

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of June 30, 2014

## IMPORTANT PA NEN LINKS

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

[NEWS NIBBLE ARCHIVES](#)

[NEWSLETTERS](#)

[CONTACT PA NEN](#)  
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## PA NEN News

### **Thank you to all the members that completed the Membership Satisfaction Survey!**

The Survey is now closed. The next step is for the PA NEN Outreach Committee to review all the feedback to develop an action plan. This information will be made available to PA NEN members in the fall.

- 1st Prize - FREE Registration to PA NEN's [2014 or 2015 Summer Workshops](#) - Congrats to Amy Porto, Messiah College!
- 2nd Prize - FREE 2nd Day Registration to the [2015 PA NEN Annual Conference](#) - Congrats to Deb Boyd, PSU Extension Office!
- 3rd Prize - Dinner for two at the Dog and Pony Restaurant at the Sheraton Harrisburg-Hershey Hotel - Congrats Marlene Grove, Family Health Council of PA!
- Grand Prize! FREE Registration to the [2015 PA NEN Annual Conference](#) - Congrats to Lenelle Roberts, PSU Extension Office!

### **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](mailto: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](mailto:jbartol@phmc.org) by **July 9th**. You must be a PA NEN member to attend.

### **International and National News:**

[The US released a global food initiative.](#)

[Their hips don't lie! Dancing might be the perfect exercise for the elderly!](#)

With the help of [their dietitian](#), the [U.S.A. men's soccer team eats well!](#)

[How can we reduce sodium on our plate without missing the flavor?](#)

[What are plating presentation tricks for eating healthy?](#)

[Beware: 25 not-so-healthy dieting tips](#)

[Media literacy and banning food advertising are two ways to encourage healthier food choices. Check this article for more ideas for better nutrition.](#)

[What did San Antonio do to significantly reduce their childhood obesity rates in two years?](#)

[How do food advertisers trick you into thinking food is healthy?](#)

[People want control of what they drink! Limiting soda cup sizes in NYC to 16 ounce portions did not go over well.](#)

[What healthy foods can you pick from at amusement parks?](#)

[Your nutrition needs change a bit after 40](#)

[Sustainability and dietetics combine to become the ultimate trend over the next ten years. See what one dietitian has to say about it.](#)

[New evidence supports the need for a ban of sugary drinks within the Supplemental Nutrition Assistance Program \(SNAP\).](#)

[A couple more words from a dietitian about the Center of Disease Control and Prevention's recommendation about eating fish during pregnancy.](#)

[The California government urged politicians to observe Meatless Mondays.](#)

[Commentary from readers about obesity acceptance in society](#)

[Buy healthy, and double your food bucks.](#)

[Food marketers claim healthier food purchases are trending. See their consumer research.](#)

[What's the best way to read a meat label?](#)

### Local

**Pennsylvania:** [The local news highlights the Power Packs Project's founder, Joan Espenshade.](#)

**Pittsburgh:** [New farms grow in inner city neighborhoods.](#)

**Philadelphia:** [A Pennsylvania dietitian names healthy alternatives to beef, as meat prices continue to rise.](#)

### Resources:

MyPlate is highlighted in [emergent reader mini books](#).

[Here](#) are books that focus on anti-weight bias.

Policy [strategies](#) to conquer obesity and Eating Disorder stigma

The Rudd Center's [movie](#) about the importance of Sugar Sweetened Beverage Tax

Bridging the Gap and the Center of Disease Control worked together to gather and develop [resources](#) for your wellness policy development.

Kids Eat Right developed a new toolkit, "[MyPlate. How Do I Rate?](#)" toolkit, free and downloadable for Kids Eat Right members. It consists of six presentations — two for health care professionals, two for parents in English, and two for Spanish. Each PowerPoint is 20-minute long with notes, a suggested 10-minute, group activity and participant handouts. Additionally, [health care providers can download this information](#). This toolkit is available to all health care providers to utilize with their staff or colleagues and parent clients.

## Webinars:

*NEW*-From procurement, to distribution, to the Department of Defense Fresh Program—the USDA presents a twelve-part-series about opportunities in Farm to School and ordering local foods. [Check the list!](#)

*NEW*-The Whole Truth About 100% Fruit Juice is a webinar on July 16 at 3:00-4:00 PM (EDT). A researcher will be looking into juice, its nutrients, sugar, and polyphenols. [Register here.](#)

*NEW*-Try this [free webinar](#) about the history of Kids Eat Right, a network of health providers and dietitians interested in reducing childhood obesity.

*NEW*-“Everyone Plays a Part! Exploring the new Standards of Professional Performance in Sustainable, Resilient, and Healthy Food and Water Systems” is a webinar slated for July 10 at 3:00-4:00 PM. This webinar focuses on the new Sustainability Standards of Practice for members of the Academy of Nutrition and Dietetics. Look [here](#) for more information.

*NEW*-“Leadership: Coaching and Communicating with Confidence” is a module free to students, dietitians and dietetic technicians that are a part of the Academy of Nutrition and Dietetics. It will help guide mentors, coaches, and other nutrition based leadership positions. Receive one continuing education credit hour by listening to a recording [here](#).

*NEW*-The Institute of Medicine is holding a meeting open to webcast on the “Relationships Between the Brain, Digestive System, and Eating Behaviors” on July 9-10th at 8:30 AM (ET) Obtain contact information, and find out more information on [this website](#).

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). Find registration for these meetings and previous meeting materials, webcast recordings, and summaries at [this website](#).

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!

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!](#)

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](#).

"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.](#)

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](mailto:ike.bennion@leavittpartners.com). Click on the following dates to register.

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

### Events:

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](#).

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

### **Grants and Opportunities:**

*NEW*-Member of the Academy of Nutrition and Dietetics and Kids Eat Right can apply for a mini grant to present the new "MyPlate. How Do I Rate?" toolkit. 25 grants of \$200 are offered. Recipients will give two presentations from the toolkit between July 28 and September 31, 2014. Grant Applications are due July 18, 2014 and mini-grantees will be announced July 28, 2014. Find out more information, [here](#).

*NEW*-Fruits and Veggies More Matters began their Colors of Summer Contest! Post a #RipeRed #plate on Facebook for the rest of this week for your chance to win big! See [this video](#) for more information.

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