 24, 2012 will teach about intuitive eating—recognizing your body's cues while experience satisfying eating and maintaining a healthy weight. Click [here](#) for more information.

Grants and Opportunities:

On December 29th, 2011, awards were announced to help four states

improve enrollment in the National School Lunch and Breakfast Programs through a process called direct certification. Direct certification requires educational agencies to automatically enroll students from households already participating in the Supplemental Nutrition Assistance Program ([SNAP](#)) or the Food Distribution Program on Indian Reservations ([FDPIR](#)), without any additional paperwork. These monetary awards will assist states—Pennsylvania included—in reducing any administrative error and waste during this process. For more information about the Direct Certification Grants, visit this [site](#).

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, healthy Italian dishes and spring holiday meal suggestions.

On January 17, 2012, applications for a \$500 dollar youth grant will be due. The [Youth Service America](#) and the [Sodexo Foundation](#) will provide one hundred grants for community-based, anti-hunger projects planned for America's youth on [Global Youth Service Day](#) (April 20-22, 2012). Look to [this site](#) for more information.

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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).