

PA NEN - Weekly Food & Nutrition News Nibbles



Week of July 14, 2014

IMPORTANT PA NEN LINKS

PA NEN's 2014 SUMMER WORKSHOP
[REGISTRATION](#) IS NOW OPEN.

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PA NEN News

SNAC Vegetable of the Month: Onions

The tang of onions pair perfectly with the mildness of rice and beans in [this recipe](#). Plus, everyone needs an excuse to use those dried beans and rice consuming every bit of your pantry (Receta de Frijoles y Arroz en [pagina 4](#))! For more purchasing, storage, and preparation tips, click [here](#).

International and National News:

[An obese body mass index over 40 might cut six and a half years from your life.](#)

[Fat insulates. Women notice this during menopause hot flashes. See how weight loss can make these physical changes easier.](#)

[Kefir—have you tried it? See what it is and how it's healthy.](#)

[Most Crohn's Disease patients have a similar microbiome make up in their small intestines.](#)

[Dieters can focus on health, not their weight.](#)

[Less than one percent of food stamps are considered fraudulent.](#)

[A researcher studies how internet activism can cause unnecessary fear of food ingredients.](#)

[What grows in your garden? Here are 10 plants summer vegetables that might appeal to you.](#)

[Super markets reduce produce prices more than the average farmers market.](#)

[California readjusts food equipment in schools for healthier foodservice.](#)

[More and more diners use calorie labels on menus.](#)

[Kids rage about their fruits and vegetables because of food rapping!](#)

[Fat makes its way back onto our healthy plate.](#)

[13 dietitian tricks to lose weight](#)

[Nutrition education brings health to diabetics.](#)

[A college student decides to take the food stamp challenge, and he finds healthy foods in unexpected places.](#)

[Kids learn to eat fruits and vegetables.](#)

[Babies are born with allergies according to this research.](#)

[It's not easy to follow a balanced diet. Many people don't even know what it looks like.](#)

[Five smart ways to hydrate kids](#)

[This team received an "A+" for their wellness policy.](#)

[Even some 8-year-olds are unhappy with their body size.](#)

[Is organic food better? Is that even the right question?](#)

[Can the US learn from Brazil's food insecurity trials and solutions?](#)

[Pediatricians prescribe kids to go on a walk or to play outside. Listen to the story here.](#)

Local

Pennsylvania: A live [question and answer session](#) with the Central PA Food Bank addresses childhood hunger over the summer. Look to the comments for the conversation.

Dauphin County: [This county will save money by outsourcing Meals on Wheels, a senior feeding programs.](#)

Hershey: [Walking boosts creative thinking.](#)

Philadelphia: [In this video](#), the Monell researchers review what they would miss most without their sense of smell, also known as anosmia. This Center leads in the field smell and taste research.

Philadelphia: [5 underappreciated vegetables to try this summer](#)

Philadelphia: [9 everyday foods for dietitians](#)

Resources:

View MSU's Center for Regional Food System's resource, "[Local Food Movement Setting the Stage](#)." In it, you can venture through the history of food justice, equality, policy and sovereignty that marks the growth of our food system over the past 70 years.

This study began the development of a diet-related-inflammation score. See this resource, [here](#).

This woman shares her Type 2 diabetes diagnosis story on this [short Youtube clip](#). Follow up with [50 ways to prevent type 2 diabetes](#).

Check the Food Research and Action Center's Summer Meal Act of 2014 [fact sheet](#).

What is the soil made of that grows your food? [See this infographic to find out](#).

SNAP4CT keeps [videos](#) on affordable, healthy ingredients!

The US Department of Agriculture made a nutrition labeling system to incentivize healthier food choices for the Supplemental Nutrition Assistance Program (SNAP) participants. [Click here](#) for the summary and report.

The term, "food value chain," is explained in [this paper](#) which explores how local foods and small farmers can reduce waste, connect with suppliers, and sell more of their product.

Here is [Portion Distortion worksheet](#) recommended by Alice Henneman.

This resource from Growing Connections explores [Farm to Food Bank strategies and networking](#).

National Geographic writes about the future of the food system in this [list of articles](#).

Webinars:

NEW—"Growing and Funding Equitable Food Hubs" is a webinar to be held on August 14 from 2:00-3:00 PM (ET). You can learn about food hubs surrounding your community and how these operations make local food more available to everyone. [Register today](#).

NEW-Check out the [list of 2014-2015 Journal Club webinars](#) from the Society of Nutrition Education and Behavior. These webinars are based off of current, nutrition research pertinent to people studying dietetics, dietitians in the field, and other health providers.

NEW-Academy of Nutrition and Dietetics members can join this webinar for free throughout July, "Building an Optimal Diet: Putting Protein into Practice." You will learn the importance of protein consumption and optimizing muscle synthesis from the Sports, Cardiovascular, and Wellness Dietetic Practice Group. They'll also touch on the need to monitor timing your protein consumption throughout the day. Find out more, [here](#).

NEW-Join the Ted Med meeting being held on July 22 at 2:00 PM (ET) to discuss child obesity prevention. Questions will be answered over Google + or on Twitter with the hashtag #GreatChallenges. Note that the Health Deputy of Philadelphia will be on the panel of speakers at this meeting. Find out more information, [here](#).

