

PA NEN - Weekly Food & Nutrition News Nibbles



Week of June 25, 2012

IMPORTANT PA NEN LINKS

SAVE THE DATE!
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CONFERENCE 2013
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717.233.1791



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!"

We have a couple of spots open for the following workshops:

- July 18th @ Northampton Community College (1 spot remaining)
- August 16th @ Westmoreland County Extension Office (1 spot remaining)

Don't miss out on the FUN! Be sure to sign up for one of the workshops listed on this [site](#).

SNAC Vegetable Pamphlets

Healthy, crisp and impeccably fresh; the last time I picked up some summer veggies, I couldn't stop myself! I scooped the tender vegetables from hand to mouth. Everyone deserves a chance to eat vegetables ripened to perfection. From carrots to salad greens, what if these vegetables could become America's comfort food? Look to the [SNAC Newsletters](#) to promote the basics of handling and cooking Pennsylvania vegetables.

International and National News:

[The USDA partners with the Ad Council to promote food safety.](#)

[The FDA approved a weight loss drug.](#)

[Let's Move](#), Michelle Obama's healthy kids initiative, could hurt the cranberry industry. See the article [here](#).

[According to one study, gastric bypass surgery might bring about alcoholism in some patients.](#)

[The senate passes their version of the Farm Bill. Now what comes next?](#)

Soda-drinkers can choose to sip or not to sip their beloved sugary beverage. [Here](#) is the psychology behind their decision-making.

[Parents help a school to go healthy! Online, people can support financially too!](#)

[Exercise feels different to everyone.](#)

[People with college and master degrees need food banks too!](#)

[Childhood obesity is one of the top health concerns for parents.](#)

Local:

Pennsylvania: [Healthy Choice recalls all sizes of Liquid Gold Carrot Juice because of a possible health risk.](#)

Resources:

Parents, the school board and the community abroad can help make school lunches healthier. [Watch this](#) to see how.

The hot-topic of soda continues to fire-up the nutrition and political debate. Here is "[Sugary Beverage FACTS](#)," a consumer-friendly resource which highlights the amount sugary drinks are consumed annually, along with other research on added sugars in the American diet.

[Harvard's School of Public Health](#) launched an [obesity prevention website](#).

["Trends in Television Food Advertising to Young People: 2011 Update"](#) is a report from the [Yale Rudd Center of Food Policy and Obesity](#). In it, you'll find the statistics behind advertising directed toward kids over the past couple years.

Added-sugar (Look [here](#) to find more about this sweetener.) is not labeled on food packages; and recently, eating a lot of this diet component has negatively impacted the health of the nation. It's time for people to learn more about added sugars so they can make an informed choice about what food to eat. That's the basis of this [paper](#) by the [Rudd Center of Food Policy and Obesity](#). It cites evidence showing that the term "added sugar" is misunderstood by the public and is non-existent on food labels.

San Francisco is kicking-off a "Soda-Free Summer" campaign. Look at their website [here](#).

Community members on the west coast are planting "[Just Gardens](#)" to feed the hungry fresh, local foods.

Webinars:

Judgment and weight bias rings true for many people. Learn beneficial, client-friendly ways to educate about nutrition from [these webinar recordings](#).

Anyone can watch [videos](#) from "The Future Of Food: Food Security in the 21st Century" Conference sponsored by [the Academy of Nutrition and Dietetics](#).

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.

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](#).

Grants and Opportunities:

The [Food and Drug Administration](#) is accepting applications from state, local, tribal and territorial governments and nonprofit food safety training entities that collaborate with one or more institutions of higher education for its Cooperative Agreement Program to "facilitate long-term improvements to the national food safety system by building the capacity of state, local, tribal and territorial food safety agencies." The FDA anticipates making \$800,000 in grant funds available, with an award ceiling of \$100,000. Look [here](#) for more details.

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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).