

PA NEN - Weekly Food & Nutrition News Nibbles



Week of June 4, 2012

IMPORTANT PA NEN LINKS

SAVE THE DATE!
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CONFERENCE 2013
APRIL 30TH-MAY 1ST

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717.233.1791



PA NEN News

PA NEN FACEBOOK Winners!

Congratulations to our new [FACEBOOK](#) "friends" who won the drawing for a FREE summer workshop registration:

- Jorja Barton from the Central PA Food Bank won a free registration for the Adams County Workshop
- Ann Stanley from CADCOM won a free registration for the Bethlehem workshop

Winners for the Westmoreland Workshops are yet to be selected. So, there is still time to enter PA NEN's raffle for this free registration by becoming a fan of PA NEN on [Facebook](#).

To do so, click the [Facebook](#) button on the left sidebar; log-in to your account; then press "like" on our [Facebook](#) page. You can also type, "PA NEN" into the [Facebook](#) search bar; once you arrive at our page, click "like".

If you have any questions please contact [Rose](#) at 717.233.1791.

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!"

Don't miss out on the FUN! Be sure to sign up for a workshop:

- July 18th @ Northampton Community College (3 spots remaining)
- August 16th @ Westmoreland County Extension Office (2 spots remaining)

Hurry and get your spot. See this [site](#) for workshop dates, cost and more.

SNAC Vegetable Pamphlets

There are very few things better than eating the freshest veggies. Growing season brings hearty (AFORDABLE!) cauliflower, broccoli, radishes and enough veggies to knock-out your taste buds—all the better for a spring-time snack or mealtime-side.

[SNAC Newsletters](#) can guide you and your clients while handling and cooking these tasty treats!

Update: PA NEN Social Marketing Committee's Family Meals Campaign

What is the Campaign?

Pennsylvanians, you can bring your family to the dinner table! PA NEN's "Eat Together PA" campaign is well on its way to promoting family dinners, eating together and nutrition for the food stamp eligible populations. It will do so through a variety of social marketing venues (i.e. direct mailings, posters, a website, billboards and much more). This is a pilot project in Allegheny, Lancaster and Tioga counties.

Campaign Update:

- Our website for "Eat Together PA" is almost complete! Relevant tips, recipes and resources for family meals are posted! After management approval, we'll reveal it to everyone!
- Promotional materials are printed and ready to go to participating offices.
- Our campaign's evaluation gained review board approval. It's ready to survey participants and will eventually gain feedback from our Campaign.
- Future goals include completion of photography, final approval and continuous development of Campaign materials, initiation of the Campaign and a collection of survey data from the participants. In 2013-2014, we hope to network with PA organizations to spread the Campaign's reach across Pennsylvania.

International and National News:

[New York is trying to ban large sodas. Much of the soft drink industry profits from sales of these drinks;](#) needless to say, [this soda restriction will not go on without a fight.](#)

The [American Heart Association's](#) "Heart Check" seal of approval races across our nation's restaurants, with Subway leading the charge. Read more [here](#).

[Disney](#) marks healthy kids foods with their seal of approval if products meet the criteria of the [2010 Dietary Guidelines for Americans](#). Look [here](#) and [there](#) for more information.

[The DASH-diet might help people prevent chronic kidney disease.](#)

[You can try grilling healthy this summer.](#)

[What is America's new food obsession? Protein.](#)

[Food stamps usage rises among New York seniors.](#)

[Compared to previous years, there is less of a stigma associated with food stamps.](#)

[Marion Nestle assesses the upcoming Farm Bill.](#)

[What is the best way to break society's unhealthy habits like gluttony or smoking?](#)

Local:

Pennsylvania: The [Central Pennsylvania Food Bank](#) received a donated refrigerated food truck, valued at \$90,000, to help more than 700 food pantries, soup kitchens and shelters. Channels Food Rescue received \$35,000 to operate "The Kitchen School," an innovative job-training program for low-income individuals who prepare more than 500 meals a day for at-risk children. Look [here](#) for details.

Harrisburg: The [Joshua Farm](#) will be at Strawberry Square every Tuesday. Find them next to Auntie Anne's from 10 AM-2 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.

