

PA NEN - Weekly Food & Nutrition News Nibbles



Week of June 11, 2012

IMPORTANT PA NEN LINKS

SAVE THE DATE!
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PA NEN News

PA NEN Summer Workshops are under way - "Fast Food on A Skinny Budget"

PA NEN held its first one day summer workshop this past week, and it was a success! Here is what some of your colleagues are saying:

- "It was well organized, informative and FUN!"
- "It was great!"
- "I am going to incorporate some of these ideas into our Strategic Plan."
- "As a result of this workshop I am going to step out of my comfort zone and cook different types of meals"
- "The analogies and metaphors that Amanda used to explain complex ideas were GREAT!"

Don't miss out on the FUN! Be sure to sign up for one of the following workshops:

- July 18th @ Northampton Community College (1 spots remaining)
- August 16th @ Westmoreland County Extension Office (FULL – Call to be placed on the waiting list)

Hurry and get your spot. See this [site](#) for workshop cost and more.

SNAC Vegetable Pamphlets

Vegetables are fresh and poppin' out of the garden! Dig for your favorite Pennsylvania-grown vegetable recipes, nutrition information and other educational activities at this [site](#)! Mmm—who could resist the opportunity to spread the word about the carrots' crunch, the beets' beautiful red-hue (along with their gold or striped varieties too) or the radishes' desire to join the spring-time menu!? Inspire and educate your clients through these [SNAC Newsletters](#) that will guide you and your clients while handling and cooking these tasty treats!

International and National News:

[The First Lady focuses on health through gardening in her book, "American Grown," with recipes and more!](#)

[The majority of US adults favor calorie labeling on restaurant menus.](#)

[People who can afford food can also relate to low-income SNAP recipients. Listen-in as someone documents the hardships of taking the "Food Stamp](#)

[Challenge.”](#)

[Choose your sweetener wisely.](#)

[Dietary phone apps help people shed pounds, one study shows. More research is necessary.](#)

[Kids go crazy for summer fitness.](#)

[On California’s November voting ballot, they will vote to decide whether their food should be labeled as genetically altered by scientists and unmodified.](#)

[Fresh produce can be available for everyone, including desolate, urban areas in Chicago.](#)

Museums and libraries prime kids for their future endeavors by stimulating their inventive minds! That’s why [Let’s Move is connecting with local libraries to create healthy-for-you resources and exhibits](#). Read this [blog](#) about this cool initiative.

[The New York Times focused on SNAP.](#)

[A new report requests to see all purchases of sodas bought by food stamps.](#)

Local:

Pennsylvania: *Correction from last week!* The [Central Pennsylvania Food Bank](#) received a donated refrigerated food truck, valued at \$90,000, to help more than 700 food pantries, soup kitchens and shelters. [Channels Food Rescue](#) received \$35,000 to operate “The Kitchen School,” an innovative job-training program for low-income individuals who prepare more than 500 meals a day for at-risk children. Look [here](#) for details.

Carlisle: [Project Share](#) raises \$23,700 on April 4th for their 2nd annual SHARE Our Lunch event. Look [here](#) for details.

Resources:

Net income calculator ([NICC](#)) calculates a family's income at different earnings levels considering the effects of payroll taxes, income taxes, tax credits, child care expenses, and cash and in-kind benefits.

Nutrition penetrates multiple sectors from public health; to the food system; even toward education for seniors, kids and their families. In this regard, building public-private partnerships is an important skill to obtain. The [Institute of Medicine](#) held a workshop in 2011 to foster such partnerships so that each party interested in nutrition initiatives could reap benefits. See the summary [here](#).

From the [Urban Institute](#) this [report](#) summarizes the [WIC](#) program

services providing low-income pregnant women, postpartum mothers, infants, and children up to age 5 with food, nutrition education, health care, and government service referrals. However, only half the eligible children received these resources.

The May Healthy People Bulletin on Leading Health Indicators featured Nutrition and Physical Activity! Click [here](#) to view the articles.

In the Farm Bill, the SNAP cut places further restrictions on the "Heat and Eat" program which coordinates SNAP and the Low-Income Household Energy Assistance Program ([LIHEAP](#)) by providing small cash LIHEAP benefits directly to SNAP households. The [Food Research and Action Center](#) published a '[Heat and Eat](#)' one-pager and has posted a Congressional Research Service (not-so-short) '[Heat and Eat](#)' memo. The Congressional Budget Office estimates that the cut would mean that an estimated 500,000 households a year would lose \$90 per month in SNAP benefits.

[USDA](#) research discovered that four in 10 students purchase and consume snack foods or beverages each school day. The [Kid's Safe & Healthful Foods Project](#) created a simple, [animated video](#) that disseminates the issue of snacks and beverages sold in schools.

Last week, the [Bipartisan Policy Center](#) unveiled a [report called "Lots to Lose"](#) listing actionable steps to be taken by government and businesses to reduce the costs of obesity.

