

PA NEN - Weekly Food & Nutrition News Nibbles



Week of July 29, 2014

IMPORTANT PA NEN LINKS

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

[NEWS NIBBLE ARCHIVES](#)

[NEWSLETTERS](#)

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PA NEN News

PA NEN 2015 Conference Updates - Nutrition Educators: Piecing it All Together

- **Save The Date May 4-5, 2015!** To be held at the DoubleTree by Hilton, King of Prussia, PA
- **Registration** to open Winter of 2015
- **NOW ACCEPTING! Call for Speakers** is now available. Click [here](#) for more information and to submit a proposal.
- **NOW ACCEPTING!** Abstracts from **Local Projects, Graduate and Undergraduate Students**. Click [here](#) for more information and to submit an abstract.

Click [here](#) for more annual conference information and updates

New Nutrition Job Openings are Available!

Three new jobs have been posted on PA NEN's job opening page! [See if they match your credentials!](#)

International and National News:

[Shift workers have a higher health risk.](#)

[Organizations fight to reduce food waste by serving seconds to the hands that need it.](#) Hear more even [more about it!](#)

[More schools grow local produce for their meals.](#)

[Should we bribe children to eat healthily? Does this tactic work?](#)

We are the generation that was required to clean their plates. [Find out how much we eat now!](#)

[Imported food might not be monitored like we would want it to.](#) The same goes for imported organic food. [Listen in.](#)

[Why aren't Americans eating US salmon?](#)

[NYC's child obesity rates reduce linked to nutrition education.](#)

[With an interest in their customer base, the food industry becomes more aware of nutrients that affect the brain.](#)

[Have you promoted the "Drink Up" campaign encouraging healthy alternatives to soda?](#)

[Why is milk always in the back of the store?](#)

["Bad produce" is selling for 30% less than the normal fruit and veggies.](#)

[One dietitian does not hound on her kids nutrition.](#)

Americans refrigerate their eggs while Europeans don't. [Why the difference?](#)

[Nutrition recommendations for dietary supplements get tricky.](#)

[One school asks kids to butcher whole pigs for school lunch.](#)

[Though fats are healthy, saturated fat is not off the hook.](#)

A dietitian remarks on the new food label for the Food and Drug Administration. She added her two cents about sugar, vitamin D, and portion size labeling. [Read more!](#)

[Take some snack ideas for hiking.](#)

These articles gives the realistic picture of the faces of [hunger](#) and [food insecurity](#).

[Nutrition research isn't always wrong.](#)

[Moving healthy options into a food insecure area](#)

["Natural" and "organic," what do these labels mean?](#)

Warning! [Watch out for a Listeria](#) outbreak in fresh fruit. [Find out](#) what this foodborne illness can do and how to prevent it!

[Vermont brings the farm to the hospital cafeteria!](#)

[What does fasting do to your body? Preliminary research shows...](#)

[Suburban farmer grows a community garden.](#)

[How do you feel about the changes in the new food label? Some people think the portion size changes might be confusing. See their opinion.](#)

[Dietitian busts food myths.](#)

[All the research you want to know about fruits, veggies and their nutrient supplements](#)

[Should sugar sweetened beverages carry an obesity warning?](#)

Local

Philadelphia: Common Market and Thomas Jefferson University Hospital work together to serve local food. [Watch the video!](#)

Carlisle: [Project Share's farm stand is featured on Good Day PA!](#)

Resources:

The [US Department of Agriculture's Farm to School Resource page](#)

According to this research, participation in Supplemental Nutrition Assistance Program Education (SNAP-Ed), can improve health and nutrition knowledge across all stages of life. [Find out more!](#)

This [survey](#) found that school students of all ages gradually accepted healthier food options throughout 2012-2013. Check out what the students told the researchers, [here](#).

Obese people perceive their weight as normal according to [research](#) by the Centers for Disease Control and Prevention's National Center for Health Statistics.

[Research shows that food with healthy-for-you jargon will not hold kids' interest!](#)

[Need help making a plan to get active and healthy? Then review the National Diabetes Education Program provides their "Make a Plan" tool.](#)

[Reputable websites for people with celiac disease](#)

[Healthfulness of the body, mind, and environment is integrated into Brazil's food guide.](#)

[Forty maps explaining food and farming in America](#)

[Behavioral milestones with kids from MyPlate](#)

Webinars:

NEW-[This podcast](#) from Freakonomics asks if we can bribe our kids to eat! It's an interesting listen, and it challenges the stereotypical view of nutrition education.

NEW-[SNAP-Ed Connection keeps a list of recorded nutrition webinars!](#)

NEW-A \$25 webinar based module, "Targeted Food Marketing to Youth," is available through mid-September! Lessons are consolidated into 8 modules which you can view at your own pace. This course is here for community based professionals to teach parents, caregivers, and kids ages 8-13 about food marketing strategies and what families can do to counteract these tactics. Once complete, 7 hours of Continuing Education will be provided. Register on [this page](#) under "How do I get started?" Kelly Kunkel will answer any questions over [email](#) or at (507) 389-6721.

"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.](#)

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.

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](#).

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!](#)

"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](#).

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-Join @fractweets twitter chat on August 6th at 2:00 PM (ET) for a free webinar about the Child Nutrition Reauthorization. [Register here](#) to find out more information.

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 for the race on [August 2 at Huntingdon Park](#)

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-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:

NEW-Being a certified organic farm can get pricy! That's why \$13 million is available for organic farm certification cost share. [See what's in store, here.](#)

NEW-The US Department of Agriculture Office of Advocacy and Outreach (OAO) will make \$9.1 million available in 2014 for the Socially Disadvantaged Farmers and Ranchers and Veteran Farmers and Ranchers Program. [See all the details including information on the application.](#)

NEW-Academy of Nutrition and Dietetic members, researchers at the Academy of Nutrition and Dietetics are conducting this study to identify methods and tools used to classify malnutrition for adults. Take the survey [here.](#)

NEW-Money is available for a pilot program to bring local produce to school lunch. Find out more information [here.](#)

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.](#)

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Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, an entity of The Pennsylvania State University's College of Health and Human Development, as part of USDA's Supplemental Nutrition Assistance Program (SNAP).