

PA NEN - Weekly Food & Nutrition News Nibbles



Week of June 2, 2014

IMPORTANT PA NEN LINKS

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

[NEWS NIBBLE ARCHIVES](#)

[NEWSLETTERS](#)

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PA NEN News

Let Us Know How We Measure Up

The PA NEN Outreach Committee wants your opinion and feedback to improve what PA NEN provides you and other members. Click [here](#) to take the PA NEN Membership Satisfaction Survey. You can also print the survey out by [clicking here](#). As a way of saying, "Thank you," be sure to complete the anonymous chance drawing form to win a **prize** after you submit your survey.

Thank you to Amy Porto from Messiah College for completing the survey! Amy was selected at random and won a free registration to PA NEN's summer workshops.

The next drawing will be on June 10th!

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:

[One school replaces filthy water fountains with Hydration Stations. Watch the video!](#)

[A school garden grows the appetite for fresh vegetables in Iowa State.](#)

[Military leaders invest in kids' health through Mission Readiness!](#)

[Manage diabetes with a healthy heart diet.](#)

[Let's eat gluten free on a budget!](#)

[Smart Snacking Standards will be enacted this summer, but, many states already put them in their Head Start Programs and Childcare centers.](#)

[Is red meat really bad for you?](#)

[Take suggestions for getting the most out of your farmers market.](#)

[Monitor food allergies in school wisely!](#)

[Females that are diagnosed with type 1 diabetes at a young age, are at higher risk of being overweight as they grow up.](#)

["Food waste" feeds the hungry in this program.](#)

[Kids blood pressure can skyrocket too.](#)

[Let's boost nutrition through school gardening! Watch how one Minneapolis school does it!](#)

[Nutrition professionals push to keep school nutrition lunch standards.](#)

[A study shows that picky eating might be taught and cultivated from previous food experiences. See how babies learn to enjoy eating veggies like artichokes.](#)

[A calorie is more than calorie.](#)

[Have you heard of the low-FODMAP diet? Look here for the hypothesis behind it.](#)

[Teach kids to bike safely to school](#)

[Watch a farm bring produce to families that need it.](#)

[To test for malnutrition, a nursing home decides to measure people's calves rather than relying on body mass index.](#)

Local

Pennsylvania: [How do we fight Pennsylvania hunger? Read the comments below for the question and answer session.](#)

Pennsylvania: [Local hunger relief agencies receive aid!](#)

Philadelphia: [Penn State Nutrition Links pairs with hunger relief organizations bringing kitchen literacy to the city.](#)

Philadelphia: [Encourage kids to eat fiber, and their tummies will feel better too.](#)

Resources:

[MyPlate's 10 tips for buying food on a budget](#)

The Healthy Food Bank Hub from Feeding America teams with MyPlate. [See how this partnership works.](#)

In this [study](#), participants were asked to switch from regular soda to diet soda and lost an average of 4 pounds more than those who switched from regular soda to water. Researchers believe the difference in weight loss might be linked to participants' willpower. Note that the study was funded by the sugar sweetened beverage industry.

[Dig into this report about obesity around the world with pictures too!](#)

[This review delves into the facts and fiction behind economic factors in relation to the obesity epidemic. It answers questions like, does increasing obesity rates coincide with increases in leisure time or work hours? Does cheaper food spur the obesity epidemic? Answer these questions and more!](#)

New! [Catch the draft guidelines for appropriately representing the obese in the media](#)

[The studies are in! Families on food assistance start to buy more produce.](#)

What's the best way to get kids to drink more water? Try banning marketing of sugary drinks to children, installing water fountains and bottle-filling stations, or maybe you have another idea? [Vote at the new poll](#). Then, [watch this video](#) about sugary drinks and their impact on Latino kid's health.

[Policy and resources on nutrition standards in school from the White House](#)

Summer food safety tip sheets from the Academy of Nutrition and Dietetics

- [Home Food Safety](#)
- [Outdoor Dining](#)
- [Keeping a Clean Cooler](#)
- [Grilling Safety](#)
- [Safe Grilling Guide \(PDF\)](#)

The Farm Alliance Baltimore City is a network of producers working to enhance urban farming and improve access to their foods. To share their experience, they created a report with support other cooperative growers and producers. [You can read it!](#)

[What fruit and vegetables are in season during summer months?](#)

[Here](#) is the newest quarterly report about the price of food eaten in and away from home. Read it to see the variation of food prices from across the United States.

Mobile Markets continue to grow with more food assistance utilization, sales, and usage of SNAP benefits in the 2013 season. Read this information and the lessons learned in this [Arcadia report](#).

Webinars:

NEW-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.

NEW-The Food and Drug Administration scheduled a meeting on the Food Labeling Proposed Rules on June 26. Discussion about the proposed Nutrition and Supplement Facts labels will focus on providing consumers with most usable health information. They will also answer any further questions. [Register online](#). For additional information, look to the [Federal Register Notice](#) and this [Fact Sheet on the Proposed Rules](#).

NEW-"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](#).

NEW-The Community Food Centres Canada houses webcasts like, "Diet, Mental Health, and the Role of Community Food Programs." This recorded webinar features registered dietitians from across the nation. It's recorded on [this website](#), accompanied by a wide range of organizational resources geared towards engaging good food programming and mental health.

