

PA NEN - Weekly Food & Nutrition News Nibbles



Week of July 23, 2012

IMPORTANT PA NEN LINKS

SAVE THE DATE!
**PA NEN ANNUAL
CONFERENCE 2013**
APRIL 30TH-MAY 1ST

[NEWS NIBBLES](#)

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PA NEN News

2013 Annual Conference Call for Speakers and Topic

Here's your chance to contribute to PA NEN's Annual Conference. We are seeking session topic and speaker submissions related to nutrition dealing with the low income population. Conference dates are April 30 – May 1, 2013; and the conference will be held in Harrisburg, PA.

Some of these might include:

- How physical activity and good nutrition go hand in hand
- How to motivate clients
- The many aspects of diversity, i.e. age, ethnicity, suburban vs. rural, etc.
- Live cooking demonstrations
- A fresh look at local food movements, i.e. community gardens and Farmers Markets
- Nutrition policy changes that have been enacted and how they've impacted the low income population

Help make the 2013 Annual Conference even more successful than 2012! Don't delay; the deadline is October 1, 2012. For more information, and to submit your session ideas click [here](#).

If you have any questions, please contact Rose at the PA NEN office at 717-233-1791 or e-mail rcleland@phmc.org.

SNAC Vegetable Pamphlets

Everyone deserves a chance to eat vegetables ripened to perfection. From carrots to salad greens, what if these vegetables could become America's comfort food? Look to the [SNAC Newsletters](#) to promote the basics of handling and cooking Pennsylvania vegetables.

Eat Together PA website released!

PA NEN believes that cooking and sharing meals together—with family and friends—is a vital step towards a healthier community! That's why we're piloting our campaign, "[Eat Together PA](#)," in Allegheny, Tioga and Lancaster counties.

Even you can follow our lead as we invite SNAP-eligible families to join together and eat! Check out our family breakfast website—www.EatTogetherPA.org—to find:

- food shopping tips
- budget-friendly recipes

- meal planning resources

Click the "[Nutrition and Health Educators](#)" tab (on the upper-right-hand-side of the website) for curriculums and educational resources to teach nutrition to the entire family.

Throughout this year, PA NEN's "[Eat Together PA](#)" campaign will walk you through each meal—breakfast, lunch, dinner and snacks—while featuring opportunities to encourage families to dine healthier and affordably!

If you have any questions or comments about the campaign, you can call the office at 717-233-1791 or email afrankeny@phmc.org.

International and National News:

[Our tax money pays for Twinkies?](#)

[Doctors do not recommend Olympic athletes endorsing and being sponsored by junk food.](#)

[A Yale Rudd Center](#) researcher reveals [the big picture](#) of the changing the health environment and refers to the upcoming Olympic games!

[Healthy food activists critique cartoonists because their characters promote junk food to kids.](#)

[Research shows that drinking soda on a regular basis may alter people's ability to metabolize food. This alteration occurs at the genetic levels.](#)

[Statistics predict that restricting sugar sweetened beverages would reduce calorie intake for many people.](#)
[Fewer public schools sell sugary drinks.](#)

[Overfed but undernourished](#) is the new look of poverty. That coincides with [this idea](#) that irregular access to food is linked to obesity.

[Americans eat healthier...right?](#)

[Why does progression on the Farm Bill matter?](#)

[Say bye-bye to milk on the lunch menu?](#)

[Eating fat influences our taste buds.](#)

[Peek at the up-coming trend of mobile cooking class.](#)

[Hints to defeat cravings](#)

Pop-up grocery stores might solve food insecurity? Answer this question by watching this [news brief](#).

[Some students who purchase free and reduced meals speak out about](#)

[changes to their school lunch. They feel stigmatized in the lunch line because, with less money, they have less food selection.](#)

[New school food standards may change the way American kids eat.](#)

A healthy mentality spans beyond school lunch into the community. Look [here](#) to see how.

