

PA NEN - Weekly Food & Nutrition News Nibbles



Week of June 17th, 2013

IMPORTANT PA NEN LINKS

SAVE THE DATE!
**PA NEN ANNUAL
CONFERENCE 2013**
APRIL 30TH-MAY 1ST

NEWS NIBBLES

NEWSLETTERS

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717.233.1791



PA NEN News

PA NEN's Summer Workshop Registration is Open! Sign Up Today!

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 rcleland@phmc.org if you have any questions regarding the workshop.

SNAC Vegetable of the Month: *Peppers*

Snap, crackle, pop, crrrrrunch! Let your senses take the lead as you snap into bell peppers. Their colors pop and sweet flavors add flare to your crunching experience. A rainbow of these peppers—from red, green, even violet—make for picture-perfect add-ins for your stir fry, soups, and cooling salads. And, sooth your snack-attack with sliced peppers and dip. One bite won't be enough!

Try our recipes, search the growing and prepping tips, and teach your kids about peppers in the activity section of our Pepper Newsletter, found [here](#) ([En Español](#)).

Check out the rest of the vegetable materials, [here!](#)

International and National News:

18 mayors want to limit food stamp users from buying soda.

With these ideas, grocery shopping with kids can be fun, not a chore.

A Cincinnati school implements a weight management program for students.

The American Medical Association recognizes obesity as a disease.

A food store closes the health gap with good-for-you options and onsite food advice.

Double the amounts of fruits and veggies for those who need them!

An urban garden inspires healthy lifestyles for the surrounding community.

Regular exercise may encourage you to keep the routine.

Junk food ads take over TV and target Latino kids. Hear more about the research on this YouTube briefing.

Urban agriculture revitalizes communities.

International research will begin to search for the most productive and cost-effective policies that improve diets and health.

Not all seniors take advantage of supplemental food programs.

A second grader creates an Smart Phone App to get his friends on a healthy food kick!

Does taxing unhealthy food stop people from buying them?

Should "kids foods" be eradicated from our food supply?

Take creative ways to add greens into your meal.

A kids' TV station does not want to reduce the amount of unhealthy commercials.

Kids can enjoy adventures in the kitchen!

Policies limit junk food in school.

In an area with few healthy options; smaller, community-based grocery stores are taking shape and offer urban gardens, nutrition classes, and so much more.

Studies prove that restrictions on the size of sugary drinks would not target the low income.

NYC strives to recycle their food waste. See how this initiative works with the potential of \$100 million dollars in annual savings.

Breast milk feeds healthy brains.

How do you battle hunger when unhealthy food is everywhere?

We all eat bugs!

Consumers fall for health claims rather than reading the nutrition label.

Why might meat cost a little more? Listen in.

New initiative: hospitals send healthful foods to patients' homes!

A call to stop photoshopping models in magazines

In the past decade, there has been a fourfold increase in obesity related conditions in hospitals across Europe's hospital.

Fewer "Meals on Wheels" will be delivered this year.

Resources:

Technology harnesses power. That's why people have joined together to talk about meat processing and safety over Facebook, Twitter and beyond.

Let's Move is the First Ladies' call to a healthier, more active America. [Look](#) at all the initiatives, resources, and involvement opportunities for you!

Play these awesome, health portion songs from A Partnership for Healthier America!!!

Craving a slice? Try this [veggie pizza recipe](#) from MyPlate.

The Robert Wood Johnson Foundation ([RWJF](#)) research shows that [healthy food outlets move communities toward better food choices](#).

The Robert Wood Johnson Foundation ([RWJF](#)) documented [this report](#) on the impact of menu labeling in restaurants from 2008-2012.

[Here](#) are seven ways that obesity takes a toll on us.

Webinars:

NEW-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](#).

NEW-Join the Health Educators and Learning Professionals Community of Practice (HELP CoP) webinar on June 27 at 3:00-4:00 PM (EDT) to learn how to create effective learner assessments. [Click here to register](#).

Join in on June 27th at 2:00 PM (EDT) to review the latest research on the economic impact of healthy food retail. See how struggling districts move in healthy grocery stores and begin growing jobs, local tax revenue, stores, and a lively business community. Find the registration details [here](#)!

Nutrition outreach at food banks is crucial! That's why [Kids Eat Right](#) is putting on a webinar, "A Flavorful Pairing: Nutrition Education in Food Banks." Learn the value of nutrition education, and the potential to change eating behaviors among participants. [You can register for this June 26th webinar](#) happening at 2:00 PM (EDT).

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](#).

Presented by Abbott Nutrition, you can watch a webinar about improving healthcare outcomes by overcoming malnutrition. It will be available on June 25th. Look [here](#) for times and more details.

Do you know about healthy food retail projects? Find out more, [here](#), under the "Find Money" section of the website. Then, learn more by clicking on the bulleted resources below:

- To view an archive of the webinar on this subject, click [here](#).
- Read the "[Grocery Gap](#)" to learn more about the economic impacts

- of healthy food retail in communities.
- Look out for the July 11th webinar about New Market Tax Credits. Click [here](#) to learn more about this concept.
- [Learn more](#) about an exemplary program, the Circle Food Store, in New Orleans.

Today's Dietitian keeps a listing of continuing education webinar recordings! Some are free, and others are not. See if any on [this list](#) spark your interest.

Events:

NEW-Donate a non-perishable food item at any Royer's Flowers and Gifts location between June 21-29, and receive a free carnation! Your donation will go to Pennsylvania family in-need.

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:

NEW-My Plate On Campus is a new initiative that supports healthy behaviors across college campuses and community. To promote this mission, MyPlate Campus Ambassadors are needed. In this position, you can lead fundraisers, classes, events or share the MyPlate message through your example. School staff, a student, or other faculty can become an ambassador. All you need to do is fill out this information along with completing a training to demonstrate understanding of key nutrition concepts. Learn [more](#).

Up to \$4,000 per year is available to any qualifying K-12 school enrolled in [Fuel Up to Play 60](#). This program can start your school on their feet by funding the integration physical activity and healthy lifestyles! Applications are due Feb 1, June 1, and Oct 1 of each school year. Look [here](#) for more information.

Have you hear about the "Chefs Move to School" initiative? 250 grant will be awarded to those interested in participating. Look [here](#) for the application.

The [Academy of Nutrition and Dietetics Foundation](#) is granting \$35,000 to research and intervention related to childhood obesity. Please consider applying by July 1st. For more information on the opportunity, see [this site](#).

The [Second Harvest Food Bank](#) in Erie, PA has a sponsorship opportunity available for their Buffet on the Bay 2013 event! If your business or organization is interested in sponsoring and joining the fun on Saturday, June 29, please call Heather today at (814) 459-3663, ext. 113.

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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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).