

PA NEN - Weekly Food & Nutrition News Nibbles



Week of June 23, 2014

IMPORTANT PA NEN LINKS

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

[NEWS NIBBLE ARCHIVES](#)

[NEWSLETTERS](#)

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717.233.1791



PA NEN News

Only 10 Spots Remaining for both of 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.

You can be part of the PA NEN Newsletter!

Here's your chance to be part of PA NEN's quarterly newsletters, "Food for Thought." We are searching for new writers who wish to contribute articles that touch on the low income, SNAP-Ed audience and include the following subjects:

- Do you have a nutrition education success story you wish to share?
- Have a topic that would interest professionals in nutrition and health fields?
- Would you like to recap an event?
- Do you have a nutrition event coming up that you wish to promote?

Send a brief summary of your article to jbartol@phmc.org by Friday, June 27th. For more details, please contact [Julie Davis Bartol](#). You must be a member of PA NEN to participate.

PA NEN's Quarterly Board Meeting – July 17, 2014

You are invited to attend PA NEN's Board meeting via conference call on **July 17th at 10:00 AM**. By attending this call, you will become more familiar with the Network's tasks, accomplishments and goals.

For more details, please visit our [Board Meeting page](#). If you are interested in attending, please RSVP to jbartol@phmc.org by **July 9th**. You must be a PA NEN member to attend.

SNAC Vegetable of the Month:

“Eat your vegetables!” Is that a constant battle in your house? Then skip right to the carrot jokes:

Q: What's a vegetables favorite martial art?

A: Carrotee

Q: How do you make gold soup?

A: Put 24 carrots in it!

See how fun carrots can be? Most kids (adults too!) like their sweet flavor and satisfying crunch! Roasting enhances their sweetness and helps seniors chew them more easily! Everyone can feast on the different colors too—red, white, orange, and yellow! Learn more about carrots in our [Newsletter](#) with practical recipes, handling tips, nutrition information, and much more ([en Español](#)).

Visit our [SNAC website](#) that houses these materials for the huge selection of Pennsylvania vegetables.

International and National News:

[Check out the 8 words and phrases that all nutrition professionals wish would disappear!](#)

[101 facts that will make you feel hopeful about the changing food system](#)

[Tips and resources to get kids moving outside this summer](#)

[Fat: unfairly demonized as a “bad-for-you” ingredient](#)

[Do we have shrinking participation in our Supplemental Nutrition Assistance Program?](#)

Better nutrition happens globally. [See all the innovations in these articles.](#)

[Be aware of these signs of dehydration!](#)

How can you keep your gut healthy? [Read this article to see which foods you should be eating.](#)

[These nutrition ideas will keep a man healthy!](#)

[Are your food cravings trying to tell you something?](#)

[Why should we track workforce health data?](#)

[Two studies suggest that living in “walkable” towns might lower risk for diabetes.](#)

[Nutrition counseling from a dietitian can help children struggling with food allergies live a healthy, balanced lifestyle.](#)

This epidemiological study shows no protective associations between soy consumption and endometrial cancer risk. [Read the details here.](#)

[The debate about butter versus margarine has continued over the past 50 years.](#) This history lesson is important, especially as [new studies](#) challenge the idea that saturated fats is tied to greater risks of heart disease.

[Aging women may not need as much calcium and vitamin D supplements according to findings from The Northern American Menopause Society.](#)

[British parents were arrested for overfeeding their obese child.](#)

[Night time snacks can consist of these sleep friendly foods.](#)

[Might there be a pill to cure obesity?](#)

[Stop rinsing raw poultry before you eat it.](#)

[Low-income neighborhoods have a stronger association with childhood obesity than family does.](#)

[Check out the summary of politics behind school lunch in this roundup.](#)

[The Food and Drug Administration is working to approve an implant to lose weight.](#)

[Fatty liver disease becomes more common as obesity rates rise.](#)

[People ride on the gluten free trend.](#)

[A food all-star comments on lunch.](#)

[Americans, age 20 and older, are almost three times as likely to be obese compared to 30 years ago.](#) We have become [the most obese country in the world!](#)

Nearly [two-thirds of L.A. County residents support a soda tax](#)—most [people backing this cause were low-income residents.](#)

[Two out of three Oregon schools participate in farm to school programs!](#)

[8 myths about malnutrition.](#)

[Seniors benefit from playing soccer.](#)

[It's true! Playgrounds are not just for kids.](#)

[Awesome tips to incorporate more produce into your family's diet](#)

[We're all about healthy corner store and bodegas!](#)

[See how kids eat school lunch. Then, they compost!](#)

[Community members go from door to door to promote summer feeding programs.](#)

[Who is most reliable source for advice about nutrition and exercise, your doctor or your dietitian?](#)

Local

Pennsylvania: [Asparagus can be delicious, nutritious and local according from a Pennsylvania dietitian involved with cooperative extension.](#)

Pennsylvania: [Organic chia seed products have been recalled because of a salmonella outbreak.](#)

Pennsylvania: [What is kohlrabi? A nutrition professional tells all!](#)

Carlisle: [One little girl donated items to Project Share for her birthday.](#)

Central Pennsylvania: [The Central PA Food Bank accepts a dairy donation.](#)

