

PA NEN - Weekly Food & Nutrition News Nibbles



Week of June 3rd, 2013

IMPORTANT PA NEN LINKS

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

[NEWS NIBBLES](#)

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PA NEN News

PA NEN's Summer Workshop Registration is Open! Sign Up Today!

Teaching nutrition is a vitally important job. But what's even more important? Motivating and inspiring your clients to USE what you're teaching them! With professional speaker, author and TV host Zonya Foco, RD, you'll get the tips, tricks and insider secrets you need to transform your "teaching" into "inspiring."

This one day culinary-nutrition workshop focuses on preparing health-supportive dishes and using a variety of convenience-oriented kitchen equipment, affordable familiar ingredients and basic cooking techniques. Recipes are purposely chosen to illustrate that healthful and affordable meal preparation is achievable in minimal time, using limited cooking equipment and basic cooking skills.

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 (**Workshop is full with a waiting list**)
August 2, 2013 @ Adams County Extension Office
November 14, 2013 @ Westmoreland County Extension Office

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 out 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](#)).

International and National News:

This farm heals. Watch this inspiring [YouTube video](#) to see how this hospital uses farming to enhance their hospital food.

[How will nutrition boost the economy?](#)

[The path to wellness is multifaceted.](#)

[This program brings affordable food and nutrition for the entire family.](#)

[Pro-baseball players bat for childhood obesity.](#)

[How does fast food near or in school affect the weight of the children?](#)

[An American pork company sold to China. How will this change affect our food system?](#)

[See the picture of rising food costs in these graphs.](#)

[Eating the "ugly" but safe fruits and vegetables will save you money. But, what should we do with expired food?](#)

[Offer your kids healthy foods, and change their world!](#)

[Poverty runs throughout in the suburbs.](#)

Save money, and save food by following suggestions from [here](#) and [there](#).

[Magnesium sulfate could cause abnormalities in bone formation of babies.](#) More research is necessary.

[Kids do eat veggies...with dip!](#)

[Food companies trim calories in our food supply.](#)

[Watch how an Oakland group takes on unhealthy foods plaguing minority neighborhoods.](#)

Local:

Pittsburgh: [A Pennsylvania hospital teams up to serve a heart healthy menu.](#)

State College: [Research that shows junk food could link to negative emotions.](#)

Resources:

Let's change kids' lives by singing, dancing and shouting out your favorite vegetable! [Watch](#) as this amazing, musical venture unfolds between celebrities, Hip Hop Public Health, the Partnership for a Healthier America, musicians, doctors, public health professionals and kids. They're creating the "Songs for A Healthier America." Hear a sneak peek of the first song at [this site](#).

What fruits and vegetables are people eating across the nation? See the most up-to-date data in the Center of Disease Control and Prevention's (CDC's) [report](#). You can also compare these numbers to 2009 report and action guide [found at the bottom of this page](#).

The Center of Disease Control and Prevention ([CDC](#)) put out the following reports:

- ["Adjusting National Health and Nutrition Examination Survey Sample Weights for Women of Childbearing Age"](#)
- [A decline Latino teen births](#)
- [Americans' added-sugar consumption from 2005-2010](#)

[Review these awesome resources encouraging parents to get involved in kids' school wellness.](#)

[Understand the health implications of certain policies as they relate to equity in the, "Promoting Equity through the Practice of Health Impact Assessment."](#)

[Spanish and English nutrition education printouts from SNAP-Ed Connection](#)

[MyPlate Kids' Space](#) was just released with interactive programs for children of all ages!

MyPlate put out a [food on budget tip sheet](#).

Even though this is a Colorado resource, take [their school breakfast documentation materials for foodservice workers](#) as an example.

Webinars:

NEW-Take this self-study learning module about the up-to-date, fiber research and uses, along with details on how this nutrient can positively impact our health. Continuing education credits are available for dietitians and dietetic technicians. Learn more, [here](#).