[Jamie Oliver thinks it's wrong to promote junk food to kids](#), and too, [other studies predict that fewer food advertisements to kids might reduce obesity risk.](#)

[Want to get walking? A pedometer might put spring into your step!
Could new school lunch requirements cause more food waste?](#)

Local:

Pennsylvania: Cargill recalls on almost 30,000 lbs of ground beef in light of a potential *Salmonella Enteritidis* contamination. [Look for specific products recalled, pictures of packaging, expiration dates and more information.](#)

Philadelphia: [HYPE](#), the [Food Trust's](#) Healthy You Positive Energy campaign, focused on empowering school children to eat healthy and move! The First Lady gave them an honorable mention in the "Let's Move! Communities on the Move" Contest! See their video [here](#).

Resources:

The new [Yale Rudd Center](#) study finds that consumers can better understand the U.K.'s Multiple Traffic Light front-of-package nutrition labeling system than the U.S. food and beverage industry's "Facts Up Front" system. [See the video!](#)

The USDA updated their [Food Environment Atlas](#) and "[The Know your Farmer, Know Your Food Compass](#)" has been updated too.

Harvard's, "[Good Laws, Good Food: Putting Local Food Policy to Work is a toolkit](#)" facilitating local food policy council development and growth. [New York works to sell healthy food in corner stores with lots of resources to supplement this move.](#)

[The Johns Hopkins Center for a Livable Future](#) prepared four briefs outlining the importance and impact of Farm Bill programs on public health. Titles and topics include: [Reuniting SNAP Participants and Farmers Markets by Funding EBT Programs](#), [Improving Diets of Low-Income Americans Through SNAP Pricing Incentives](#); [Working Lands Conservation Funding](#) examines USDA conservation programs that address food security, respiratory health, and preventable cancers by financing farmers' stewardship of land; and [Protecting Environmental Compliance Programs](#) finds that sound land and water management by farmers can reduce food insecurity.

The U.S. Preventative Services Task Force ([USPSTF](#)) updated its [guidelines](#) for obesity reduction by recommending that doctors implement obesity screenings for patients and that obese adults be provided with counseling

and interventions designed to promote weight loss and improve health.

A new report conducted by The [Robert Wood Johnson's](#) Healthy Eating Research team looks at [the connection between health outcomes and adolescents' consumption of sports drinks](#). Researchers also link the food industries' selling points to the current research [here](#).

The [Robert Wood Johnson Foundation](#) research review examines the emerging evidence about the influence of competitive food and beverage policies on children's diets and childhood obesity. You can reach the, research review [here](#) and the shorter issue briefing [here](#).

Events:

Penn State Extension Nutrition Link's annual conference, "Reaching and Teaching Today's Diverse Families," will be held at State College, PA on September 18th from 8:00 AM-4:45 PM. Look [here](#) for more information and registration.

Might you want to clear your calendar for November 6th at 7:00 PM? Dr. Linda Karges Bone will be giving a talk entitled, "Poverty Stress & the Brain," in the Sill Board Room of the vonLeibig Center for Science on Juniata's campus (find the campus map [here](#) and directions [here](#)). She'll be showing how poverty and stress reduce brain functioning, hamper creativeness, and stunt people's ability to make healthful choices. Begin to understand the physiology behind this process, and leave with ideas to work with low income populations. There's another interesting session titled, "Aging and the Brain" the next morning at 10:00 AM too! Look [here](#) or contact Rosalie Rodriguez at rodrigr@juniata.edu or (814) 641-3125 for the details.

Grants and Opportunities:

[HealthierUS School Challenge's](#) accomplishments [exceed expectations](#) awarding more than 3,717 schools in 48 states that teach and serve healthy options to school children. [Find out more](#) about the challenge! Also, click [here](#) to learn about the HealthierUS School Challenge monetary incentives! The criteria and online application can be found [here](#).

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