Are you curious about all the opportunities in nutrition? Then review the [Society Nutrition Education and Behavior's](#) resource outlining [career and educational paths in human nutrition](#).

Webinars:

NEW-On June 20th, 2012 at 1:00 PM (EST), the [Food Research and Action Center](#) is holding a webinar about Afterschool Meal Program outreach. Contacting the correct providers and building an outreach network are two skills to be drawn from this webinar. Register [here](#).

NEW-"Food Marketing 101" is a webinar on Tuesday, June 19th, 2012 from 3:30 - 4:00 PM (EST). Presenters will discuss how food ads target children, reveal political interventions for dealing with food marketing, delineate the evidence base supporting its influence on pediatric health, and outline industry's effective self-regulation. Learn more and register [here](#).

NEW-Registered Dietitians or Dietetic Technicians who are a part of the [Academy of Nutrition and Dietetics](#), a webinar recording called, "[Environmental Interventions to Reduce Chronic Disease in African American Communities](#)" is available. Register to view it at any time. No CPE credit can be awarded for the recorded session.

A webinar called, "Understanding Consumer Behaviors from Mindset to Meal" will be held on June 20th from 2:00-3:00 PM (EST). It will focus on innovative initiatives that strive to improve American's eating and physical

activity habits. For members of the [Society for Nutrition Education and Behavior](#) the webinar is free. Non-member attendees must pay \$25. One continuing education credit will be awarded for Registered Dietitians and Dietetic Technicians. Register and view pricing information at [this site](#).

Events:

Every Tuesday, the [Joshua Farm](#) will be at [Strawberry Square in Harrisburg, PA](#). Find them next to Auntie Anne's from 10:00 AM-2:00 PM during the next five months (June-October). The farm stand accepts cash, checks, debit, Farmer's Market Nutrition Program (FMNP) vouchers and SNAP/EBT benefits.

[Project Share](#) of Carlisle PA has a [calendar of community events](#). Look to see what is happening and how you can help a local food pantry. Here's one event: Button Wood Farm, who partners with Project Share, is now opening their farm stand. For market details and locations, look [here](#).

[Triyouthalon's](#) upcoming event will surely hasten any kid's steps. This organization tackles childhood obesity by hosting multi-sport events. On July 21st, kids of all ages can anticipate the "Annual Fairmount Park Youth Triathlon & Duathlon." The event occurs at Memorial Hall (4231 North Concourse Drive, Philadelphia, PA). For time, location, sign-up and other details look to this [site](#).

The Society for Nutrition Education and Behavior ([SNEB](#)) has been hosting an annual conference for over 40 years and this is the only event geared specifically towards nutrition educators. You are invited to attend the conference in Washington, DC, "Nutrition Education: Energy from Synergy" on July 14 – 17th. This premier event for nutrition education professionals from around the world gives you the chance to meet influential nutritionists from extension, public health, government, academia, industry and community settings. Conference details are at this [site](#).

Are you looking for a nutrition learning opportunity? The Delaware Valley Chapter of the [Society of Nutrition Education and Behavior](#) is holding a one-day event from 3:30-6:00 PM on June 21, 2012 in Philadelphia, PA! PA NEN is excited to present their new social marketing campaign during the event! [Check-out the link](#) for exciting location and other details.

Grants and Opportunities:

As of May 24, 2012, applicants for the Farm to School Grant must register on the Central Contractor Registration (CCR) in order to apply through grants.gov. You must also apply through grants.gov. Please note that it will take 3-5 business days or up to two weeks before your Central Contractor Registration (CCR) can become active. CCR registration must be completed and active prior to applying through grants.gov. Grants.gov registration takes approximately 3-5 business days to become active. Also, the Farm to School Grants webpage has been updated. Look to this [site](#) for details.

For nutrition researchers a \$35,000 grants for studying childhood obesity

lifestyle interventions and prevention are available through the [Academy of Nutrition and Dietetics](#). Projects can spotlight nutrition and physical activity that is culturally and developmentally appropriate for children. For more information and to download the RFP and application form, visit this [website](#). The application deadline is July 1, 2012. Contact Beth Labrador at blabrador@eatright.org with questions.

[USDA's](#) wireless technology grants increase farmers' market participation in [SNAP](#). This is done by encouraging the use of Electronic Benefit Transfer (EBT) system or EBT technology. This technology allows for [SNAP](#) participants to pay for fresh produce with food stamps. For a long time, those eligible turned away from unfamiliar, high priced, fresh produce; but since the dramatic efforts to put EBT technology into growers' markets, participation has risen by 400 percent in four years. \$4 million is now available for states to provide wireless equipment to currently non-participating farmers' markets. Hopefully, fresh, healthy, local food will become more available to [SNAP](#) participants. Here is the [news release](#) with the grant information.

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