

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of July 8, 2013

## IMPORTANT PA NEN LINKS

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

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**717.233.1791**



## PA NEN News

### PA NEN's Summer Workshop Registration is Open!

Spots fill up quickly, so [sign up today!](#) Our [site](#) contains a full summary of the workshop, and on the right-side, you'll find a link for you to register online.

Workshop dates follow:

July 31, 2013 @ La Sale University (Full with a waiting list)

August 2, 2013 @ Adams County Extension Office (2 spots remaining)

November 14, 2013 @ Westmoreland County Extension Office (28 spots remaining)

Please contact Rose, 717.233.1791 or [roleland@phmc.org](mailto:roleland@phmc.org) if you have any questions regarding the workshop.

## International and National News:

[What does it look like if a doll was created with a healthy body?](#)

[Your brain loves kale.](#)

[Sometimes it's hard to get food on the table.](#)

[Talk honestly to kids to build their healthy self-image.](#)

[Know the look of cheap food in America.](#)

[Gluten free and vegetarian? Here are some healthy tips!](#)

[Doctors cannot treat patients without managing accessibility to food and housing.](#)

[Regular movement \(for one minute and thirty seconds\) can help reduce blood sugar.](#)

[Dietetic technicians are crucial to the area of dietetics.](#)

[The food stamp process is streamlined in South Carolina.](#)

[Can rap sell healthy? See how pop music boosts veggie consumption.](#)

[What might be coming next from NYC? Healthy standards for restaurants' kids meals.](#)

[Cheap, healthy foods do sell.](#)

[A bus turns into a food truck to serve those who need it.](#)

[Reward with something other than food. Build off these ideas.](#)

[The growing expense of food](#)

[More research comes supporting vitamins for better eye sight.](#)

[We can't stress enough that nutrition education in school is important!](#)

[All there is to know about the mineral, Iron](#)

### Local:

**Pennsylvania:** [Summer meals expand across the state.](#)

**Pennsylvania:** On July 5th, Crave Brothers Les Frères cheese was recalled from Whole Food Stores because of a possible Listeria outbreak. Keep on the look out for the PLU numbers and package labels in [this warning](#).

### Resources:

[Multiple experts bring together their health expertise to encourage the healthy kids movement.](#)

Check out the [daily sugar recommendations for kids](#) of all ages. [Here](#) are some food aligning with these recommendations.

Health initiatives happening around the nation during 2013-2013 are outlined in in this Surgeon General report, "[National Prevention, Health Promotion, and Public Health Council](#)."

[Try out some kids' nutrition activities.](#)

What do 3 year olds need to eat? [Here's a sample menu](#).

The CDC put out this report, "[Trends in Health-Related Quality of Life](#)

[Among Adolescents in the United States, 2001–2010.”](#)

[Here](#) is a review of the science behind obesity and depression.

Scan [this quick outline](#) of some NEW, healthy-for-you school snack requirements. Study up!

### Webinars:

NEW-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.

Grocery stores can stimulate the rural economy, create jobs and reconnect a segmented food system. Listen in to this webinar, "Healthy Food Retail in Rural Communities," which is happening on July 18 at 2:00 PM (EST). For more information and to register, visit this [site](#).

On July 31st, from 2:00-3:00 PM (EDT), Registered Dietitian Nutritionist and Registered Dietetic Technicians who are a part of the [Academy of Nutrition and Dietetics](#) can join this free webinar, "Ready, Set, Go: Preparing and Delivering Effective Nutrition Education for Audiences Facing Food Insecurity." Find out more, and click the link to register at [this site](#).

Create a free login to the [CDC Learning Connection](#), and look through their records of continuing education opportunities for health professionals.

The [Yale Rudd Center](#) is a non-profit research organization that helps forward the study on obesity, weight-bias, food advertising and labeling, and much-much more. Look to their podcasts to pick the brains of nationally renowned researchers and scholars. Pick from the list of speakers and interview topics at this [site](#).

A normal weight or slightly overweight person might have a lower mortality rate? In this webinar, they'll dig deeper into that question, alluding to study finding earlier this year. Also, hear how obesity and physical activity impact cardiovascular health. On July 17th from 1:00-2:00 PM (EST) you can listen in! Registered dietitians and dietetic technicians can gain 1 continuing education credit too. [Register today!](#)

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*-[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.

Philadelphia families can run, bike, swim together! Join in the fun on Saturday, July 20, 2013, 7:00 AM at Memorial Hall, 4231 North Concourse Drive, Philadelphia, PA. Look [here](#) to sign up and for more race information!

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](#).

Teachers, administrators, youth garden instructors, even volunteers can come to Longwood Garden from July 8-11th for gardening class! Find ways to integrate teaching curriculum into school and campus gardens too! Continuing education credits for teachers will be provided. [Learn more and register](#).

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:**

Recent changes to the federal Children and Adult Care Food Program will give funding to neighbors and relatives providing state-approved child-care services to low-income children. Qualifying participants would receive an average of \$1,000 a year per child. Call 1-855-252-6325 for more information, and see this [article](#).

To all Pinterest users, there is a MyPlate Challenge! Follow [this board](#) to become a contributor. Then post your favorite meals representing MyPlate recommendations.

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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