

PA NEN - Weekly Food & Nutrition News Nibbles



Week of June 30, 2013

IMPORTANT PA NEN LINKS

SAVE THE DATE!
[PA NEN ANNUAL
CONFERENCE 2013](#)
APRIL 30TH-MAY 1ST

[NEWS NIBBLES](#)

[NEWSLETTERS](#)

[CONTACT PA NEN](#)
717.233.1791



PA NEN News

PA NEN's Summer Workshop Registration is Open!

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:

[Vitamin D down to a T](#)

[Obese teens might be at risk for hearing loss.](#)

[Community education and obesity intervention work best.](#)

[Medicaid assesses efforts to reduce childhood obesity.](#)

[A computer avatar may set a healthy example for users.](#)

[Here](#) are some cool cookout ideas for the fourth!

[Type 1 diabetes can be reversed? In the first human trial, this drug did it!](#)
Much more research is needed.

[Know your portions.](#)

[The history of poultry, fish, beef and foodborne illnesses.](#)

[NYC focuses on nutritional issues associated with drinking juice.](#)

[The World Health Organization \(WHO\) encourages food advertisers to ease off promotion of unhealthy foods to kids.](#)

[Eating well on \\$4.50 a day takes nutrition expertise.](#)

[Is food addiction a reality?](#)

[An economist's idea to curb obesity: tax calories.](#)

[Research proves that MyPlate is an effective tool.](#)

[Review the healthy for you changes to fast food menus.](#)

[Fresh fruits and vegetables are cherished by families in this community.](#)

[It's hard to eat healthy in this kind of environment!](#)

[For many, not having enough food for your household is reality.](#)

[Certain exercises replace the "bad" fat.](#)

[Will tattoos on fruit be the new fruit stickers?](#)

[What's the trick to talking weight with your children?](#)

[Is it wrong to market unhealthy food to kids?](#)

[Can dirt keep us healthy?](#)

[Latinos more readily accept nutrition rules and interventions than other races.](#)

[Should we ban people from buying soda with Supplemental Nutrition Assistance Program \(SNAP\) dollars?](#)

[Rising food prices link to obesity rates.](#)

The US Department of Agriculture (USDA) released smart snacking guidelines for schools. [Some nutrition professionals question the allowable snacks.](#)

[Younger children are more sheltered from food security compared to the older ones.](#)

[A fast food restaurant defends their healthy options.](#)

Bringing the farm to the school will look different across the nation. [Read one school's journey.](#)

The [American Medical Association wants to eliminate sugary sweetened beverages, like soda, from allowable food in the Supplemental Nutrition Assistance Program](#) (SNAP). Interestingly, [SNAP users do drink more soda than they eat vegetables.](#)

You can [click through this list](#) of cities to see a slideshow of the ten hungriest metro areas in America.

[Kids pick on kids with food allergies.](#)

[Because of recent research findings, the American Medical Association endorses a ban on marketing energy drinks to kids.](#)

Scientists and journalist seem to talk two different languages. So, there is a program to improve their collaboration. [Listen in.](#)

[Here is the picture](#) of food insecurity and poverty.

[Nutrition labels in the UK will take on a new, colorful look.](#)

Scroll down [this article](#) to see what foods look like at 50, 100, 200 calories.

Youth leaders encourage healthy behaviors where they live! [Watch the community buy into the movement in this video!](#)

[Here](#) are 11 fruits and veggies for this summer. Which one is your favorite?

Local:

Pennsylvania: Good news is here for the [budget](#) of the State Food Purchasing Program (SFPP), administered by the state Department of Agriculture. This program makes it possible for food banks to acquire and distribute millions of pounds of nutritious food to feed hungry children,

seniors, people with disabilities, the working poor, and underemployed and unemployed Pennsylvanians.

Pennsylvania: [Getting food stamps and food assistance in this state proves challenging.](#)

Hershey: [Penn State researchers find that doctors need emphasize the risk of obesity in their patients.](#)

Resources:

[Check out all these free, printable nutrition education resources for kids!](#)

In 2013-2014, schools will see a drastic change in snacks. The US Department of Agriculture (USDA) issued its Smart Snacks in School nutrition standards. For more information, click [here](#). See the summary of the standards [here](#). Finally, review a quick [one-page infographic](#).

The 2015 Dietary Guidelines for Americans are in the works. To see the list of Dietary Guideline Committee Members, click [here](#). To see previous webcasts of meeting and a time line for the development of the 2015 Dietary Guidelines for Americans, click [here](#).

Webinars:

NEW-Grocery stores can stimulate the rural economy, create jobs and reconnect a segmented food system. Listen in to this webinar, "Healthy Food Retail in Rural Communities," which is happening on July 18 at 2:00 PM (EST). For more information and to register, visit this [site](#).

NEW-On July 31st, from 2:00-3:00 PM (EDT), Registered Dietitian Nutritionist and Registered Dietetic Technicians who are a part of the [Academy of Nutrition and Dietetics](#) can join this free webinar, "Ready, Set, Go: Preparing and Delivering Effective Nutrition Education for Audiences Facing Food Insecurity." Find out more, and click the link to register at [this site](#).

Create a free login to the [CDC Learning Connection](#), and look through their records of continuing education opportunities for health professionals.

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](#).

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](#)

Events:

[Philabundance](#)'s Hunger Symposium will be held on September 17th, 2013. This year, they are bringing together different perspectives on hunger. [Click here](#) for the details!

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-Recent changes to the federal Children and Adult Care Food Program will give funding to neighbor and relatives providing state-approved child-care services to low-income children. Qualifying participants would receive an average of \$1,000 a year per child. Call 1-855-252-6325 for more information, and see this [article](#).

NEW-To all Pinterest users, there is a MyPlate Challenge! Follow [this board](#) to become a contributor. Then post your favorite meals representing MyPlate recommendations.

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

Harrisburg and surrounding communities, you can volunteer for the Central Pennsylvania Food Bank. [Learn more, and sign up today.](#)

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](#).

© Copyright 2009 PA NEN | www.panen.org | 717.233.1791

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).