Philadelphia: [Local nutrition advocates don't want the white potato on WIC's new food package.](#)

Philadelphia: [Local schools win monetary awards and notoriety for their school breakfast participation.](#)

Philadelphia: [A local dietitian busts myths about nutrient loss when microwaving food.](#)

Philadelphia: [Two PA high schools make the top 10 list for healthiest food in US. Find out what they're making!](#)

Pittsburgh: [When are peas ready for the picking?](#)

Pittsburgh: [A local politician focuses on his own weight and his county's.](#)

Pittsburgh: [Eating a healthy school lunch does wonders for kids.](#)

Resources:

The US Department of Agriculture's [resource for new farmers](#)

[Breakfast tips](#) from Nourish International ([En español](#))

Healthy People 2020 Leading Health Indicators released a [two-page brief](#) on the status of meeting Nutrition, Physical Activity, and Obesity targets for 2020.

Starting July 1, all foods sold outside of the National School Lunch Program (NSLP) will have to meet US Department of Agriculture's "[Smart Snacks](#)" [nutrition criteria](#).

The total number of food and beverage ads targeted at children shot up by 8 percent and advertising to adolescents increased 25 percent since 2007. This information comes from an updated research brief from the Yale Rudd Center for Food Policy & Obesity. Find out more information from this [great resource](#)!

Check the free [Discover MyPlate, kindergarten training materials](#), now available on the Team Nutrition Website. These materials encourage healthy food choices and physically active lifestyles during a critical developmental stage.

In 2013, the Institute of Medicine (IOM) formed the Roundtable on Obesity Solutions to engage leadership from multiple sectors in addressing the obesity crisis. IOM has released [summary report](#) of their first public workshop, focused on ways prevent and treat obesity in a variety of settings. Click [here](#) to access the Workshop in Brief.

[The Academy of Nutrition and Dietetics' Infographic: food safety on the grill](#)

[MyPlate's 10 tips to an active family time](#)

Take [these directions](#) for reading the Nutrition Facts Panel.

Search through this [research roundup](#) about childhood obesity!

Kid President is helping make a hunger-free summer for all! [See how he is doing it in this video](#).

The latest US Department of Agriculture's [Farm to School Census](#) shows that schools, nationwide purchased \$386 million worth of local food in 2011-2012! [Local Food, Local Places](#) is a new initiative giving direct technical support for rural communities to build strong local food systems and, thus, the economy.

The Robert Wood Johnson Foundation (RWJF) created [an infographic](#) emphasizing healthy school meals. They also released [data](#) on 10 schools that succeeded under the rules of the Healthy Hunger-Free Kids Act.

Webinars:

NEW-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). Beforehand, you will find the agenda and other meeting materials [here](#). Find previous meeting materials, webcast recordings, and meeting summaries at [this website](#).

NEW-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!

NEW- 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!](#)

NEW-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](#).

NEW-The "[Child Nutrition Reauthorization 101: The Basics](#)" Webinar will be held on June 25, 2014 from 2:00-3:00 PM (EDT). It's the first in a series of webinars exploring issues and programs involved with the reauthorization next year.

NEW-"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.](#)

The [Malnutrition Center](#) from the Academy of Nutrition and Dietetics keeps resources with free continuing education for registered dietitians, nurses, certified case managers. Just click on the "Free CPE" tab to find them.

"Cooking with the Moms" is a podcast led by two registered dietitians

dubbed, "the Meal Makeover Moms." They are joined by another dietitian and cookbook writer who outlined diabetes diet ins-and-outs. Listen to the podcast on [this website](#).

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. Click on the following dates to register.

- [July 8](#)
- [August 12](#)
- [September 9](#)

Events:

NEW-[Royer's Flowers is holding a food drive for the Central PA Food Bank. Go to your local store, and offer any donations by June 28th!](#)

NEW-Check out the [June calendar of events](#) for Pennsylvania Association for Sustainable Agriculture.

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](#).

You can't attend the Society of Nutrition Education and Behavior Conference this year? It's okay! Use Livestream technology to see the speakers and the slides being shown to the audience. Since these sessions are approved for Continuing Education Credits, you'll earn credit while viewing. 13 sessions are available for broadcast over June 29-July 1. For pricing information, [click here](#).

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 State Conference Center Hotel in State College, PA. Contact [Mary Lou Kiel](#), or call 814-863-3447 for more information.

Grants and Opportunities:

A \$35,000 research grant is available through the Academy of Nutrition and Dietetics. If you are a registered dietitian nutritionist and interested in childhood obesity prevention, a one-year grant is available for a research project focusing on lifestyle intervention for kids. The application deadline is July 1. Find out more information [here](#), or email [Amy Donatelli](#).

The US Department of Agriculture is accepting proposals from public and private institutions of higher education for a grant to research behavioral economics and its influence on healthier food choices. This research aligns with further USDA funded research from the Cornell Center for Behavioral Economics in Child Nutrition Programs. The focus populations will be those receiving SNAP or WIC funds. The goal is to figure out the factors that would facilitate healthy and cost effective food choices. Applications are due by June 30, 2014. Click [here](#) to read the grant announcement.

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