NEW-Our social and economic circumstances influence our health status. The Health Impact Survey has assessed these factors in order to learn the best way to promote equity in healthcare. [Register, and learn more](#) about the webinar that starts on Wednesday, June 19th at 12:30 PM (EST).

NEW-A normal weight or slightly overweight person might have a lower mortality rate? In this webinar, they'll dig deeper into that question, eluding 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!](#)

NEW-Discuss what kind of wellness programs and policies work across the nation. How can you implement or build on your community's? Just listen in to this webinar which outlines the results to the nationwide "Bridging the Gap Program." Everything is taking place on Tuesday, June 11 from 3:00-4:00 PM (EST). Register [here](#).

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](#).

Presented by Abbott Nutrition, you can watch a webinar about improving healthcare outcomes by overcoming malnutrition. It will be available on June 6 and June 25th. Look [here](#) for times and more details.

Do you know about healthy food retail projects? Find out more, [here](#), under the "Find Money" section of the website. Then, learn more by clicking on the bulleted resources below:

- To view an archive of the webinar on this subject, click [here](#).
- Read the "[Grocery Gap](#)" to learn more about the economic impacts of healthy food retail in communities.
- Look out for the July 11th webinar about New Market Tax Credits. Click [here](#) to learn more about this concept.
- [Learn more](#) about an exemplary program, the Circle Food Store, in New Orleans.

Are you interested in effective strategies for nutrition counseling and health coaching? From motivational interviewing to positivity, all these tactics will guide your clients toward success. Listen to [this webinar](#) to learn effective implementation of these ideas and more. It takes place on Thursday, June 6, 2013 at 1:00-2:00 PM (EDT). There will be 1 credit hour available for dietitians, dietetic technicians and CNE credits for nurses.

The recording of the, "Why Obesity Is Important to the Latino Community Web Forum," (originally broadcasted on Tuesday, April 16, 2013) is now available. Supplemental resources and presentation slides can be found on

this [site](#) too!

Today's Dietitian keeps a listing of continuing education webinar recordings! Some are free, and others are not. See if any on [this list](#) spark your interest.

The People's Garden site contains lots of webinars about gardening, procurement, asking for volunteers at a community garden, starting a school garden and more. Look to this [archive](#).

The Farm to School Grant Webinar recording is now available. The US Department of Agriculture ([USDA](#)) presented a 4-webinar series about applying to the Farm to School Grant Program for fiscal year 2014. Visit [this website](#) to watch them.

Events:

NEW-Join the [Keystone Health Promotion Conference](#), a 3-day conference starting on June 18th through the 20th at Penn State Harrisburg. Come and gain practical skills of integrating healthy practices into your worksite, classroom or lunch room. Learn from national experts and health enthusiasts who have joined together to rock the nation with their healthy-for-you news. [See if you can participate, and register today!](#)

Squeeze in a workout and raise money to get food for families who need it. In Harrisburg, on June 16, the 193d SOW Benevolent League's 3rd annual charity run and walk will start. City Island will be holding the event starting at 9:00 AM. Registration is \$25, and you may register [online](#). For more information email fivekforfood@yahoo.com.

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:

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

What is Food Day? Find out [here](#). Then you can propose your ideas for Food Day 2013 in a 60 second video. Upload it to YouTube with a FoodDay2013 tag, and you can receive some FREE Food Day swag! Look [here](#) for more information.

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

The [Academy of Nutrition and Dietetics Foundation](#) is granting \$35,000 to research and intervention related to childhood obesity. Please consider applying by July 1st. For more information on the opportunity, see [this site](#).

The [Second Harvest Food Bank](#) in Erie, PA has a sponsorship opportunity available for their Buffet on the Bay 2013 event! If your business or organization is interested in sponsoring and joining the fun on Saturday, June 29, please call Heather today at (814) 459-3663, ext. 113.

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](#).

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