Hershey: [A local dietitian speaks about identifying elderly malnutrition on a Pennsylvania news station.](#)

Resources:

Certification tools and guidances for school foodservice to meet school meal standards are printed. See them [here](#).

[Here](#) is an introduction video for those interested in revamping their school lunch program. This [site](#) might be a helpful resource for school foodservice directors.

This [movie](#), from the "Big Food Peabody Exhibit," displays the evolution of obesity in our nation.

The organization, [Lunch Love and Community](#) is changing school lunch one documentary at a time.

This [30 minute video documentary](#) highlights the connections that exist between health, schools, farms, and communities. It links the [Farm to School](#) movement to the process in order to spark a dialogue among policy makers and funders at the local, state, and national levels. Watch it, or show a screening in your community.

Webinars:

NEW-On June 12, 2012 from 1:00-1:20 PM (EST) a [Farm to School](#) Webinar called, "School Food 101," will introduce food system and school lunch reform supporters to the basics of school cafeterias. Where do schools get their food or funding? And, don't forget the regulations school foodservice directors and personnel must follow. Learn more and reserve your webinar seat [here](#).

A webinar called, "Understanding Consumer Behaviors from Mindset to Meal" will be held on June 20th from 2:00-3:00 PM (EST). It will focus on innovative initiatives that strive to improve American's eating and physical activity habits. For members of the [Society for Nutrition Education and Behavior](#) the webinar is free. Non-member attendees must pay \$25. One continuing education credit will be awarded for Registered Dietitians and Dietetic Technicians. Register at [this site](#).

Events:

[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](#).

Are you looking for a nutrition learning opportunity? The Delaware Valley Chapter of the [Society of Nutrition Education and Behavior](#) is holding a one-day event from 3:30-6:00 PM on June 21, 2012 in Philadelphia, PA! PA NEN is excited to present their new social marketing campaign during the event! [Check-out the link](#) for exciting location and other details.

Grants and Opportunities:

Changes! As of May 24, 2012, applicants for the Farm to School Grant must register on the Central Contractor Registration (CCR) in order to apply through grants.gov. You must also apply through grants.gov. Please note that it will take 3-5 business days or up to two weeks before your Central Contractor Registration (CCR) can become active. CCR registration must be completed and active prior to applying through grants.gov. Grants.gov

registration takes approximately 3-5 business days to become active. Also, the Farm to School Grants webpage has been updated. Look to this [site](#) for details.

The USDA Agricultural Marketing Service ([AMS](#)) is looking for peer reviewers for [2012 Farmers Market Promotion Program grant](#) proposals. Please consider the position if you have a knowledge locally-based, direct farm-to-consumer marketing program operations (i.e. farmers' markets, roadside stands, agritourism and community supported agriculture) and you can commit approximately 50 to 60 hours during the month of July. Applications are due as soon as possible. Selected reviewers will be contacted beginning June 12, 2012. Click [here](#) to view the announcement. For more information, contact Ricardo Krajewski (email: Ricardo.Krajewski@AMS.USDA.gov or phone:202-720-0933).

For nutrition researchers a \$35,000 grants for studying childhood obesity lifestyle interventions and prevention are available through the [Academy of Nutrition and Dietetics](#). Projects can spotlight nutrition and physical activity that is culturally and developmentally appropriate for children. For more information and to download the RFP and application form, visit this [website](#). The application deadline is July 1, 2012. Contact Beth Labrador at blabrador@eatright.org with questions.

[USDA's](#) wireless technology grants increase farmers' market participation in [SNAP](#). This is done by encouraging the use of Electronic Benefit Transfer (EBT) system or EBT technology. This technology allows for [SNAP](#) participants to pay for fresh produce with food stamps. For a long time, those eligible turned away from unfamiliar, high priced, fresh produce; but since the dramatic efforts to put EBT technology into growers' markets, participation has risen by 400 percent in four years. \$4 million is now available for states to provide wireless equipment to currently non-participating farmers' markets. Hopefully, fresh, healthy, local food will become more available to [SNAP](#) participants. Here is the [news release](#) with the grant information.

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