NEW-"Evaluation Made Easy: Learn How to Evaluate your Farm to School Activities" will be hosted by USDA Farm to School Grant recipients. They will lead a two series of hour-long webinars that will provide participants with the knowledge and tools for farm to school program evaluations. The five, 60-minute webinars will focus on an overview tool kit, outcomes, indicators, measures, tools, analyzing data, and reporting results. There will be 5 hours of continuing education credits provided to participants. Additionally, attendees would be invited to the Farm to School Evaluation Toolkit Google Group to share experiences and learn from each other as they implement their evaluations. Also, the first 20 sites that have completed the training and developed their evaluation plan are eligible to receive four hours of free technical assistance from Spark Policy Institute. Until the release of the series in September and October, watch a 30 min "sneak preview" of the Farm to School Evaluation Toolkit. Register for it, [here](#).

A July 29th webinar called, "Serving Children Year-Round: Afterschool Meals 101 for Summer Meal Sponsors," will share information giving summer meal sponsors the tools to extend their meal services into the school year, afterschool. The event will take place at 2:00PM (ET). [Register today](#).

On July 24 from 2:00-3:00 PM (ET), the Society of Nutrition Education and Behavior is hosting a free webinar, "Menu labeling. What's Next?" You'll learn about the new, national menu labeling requirements. Also, you'll cover the most recent research about successful strategies encouraging healthier choices for eaters. Look [here](#) for more information.

From procurement, to distribution, to the Department of Defense Fresh Program—the USDA presents a twelve-part-series about opportunities in Farm to School and ordering local foods. [Check the list!](#)

Try this [free webinar](#) about the history of Kids Eat Right, a network of health providers and dietitians interested in reducing childhood obesity.

"Leadership: Coaching and Communicating with Confidence" is a module free

to students, dietitians and dietetic technicians that are a part of the Academy of Nutrition and Dietetics. It will help guide mentors, coaches, and other nutrition based leadership positions. Receive one continuing education credit hour by listening to a recording [here](#).

All Academy of Nutrition and Dietetics members, you can join this webinar, "U.S. Farming 101." It will introduce the foundations of farming, the varieties of farms, the backgrounds of the farmers growing food, and much more. Additionally, it will provide you relevant information for consumers. Join this free webinar on July 29, from 2:00-3:00 PM (ET). [Register today!](#)

Free to the Academy of Nutrition and Dietetics members is a webinar called, "Accountable Care Organizations 101." Figure out the role and infrastructure of an Accountable Care Organization. Learn about the history of value-based providers and any other Accountable Care Act updates. The webinar will take place at 3:00 PM (ET) on the select dates below. Please register 24 hours in advance or earlier. Email questions to this address, ike.bennion@leavittpartners.com. Click on the following dates to register.

- [August 12](#)
- [September 9](#)

Events:

NEW-Triyouthalon is an organization that arranges triathlons for kids of various ages and their families! The Philadelphia races are just around the corner. Quick—find time to register! Click the links for more details:

- [July 19th at Fairmount Park](#)
- [August 2 at Huntingdon Park](#)

NEW-In Lambs Creek Recreation Area in Mansfield, the Pennsylvania Association for Sustainable Agriculture will be holding their Annual Dairy Dash 5K and 1-Mile Memory Walk on Saturday, August 30 at 9:00 AM. You can look to [this link](#) for details.

NEW-Are you from Braddock, PA and free on July 19 from 10:00 AM-2:00 PM? Then, you can [get your hands dirty as a volunteer at Braddock Farms!](#)

NEW-Fruits and Vegetables More Matters wants you to #GrowGreen! Post a plated display of your favorite GREEN fruits and veggies on Facebook to win big! Use the hashtag, #GrowGreen and #ColorsOfSummer, so they can view and judge your picture! Look [here](#) for more information.

The Boiling Springs Triathlon will be held on August 9th from 7:00 to 11:00 AM with proceeds going to Project SHARE to help feed low income families. The triathlon will consist of a 900 feet swim, 16 mile bike ride, and 3 mile run. For more information, visit this [website](#).

Check out Let's Move! Pennsylvania Conference to be held in State College on

September 15, 2014. It will focus on a call to more physical activity, along with healthier food and beverages to reduce childhood obesity. Find out more, and [register here](#).

FNCE October 18-21, 2014: Save the date for this years Food and Nutrition Conference & Expo located in Atlanta, Georgia. [Click here](#) for more information regarding the event and speakers.

Mark your calendar for September 23, 2014! [It's time for the 2nd annual Capitol All-Stars Softball Game](#). Benefits go to Feeding Pennsylvania and Hunger-Free Pennsylvania.

Are you planning to grow fruits or vegetables in your garden this year? [If so, consider planting an extra row and donating the harvest to the Central Pennsylvania Food Bank](#).

On September 9th from 11:30 Am-5:00 PM, Penn State Extension Nutrition Links is holding a conference with the keynote speaker, Barbara Rolls, PhD, author of *The Ultimate Volumetrics Diet*. There will be breakout sessions including Penn State faculty and staff addressing food safety and other pertinent nutrition topics. Conference location is at the Penn Stater Conference Center Hotel in State College, PA. Contact [Mary Lou Kiel](#), or call 814-863-3447 for more information.

Grants and Opportunities:

The Robert Wood Johnson Foundation is looking for community initiative and partnerships striving to make everyone around them healthier! Check out the Culture and Health prize money available. Apply by September 17, 2014. For further information, go [here](#).

Member of the Academy of Nutrition and Dietetics and Kids Eat Right can apply for a mini grant to present the new "MyPlate. How Do I Rate?" toolkit. 25 grants of \$200 are offered. Recipients will give two presentations from the toolkit between July 28 and September 31, 2014. Grant Applications are due July 18, 2014 and mini-grantees will be announced July 28, 2014. Find out more information, [here](#).

Fruits and Veggies More Matters began their Colors of Summer Contest! Post a #RipeRed #plate on Facebook for the rest of this week for your chance to win big! See [this video](#) for more information.

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