

PA NEN - Weekly Food & Nutrition News Nibbles



Week of July 15, 2013

IMPORTANT PA NEN LINKS

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

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717.233.1791



PA NEN News

PA NEN's Summer Workshop Registration is Open!

Spots fill up quickly, so [sign up today!](#) Our [site](#) contains a full summary of the workshop, and on the right-side, you'll find a link for you to register online.

Workshop dates follow:

July 31, 2013 @ La Sale University (Full with a waiting list)

August 2, 2013 @ Adams County Extension Office (Full)

November 14, 2013 @ Westmoreland County Extension Office (28 spots remaining)

Please contact Rose, 717.233.1791 or roleland@phmc.org if you have any questions regarding the workshop.

International and National News:

True or false: [Zip codes can predict obesity rates. Though behavioral science research supports this claim, interpreting the data and other flashy headlines gets complicated.](#)

[A professional gives the low-down on artificial sweeteners.](#)

[You can drop the sugar in kids diets.](#)

[Childhood obesity numbers are in, and they're down.](#) You can watch the video about the progress, [here](#).

[When did restaurant food get so big?](#)

[Junk food ads target Latino kids.](#)

[What strategies make healthier communities?](#)

[What a cool movement! People work for food access in low-income areas!](#)

[The Food and Drug Administration proposes new, acceptable levels for arsenic in our food.](#)

[Prostate cancer risk is associated with fish oil supplements.](#)

[Is carrageenan, a thickener in a variety of foods, a controversial additive?](#)

[Check out myths, facts, and strategies for weight loss.](#)

Local:

Philadelphia: [A super market dietitian holds Q and A about all she has to offer.](#)

Adams County: [Review the data behind the Adams County Farmers Market.](#)

Resources:

A 2011 [report](#) on Philadelphia hunger

The Farmers Market Promotion Program works according to [this report](#).

Webinars:

NEW-Join a webinar called, "Healthy Food, Healthy Economies," to learn all the benefits of improving food access on the local community. It begins on Wednesday, July 24 at 3:00-4:15 PM (ET). [Sign up here](#).

NEW-From weight management to sports nutrition, Registered Dietitians recorded a variety of webinars for you to hear. Pick from a list of topics, [here](#).

NEW-"Hunger in the West End" is a series about senior hunger across America. Read more about it, and listen to every episode [here](#).

Here are [videos and webinars](#) from the Early Head Start National Resource Center's *Little Voices Healthy Choices*' website. Check out topics like food, nutrition, sleep and more.

On July 31st, from 2:00-3:00 PM (EDT), Registered Dietitian Nutritionist and Registered Dietetic Technicians who are a part of the [Academy of Nutrition and Dietetics](#) can join this free webinar, "Ready, Set, Go: Preparing and Delivering Effective Nutrition Education for Audiences

Facing Food Insecurity.” Find out more, and click the link to register at [this site](#).

Create a free login to the [CDC Learning Connection](#), and look through their records of continuing education opportunities for health professionals.

The [Yale Rudd Center](#) is a non-profit research organization that helps forward the study on obesity, weight-bias, food advertising and labeling, and much-much more. Look to their podcasts to pick the brains of nationally renowned researchers and scholars. Pick from the list of speakers and interview topics at this [site](#).

Free webinar recordings are available to dietitians that are a part of the Academy of Nutrition and Dietetics ([AND](#)). This series is focused on easy access to healthy foods in schools, food banks and other locations with food insecure populations. The recordings can be viewed at any time on [this site](#)

Events:

NEW-[Let's Move Pittsburgh](#) is holding a symposium on November 7. More information will be out soon!

*NEW-*The Greater Pittsburgh Community Food Bank gets fresh, Allegheny County foods to residents through their [Farm Stand Project](#). Don't miss them and their local produce at the Red, Ripe and Roasted: Tomato and Garlic Festival on August 25! For more information, click [here](#).

[Read the latest post on the Philabundance blog about gleaning, why it's important and how YOU can get involved!](#)

[Philabundance](#)'s Hunger Symposium will be held on September 17th, 2013. This year, they are bringing together different perspectives on hunger. [Click here](#) for the details!

The Pottstown Area Health & Wellness Foundation is holding the 2013, “Healthy Bodies, Healthy Minds.” It's a 2 day workshop on August 6-7, 2013 at the Hill School in Pottstown, PA 19464. You can register until July 3rd. Please download the registration guide [here](#). The program focuses on bringing school teachers, educators, counselors, healthcare professionals, researchers and other people interested in integrating their skills to develop healthier schools and kids. Look here for many more details.

Penn State Extension Nutrition Links Annual Conference is just around the bend. Titled, “Motivating for Lifestyle Change,” it's all happening on September 9, 2013 at the Penn Stater Conference Center Hotel, State College, PA. Come see, “You Gotta Have Heart...But Is It Enough?” by Dr. Joye Norris, a nationally known expert and trainer on the dialogue based approach to group learning. She will be conducting this all day workshop. For more information go to this [site](#).

Check out a listing of food and agriculture conferences happening across the nation. There will be an event held in Philadelphia in August. Look to [this site](#) for more details.

Grants and Opportunities:

NEW-["10,000 Tables" calls families and friends to eat together. Learn more about their cause, and sign their pledge!](#)

Recent changes to the federal Children and Adult Care Food Program will give funding to neighbors and relatives providing state-approved child-care services to low-income children. Qualifying participants would receive an average of \$1,000 a year per child. Call 1-855-252-6325 for more information, and see this [article](#).

To all Pinterest users, there is a MyPlate Challenge! Follow [this board](#) to become a contributor. Then post your favorite meals representing MyPlate recommendations.

Do you own a restaurant or run a foodservice facility? Then highlight healthy options on your kids menu for this recipe challenge! Applications aren't due until October 1, 2013. Find out more details [here](#).

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