

PA NEN - Weekly Food & Nutrition News Nibbles



Week of August 7, 2013

IMPORTANT PA NEN LINKS

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

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PA NEN News

PA NEN's Call for Speakers

PA NEN's 2014 Annual Conference, "Nutrition Educators: Nourishing Future Generations One Table at a Time," will be held on April 28 - 29, 2014 in Lancaster, PA. We'll be celebrating all the work that nutrition educators have done and are yet to do!

For now, PA NEN is looking for enthusiastic, health-driven speakers to make our conference sensational. On our website, you'll find the [Speaker Proposal form](#) to be completed by September 30, 2013. Submissions should relate to nutrition topics catering low income population. Some ideas may 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 or ones that are in the works and how they will impact the low income population

For more information about submission and the upcoming conference, click [here](#).

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

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:

[Across the nation, childhood obesity rates fall](#). See more about it, [here](#).

[What does "organic" mean anyway?](#)

[What is palm oil? How is it used?](#)

[People living in places that oppose the Supplemental Nutrition Assistance Program \(SNAP\) still need food stamps](#). Even, [federal workers rely on them](#).

["Whole grains" aren't always the healthiest choice](#). Learn to read the nutrition label on these foods, to make the healthiest choice, and to see the latest nutrition research at [this site](#).

[Stigma towards overweight people needs to stop](#).

[What does it mean to fundraise healthily?](#)

[Urban gardening turns kids into healthy eaters and marketers!](#)

[Genetically modified crops won't be found in Europe](#).

[Michelle Obama speaks to family food traditions at a Latino conference](#).

[Adults can take recess too](#).

[Certain people don't choose to eat their breakfast but will still lose weight](#).

Watch [this video](#) on the affects of shaming and blaming people for being overweight.

[A new initiative points to Hip-Hop for obesity reduction](#).

School lunch is changing in Mississippi. Watch [the video](#) to see how.

[A stuffed bear talks diabetes to kids](#).

[Athletes can skip fad diets and still eat well](#).

[Rescued ingredients \(that would have been thrown out\) fed 5,000 people](#).

[The Global Food Banking Network speaks about saving food waste to feed the hungry](#).

[A fast food giant cooks smaller meals, but they're not received well](#).

[What food additives can we skip?](#)

[The government buckles down on companies and their food additives.](#)

[In the future, your banana could contain shellfish?](#)

[Social Media helps farms reduce waste.](#)

[Food corporations turn to chefs to amp up flavor and freshness.](#)

[For beginning gardeners, the Nourishmat maps out ways to grow food from seed.](#)

[Certain diets just don't work!](#)

[Will a patch cut peanut allergies?](#)

[It might take financial incentives get people on food stamps buying healthier.](#)

[What are some up-in-coming gluten free options?](#)

[Sneaky foods with "hidden" sugar](#)

[Single parent and food insecurity](#)

[Kids click through a mobile app is used to step-up school lunch!](#)

[A study shows that if teens lose a modest amount of weight, their risk for diabetes follows suit.](#)

[Seniors exercise for better balance.](#)

[Smell an orange, and eat less chocolate.](#)

Is folic acid fortification important? Watch [this video](#).

[A dietitian speaks to high blood pressure in kids.](#)

[Forget cows! Scientists made hamburger in a lab.](#)

400 people get ill from a Cyclospora outbreak because they ate lettuce from Mexico. More details [here](#).

[A dietitian suggests community nutrition and worksite wellness evaluation tools.](#)

[How can large institutions cook seasonally.](#)

[Gluten free labels will be required](#) on food packages. Listen to [what a dietitian has to say](#) about this change.

[Going gluten free does not mean your clients will lose weight.](#)

[Is it okay for soda companies to promote healthy lifestyle ads?](#)

[Try out some of these tips when interpreting nutrition in the news.](#)

Local:

Pennsylvania: [Lettuce caused a Cyclospora outbreak across the nation.](#)

Philadelphia: [Philly's Health Promotion Council \(HPC\) was awarded grant to promote health and wellness to their urban population.](#)

Philadelphia: [The Robert Wood Johnson Foundation highlights Philadelphia efforts to reduce childhood obesity.](#)

Resources:

Using the "[Sparks Grant Finding Resource](#)," you can find a grant that might fit your needs.

A helpful resource was printed called, "[Nutrition & Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program.](#)"

[An economic report shows that eating fruits and vegetables could save \\$11 trillion dollars.](#)

[Choose MyPlate outlines lots of protein sources in this one-pager.](#)

Farm to School [Fact Sheets](#)

[This report](#) shows how social media play a role public health.

What do the faces of the Supplemental Nutrition Assistance Program look like? [Hear their story.](#)

Breastfeeding numbers continue to grow according to [this report](#).

[Check out the new requirements for school snacks.](#)

[Here](#) is an informative site about energy drinks marketed to teens.

[A study proves you can buy fruit and vegetable for a bargain!](#)

Webinars:

NEW-Are you a member of the Society of Nutrition Education and Behavior ([SNEB](#))? If so, September begins their second go-around of the JNEB Journal Club. This means free, weekly webinars will be held featuring authors from the latest issue of *Journal of Nutrition Education and Behavior*. Hear about research articles, and you can ask questions directly to the researcher. Each one-hour webinar will be broadcasted at 1:00 PM (EDT), and recordings will be made available at a later date. [You can register to attend.](#)

NEW-How do you design a nutrition and behavior change evaluation for success? On September 11 at 3:00-4:00 PM (EDT), an SNEB webinar will outline the survey development process from analytical methods to more advanced procedures. The webinar is free for SNEB members and non-members. [Register today.](#)

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.

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:

NEW-In October, Penn State Cooperative Extension in Cumberland County is holding farm tours in the area. [Check out the event details.](#)

[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:

NEW-The Pennsylvania Hunger Garden located on capitol grounds in Harrisburg, PA? They're looking for garden volunteers. See more [here](#).

NEW-School breakfast grant opportunities are laid out on the Action For Healthy Kids [resource page](#).

NEW-More Matters is holding a Pinterest contest starting in September. They want to know how your adding more fruits and vegetables to your plate. You can enter to win \$1500! Click [here](#) for contest details.

NEW-Central Pennsylvania Food Bank's "Hunger Action Month Community Food Drive Challenge" kicks off in less than a month! Any association, company, church, you name it can run the food drive. [Just contact the Central PA Food Bank here to participate and learn more.](#)

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

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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