

PA NEN - Weekly Food & Nutrition News Nibbles



Week of July 30, 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 Newsletters:

Are you looking for fun, educational nutrition materials? Look no further! PA NEN has your solution, [S.N.A.C. Vegetable Pamphlets!](#)

Vegetables are fresh and poppin' out of the garden! Inspire and educate your clients through these [S.N.A.C. Pamphlets](#) that include recipes, educational games and newsletters that will guide them while handling and cooking these tasty treats!

All featured vegetable newsletters are also available in Spanish.

If you have any questions, please contact afranken@phmc.org at 717.233.1791.

Let's Eat Together PA!

PA NEN believes that cooking and sharing meals together—with family and friends—is a vital step towards a healthier Pennsylvania! 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 afranken@phmc.org.

International and National News:

[The intricate web of psychology and obesity](#)

Can you get your mind off of the Olympics? No? Then read these!

- [What do Olympians Eat?](#)
- [Fast-food restaurants tout nutrition at the Olympics.](#)
- Michelle Obama goes for the gold. [Here’s a photo album](#) of the first lady representing [Let’s Move](#) at the 2012 Olympics!

[It’s the ultimate school lunch makeover.](#)

[Parents have role in keeping their kids healthy.](#)

The Affordable Care Act was upheld. [Here](#) is an update on the cost of the provision.

[When discussing their children’s weight, parents prefer the use of the word “large” rather than “obese.”](#)

[Wildfires in the west not only hurt families; repercussions ripple down to the animals, the ranchers and farmers, the food they produce, and us as consumers.](#)

[A DC based food bank opens a huge distribution center ready to provide 33 million pounds of food in a day.](#)

[In the U.S. of foodborne illnesses continues, and goals to reduce outbreaks are unmet.](#)

Local:

Hershey: [The Hershey Food Bank expands!](#)

Pennsylvania: [Garden-Fresh Foods is initiating a voluntary recall on various ready-to-eat salads, slaws, salsas, beans and dip products sold under various brands and code dates.](#) [Here](#) is the government's list of items to be recalled.

Pennsylvania: [Ken's Foods, Inc. issued a voluntary recall of certain branded food service dressings and sauces containing onions.](#) [Click the link to see all the items being recalled.](#)

Pennsylvania: [Three Wegmans in PA recalled any prepackaged foods with white onions in them. Look here to see the recall, and scroll down to see details.](#)

Resources:

Are you a part of the [Academy of Nutrition and Dietetics](#)? Then you can access their position paper on caring for the elderly [here](#).

Food Day's second year brings with it a [new website](#). It displays so many different resources from [organizational tools](#) to setup your own Food Day event to [healthy eating toolkits](#)! Connect with the site; discover what "Food Day" means and the many more ways to bolster healthy eating across Pennsylvania!

[Team Nutrition](#) has released new education lessons and messages for middle schools: "[Nutrition Voyage: The Quest To Be Our Best](#)" and "[Healthier Middle Schools: Everyone Can Help.](#)"

The [Center for the Study of the Presidency & Congress's Health and Medicine](#) program released this report, "[SNAP to Health: A Fresh Approach to Strengthening the Supplemental Nutrition Assistance Program](#)" that supports SNAP. This document may slow down your computer as it downloads.

Should all U.S. children get tested for high cholesterol so they may be treated with drugs? Certain pediatricians criticize such aggressive treatment. Reasons for their stand were published online last week in [Pediatrics](#).

[Limits on soda size would likely cut people's calorie intake.](#) The [New England Journal of Medicine](#) published research supporting this claim.

Foodservice workers can key into [resources](#) on how to get kids to eat healthy in school and how to purchase that food on a limited budget.

The Food Research Action Center ([FRAC](#)) printed [report](#) about the challenge of being low-income and accessing fresh fruits and vegetables.

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 rodriqr@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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