

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of July 7, 2014

## IMPORTANT PA NEN LINKS

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

[NEWS NIBBLE ARCHIVES](#)

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## PA NEN News

### **Only a Few Spots Remain for both of Chef Cyndie's Summer Workshops!**

Chef [Cyndie](#) will be conducting a full day, hands-on, train-the-trainer style culinary skills workshop for professionals working in WIC, local extension offices, as well as K-12 family and consumer science teachers. Her workshop, "Chef Cyndie's Nutrition Kitchen," will be held on July 22, 2014 at the Westmoreland County Extension Office and on July 25, 2014 at Adams County Extension Office.

Click [here](#) for more information and to register at the reduced rate and to register.

### **SNAC Vegetable of the Month: Onions**

The tang of onions pair perfectly with the mildness of rice and beans in [this recipe](#). Plus, everyone needs an excuse to use those dried beans and rice consuming every bit of room in your pantry! (Receta de Frijoles y Arroz en [pagina 4](#))! For more purchasing, storage, and preparation tips, click [here](#).

## **International and National News:**

[The story of a college graduate who fell into needing food stamps](#)

[The Center of Disease Control and Prevention makes note of the declining fitness levels of our youth.](#)

[A dietitian writes about the importance of bees in our food system.](#)

[A study found less body fat on babies if mom exercises during pregnancy.](#)

[A bill was introduced to reduce and eliminate BPA in food packaging.](#)

[What are high potassium foods? How do they keep you healthy? How much do you need? Review all this information and more!](#)

[Congress is currently debating a bill with summer meal improvements.](#)

[A dietitian tells us how to keep the weight off.](#)

[Crazy fitness tips that work](#)

[You can eat seeds, seeds, and what? More seeds.](#)

[One dietitian teaches nutrition around the world through her online course.](#)

[Siblings might influence each other's weight status more to parents. More research needs to be done to prove this point.](#)

[What happens during obesity during pregnancy?](#)

[Let's tackle childhood obesity through online gaming.](#)

[The accuracy rate of the Supplemental Nutrition Assistance Program \(SNAP\) is at a record high!](#)

[Latinos are reluctant to take advantage the Supplemental Nutrition Assistance Program \(SNAP\).](#)

[Healthier hospitals focus on sustainability.](#)

[Check out this Q and A with the guy who created the Green Bronx Machine which teaches kids how to market, sell, and grow produce in the city.](#)

[The west coast takes on the soda tax one more time.](#)

[When it comes to food fears, technology and social media becomes the major venue to spread the phobia.](#)

[Dietitians call out food trends.](#)

## Local

**Pennsylvania:** [A PA policymaker stands for summer meals.](#)

**Lancaster:** Check out our local, Food Mood Girl. She's breaking it down with her prevention rap at our 2014 Annual Conference. [See the video recap here.](#)

**Pittsburgh:** [Mobile grocery coupons market to people while they walk through the store, and according to this study from the University of Pittsburgh, this mechanism gets people to buy more food.](#)

## Resources:

[Texas' Supplemental Nutrition Assistance Program \(SNAP\) recipe booklet with affordable recipes](#)

[Hydrate yourself.](#)

MyPlate shares a quick [tip sheet on unit prices.](#)

The Yale Rudd Center finished a randomized trial to see which labeling system is better: the Traffic Light versus Facts Up Front. Check which one won out in [this video.](#)

[20 recipes](#) to get kids cooking, an online cookbook for Food Day 2014

Kids have more chances to be active! See [the infographic](#) for more information.

## Webinars:

*NEW*-“Motivations Matter: Motivations Behind Snack and Breakfast Bar Occasions” is a webinar scheduled for July 16 at 11:30 AM (ET). It will look at how marketing and product development can influence consumer eating behaviors. Register [here](#).

*NEW*-A July 29th webinar called, “Serving Children Year-Round: Afterschool Meals 101 for Summer Meal Sponsors,” will share information giving summer meal sponsors the tools to extend their meal services into the school year, afterschool. The event will take place at 2:00PM (ET). [Register today.](#)

*NEW*-On July 24 from 2:00-3:00 PM (ET), the Society of Nutrition Education and Behavior is hosting a free webinar, “Menu labeling. What’s Next?” You’ll learn about the new, national menu labeling requirements. Also, you’ll cover the most recent research about successful strategies encouraging healthier choices for eaters. Look [here](#) for more information.

*NEW*-Get Food Education in Every School is a new initiative being encouraged over Food Day on October 24, 2014. [Learn more about it in this webinar](#) to be held on July 16 at 4:00 PM (ET).

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!](#)

The Whole Truth About 100% Fruit Juice is a webinar on July 16 at 3:00-4:00 PM (EDT). A researcher will be looking into juice, its nutrients, sugar, and polyphenols. [Register here.](#)

Try this [free webinar](#) about the history of Kids Eat Right, a network of health providers and dietitians interested in reducing childhood obesity.

“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](#).

The fourth meeting of the Dietary Guidelines Advisory Committee (DGAC) will be held over webcast for all to see. It is slated for Thursday, July 17 from 1:15-5:15 PM (ET) and Friday, July 18, 2014 from 8:00 AM-3:45 PM (ET). Find registration for these meetings and previous meeting materials, webcast recordings, and summaries at [this website](#).

Though this event has already passed, you can watch [Nationswell Google + Hangout recording with Food Corp](#)—working to add farm to school across the nation. Hangout listeners tweeted their questions under the hashtag, [#NSBigBets](#), so follow the Q/A here!

All Academy of Nutrition and Dietetics members, you can join this webinar, "U.S. Farming 101." It will introduce the foundations of farming, the varieties of farms, the backgrounds of the farmers growing food, and much more. Additionally, it will provide you relevant information for consumers. Join this free webinar on July 29, from 2:00-3:00 PM (ET). [Register today!](#)

This Yale Rudd Center's podcast, "Innovations in SNAP: Merit Goods and Healthy Incentives," is a fabulous introduction to all the healthy, successful initiatives that are getting Supplemental Nutrition Assistance Program participants to eat healthier. To listen, click on the title above at [this website](#).

"Community Eligibility: Everything You Want to Know but Were Afraid to Ask," will be happening on Tuesday, July 8 at 3:00 PM (ET). Community eligibility will help eliminate hunger by allowing high poverty schools to serve free breakfast lunches for all. August 31st is the deadline to apply for the 2014-2015 school year. [Answer all your questions about this program during this webinar!](#)

The National Foundation of Celiac's Disease Awareness will have a free webinar: "Gluten Free for All? Separate Facts from Fiction". [Join on July 15th at 2:30 PM, and click here to register!](#)

The National Good Food Network will hold a webinar on Thursday, July 17, 2014 from 3:30 to 4:45 PM called, "Byte Sized - Choosing Appropriate Technology to Run Your Good Food Business." [Register 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](mailto:ike.bennion@leavittpartners.com). Click on the following dates to register.

- [August 12](#)
- [September 9](#)

## Events:

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-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](#).

Member of the Academy of Nutrition and Dietetics and Kids Eat Right can apply for a mini grant to present the new "MyPlate. How Do I Rate?" toolkit. 25 grants of \$200 are offered. Recipients will give two presentations from the toolkit between July 28 and September 31, 2014. Grant Applications are due July 18, 2014 and mini-grantees will be announced July 28, 2014. Find out more information, [here](#).

Fruits and Veggies More Matters began their Colors of Summer Contest! Post a #RipeRed #plate on Facebook for the rest of this week for your chance to win big! See [this video](#) for more information.

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