BMI (body mass index) screenings for all Pennsylvania school children is required. Schools also send parents a letter informing them of their child's BMI. The letters have been controversial, so a revised letter was created based on parent feedback. Throughout this recording, you will see how the letter was adjusted with better explanations of health risks. Listen in and find out more information, [here](#).

The Yale Rudd Center posted an old podcast, "Reforming the Food Systems:

Making the Transition Succeed.” It’s 13 minutes long! Listen to the podcast over [Sound Cloud](#).

Social media can promote Kids Eat Right messages and your nutrition organization too! During this webinar recording, you’ll hear about the various Kids Eat Right social media platforms, along with suggestions to engage in your online audience. [Listen in today!](#)

The PA Chapter, American Academy of Pediatrics (PA AAP) ECELS is hosting a webinar on Thursday, June 12, 2014 at 1:00-2:30 PM. It’s called, “Obesity Prevention: New Tools for Early Care and Education Programs.” During the event, listeners will get an update of current childhood obesity rates while receiving obesity prevention resources to use with staff, children, and families. This webinar targets an audience of Child Care Program Directors, Family Child Care Providers, Child Care Health Consultants, Child Care Health Advocates, STARS TA Consultants, Instructors, and MIECHV Home Visiting Health Professionals, Head Start Health Coordinators. If you’re interested, [register here](#). Contact ECELS at 800/243-2357 or ecels@paaap.org with any questions.

“Childhood Obesity Often Starts before the Age of 5” is a podcast by the Eunice Kennedy Shriver National Institute of Child Health and Human Development. It outlines an NIH-funded study that found that overweight kindergarteners have increased risk of obesity among children. Click [here](#) to read more and listen to the podcast.

Food Safety, food labeling, and other training videos can be found on the Food and Drug Administration’s [website](#).

Join the National Collaborative on Childhood Obesity Research (NCCOR) on June 12th from 2:00 to 3:00 PM (ET) for a webinar that will examine data showing that childhood obesity rates are falling in many communities across the nation. Discussion will follow about lessons learned from communities experiencing declines and how your community can apply some of their tactics. [Register here](#).

On June 17th, 2014 at 12:00-1:00 PM (ET), you can join the “Weight Management in the Treatment of Binge Eating Disorder” webinar. You will hear from a dietitian and leader about managing eating, emotions and weight. She preaches a diet-free eating plan and has published her research in many renowned journals. For complete details and webinar registration, [click here!](#)

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.

- [June 10](#)

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

Check out this three part webinar series, "Antibiotic Overuse in Animal Agriculture." NOTE: Though two webinar dates have already passed, you can still join in to learn about the importance of antibiotic reduction the hospital and agriculture, emerging science in farm practices, and success stories regarding sustainable foodservice systems. The last webinar of the series will begin at 2:00-3:30 PM (ET) June 24th. It's called, "[Purchasing: Success Stories and Strategies for Hospital Food Service.](#)"

There is a new Summer Meals toolkit that is explained in this [webinar recording](#). A webinar series on summer school meals will continue throughout the next couple months. Sign up for future events [here](#).

Events:

NEW-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](#).

[Can you help? Volunteers are needed for multiple events held by the Power Packs Project in Lancaster, PA.](#)

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

On June 17-19th, there is a Keystone Health Promotion Conference. It will be held at Penn State Harrisburg in Middletown, PA. Registration is now open. [Here are the conference details and registration](#).

Grow Pittsburgh event calendar is [here](#). Do you want to get involved?

It's almost growing season! The [Greater Berks Food Bank](#) is asking farmers in the area to plant an extra row or two to donate to them. Produce can be dropped off at the ware house on Monday-Friday from 8:00 AM-3:30 PM.

Grants and Opportunities:

NEW-The USDA Local Food Promotion Program (LFPP) offers planning and implementation grant funds to support the development and expansion of

local and regional food business enterprises, along with developing more farmers' market opportunities. Two types of project applications are accepted under LFPP—planning grants and implementation grants. Applications are due by June 20th. Check this [website](#) for more information, and listen to the [informational webinar](#).

NEW-Let's make healthier changes at your students' school! Fuel Up to Play 60 can help! They're offering up to \$4,000 per school to implement the Fuel Up to Play 60 program. The next application deadline is today. Visit [this website](#) to learn more!

NEW-The USDA Farmers' Market Promotion Program grants attempt to increase consumption and access to locally and regionally produced agricultural products. They also improve local markets by developing, improving, expanding, and providing outreach, training, and technical assistance for farmers markets, roadside stands, community-supported agriculture programs, agritourism activities, and other opportunities. USDA hosted an [overview webinar](#) on May 13 with more information. Also, find the request for proposal and other resources on the [program website](#). The application deadline is June 20.

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 Donatell](#).

[Update your farmers market info on the USDA website. This map will help buyers find your location.](#)

The US Department of Agriculture is investing \$78 million for local and regional food systems, food hubs, farmers markets, aggregation and processing facilities, distribution services, and other local food business enterprises. Find out more, [here](#).

The Academy of Nutrition and Dietetics is presenting an opportunity for Registered Dietitian Nutritionist to give feedback, ideas, and suggestions to add to the Evidence Analysis Library. [Click here](#) for more information.

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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