

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of July 22, 2013

## IMPORTANT PA NEN LINKS

SAVE THE DATE!  
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## PA NEN News

### SNAC vegetable of the month: *Summer Squash!*

Cool and refreshing....No, I'm not speaking about the fan that might be saving you from the summer heat. I'm talking zucchini (known as summer squash to some). It's delicious spiced with your favorite herbs, any way you slice it! I promise the perfect side dish as you cook it slow in a summer veggie casserole, mince it into sweet zucchini bread, or try it stuffed in a veggie quesadilla! Check out our SNAC materials for more helpful information on [summer squash](#) (en [Español](#)). [Don't miss our bulletin board, book marks and tent cards too!](#) Find these materials for every Pennsylvania veggie at this [site](#).

## International and National News:

[Should diabetics track protein's and fat's affect blood sugar?](#)

[Oh my, have food portions grown.](#) See what a 200 calorie snack really looks like, [here](#).

[Farmers markets are on the move to low-income areas with less food access.](#)

[Drinking healthier begins with parent role modeling.](#)

[10 reasons to go for strawberries](#)

[Try 50 ways to burn 50 calories.](#)

[Watch a video](#) about the realities of a school cafeteria and the challenges that come with healthy changes.

[An inspiring mommy story: One mom received a free pizza for breastfeeding!](#)

[A study finds that nearly half of U.S. kids have been on food stamps.](#)

[Latino marketing spends almost \\$8 billion dollars. A lot of their ads contain a food focus.](#)

[More kids are at risk for high blood pressure.](#)

[Higher poverty among children is linked to poorer nutrition status.](#)

Find an awesome solution to food deserts at this [site](#).

[A large fast food chain kicks kids' meals off their menu.](#)

[In Dubai, you can lose weight for gold.](#)

[Will dietary counseling reduce the incidence of obesity in our neediest populations? South Carolina is about to find out.](#)

[Dietary changes may affect diabetes for the better.](#)

[Look to a dietary protocol for "elimination diets" that treat a variety of medical conditions](#)

[Myth buster: foods that fuel you for exercise](#)

[Here is a thought provoking piece about the dwindling food supply.](#)

[More research comes out about on the genetics behind obesity.](#)

[The health of the United States slips behind other countries.](#)

[Why is sticking to a diet so hard?](#)

[Do restaurant calorie labels have an impact on food choices?](#)

[Does weight loss surgery work? You can find out with this review on the gastric sleeve.](#)

[A health professional counters the link between fish oil and prostate cancer.](#)

[The hope is to make this picture of a farm-to-table grocery store a reality.](#)

[Adults love to play on fitness playgrounds.](#)

### **Local:**

**Pennsylvania:** [Warning! There was been a multistate salmonella outbreak.](#)

**State College:** [Farmers market chicken holds onto lots of bacteria.](#)

**Hershey:** [Hospital patients receive an uplifting visit from super heroes!](#)

**Dauphin County:** [Review the food safety violations in restaurants in the mid-state.](#)

### Resources:

[Check out the archive of newsletters from "Partnership for a Healthier America."](#)

[Try some of these printable family recipes.](#)

Do you live in a food insecure area? Find out by leading a community food assessment with resources listed [here](#).

[Explore U.S. health trends on this map.](#)

Find ideas that fit into your recipe box! The Food and Nutrition Services ([FNS](#)) sector of the US Department of Agriculture posted this [recipe site!](#)

[Have you heard about "Eat Smart. Play Hard?" Check out what it's all about and the results of their coordinated community-based program.](#)

In this letter, heads of US Department of Agriculture ([USDA](#)) were called to use their existing authority to initiate and evaluate two programs that would restrict the purchases of unhealthy food and beverages with Supplemental Nutrition Assistance Program ([SNAP](#)) benefits. [Read on.](#)

Here is the Institute of Medicine's ([IOM](#)) report, "[Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation,](#)" which recommended making schools a focal point for obesity prevention. In March of 2013, a workshop discussed the possibility of national nutrition education curriculum standards and learning objectives for elementary and secondary school children. [Click to read the workshop summary.](#)

[The Food Research Action Center developed a state by state count of the people utilizing the Supplemental Nutrition Assistance Program.](#)

For their stupendous, healthy recipes; children won a ticket to Kids' State Dinner! [Check out their food on this page.](#)

### Webinars:

*NEW*-"Roadmap for City Food Sector Innovation and Investment" Webinar will be held on Friday, August 2, 2013 12:30 PM-2:00 PM (EDT). Learn from national leaders about their strategies for investing in their local food system and economy. Tools and resources will be provided. Find out more

and register [here](#), today!

*NEW*-Join the webinar, "Beyond Bones: Understanding the Benefits of Dairy and Overcoming Barriers to Dairy Consumption" on Thursday, August 22 at 11:00 AM (EDT). It will review the importance of dairy, its role in reducing chronic disease risk, and the barriers to address while encouraging clients to get enough dairy in their diet. [Find out more!](#)

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

"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.

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:

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

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:**

["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](#).

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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