

PA NEN - Weekly Food & Nutrition News Nibbles



Week of June 9th, 2013

IMPORTANT PA NEN LINKS

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

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717.233.1791



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 (**Full with a waiting list**)
August 2, 2013 @ Adams County Extension Office (**16 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 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:

[Wellness policies in childcare centers make the difference.](#)

[Teen fitness counts!](#)

[Does physical abuse link to victims' emotional eating?](#)

[Authors of a large study, one that identifies factors influencing childhood obesity, admit to underrepresenting families of low socioeconomic status.](#)

[Listen to this radio podcast to understand the genetic risk for obesity.](#)

[Healthy fast food for kids sells!](#)

[Constipation commonly emerges in children.](#)

[Health professionals scrutinize over this soda ad.](#)

[A low-cost retailer picks up an organic, natural food label.](#)

[Fast food integrates into our culture, society, and in all avenues of our lives.](#)

[Moms and health professionals want junk food booted from hospitals.](#)

[Kids dine on locally-grown school food!](#)

[Track obesity with...what else...the social media outlet, Facebook!](#)

[Many med-students need to learn to treat obese patients fairly. We must end weight bias in the hospital!](#)

[A ten-year-old school, turn food critic, shares his take on lunch.](#)

[Overeating, is this behavior learned in infancy?](#)

[Smart snacks in school are integral to keeping kids healthy, especially in the Latino population.](#)

[Community Supported Agriculture grows bountiful produce for families who receive federal nutrition assistance.](#)

[A personal testament shows off the power of food stamps.](#)

[NYC's anti-sugary drink ad gets a new look.](#) And, [here](#) is one doctor

[believes regulating sugary drink portion sizes is a good thing.](#)

[The Fresh Fruits and Vegetable Program \(FFVP\) challenges kids to eat fruit outside their grape-and-banana comfort zone!](#)

[Health matters: why should we curb belly fat on men?](#)

[Hospitals see the importance of combatting malnutrition.](#)

[The foodborne illness, Listeria, hits the high risk populations.](#)

[School lunch, remade](#)

[Developing countries call diabetes the price of progress.](#)

[Connecticut will be the first state to see genetically modified ingredients on food labels.](#)

[Frozen berry mix sickens people with Hepatitis A.](#)

[Watch to see healthier menus develop at national parks!](#)

[Family style meals mean healthier eaters.](#)

[Current studies show that African Americans and Latinos drink more sugary juices than whites.](#) Let's change this trend, nutrition educators!

[Have you heard about the campaign to save your food waste? Take a peek at these world-wide initiatives striving to do just that!](#)

[Empowering women is one way to change our food system!](#)

Local:

Philadelphia: [Research proves that your food environment changes your eating habits.](#)

Philadelphia: Cutting the Supplemental Nutrition Assistance Program ([SNAP](#)) may hurt many children's health. [See how.](#)

Harrisburg: [A local, urban farm bans together with its community to serve whole foods.](#)

Pittsburgh: People want to see what food the Supplemental Nutrition Assistance Program ([SNAP](#)) buys. [Here](#) is what they're saying.

Resources:

[Eye through videos, resources, and everything to know about fruits and vegetables!](#)

Examine this quick [tip sheet](#) about breastfeeding practices and recommendations.

The program, PlayWorks, unfolds how recess can add physical activity, all the while changing a child's day for the better! Peruse [their website](#) for more information ([en Español](#)).

A kids storybook educates children about fast food. Watch the [recorded book on YouTube](#), today.

Look to policymakers positively promoting healthy eating in the Supplemental Nutrition Assistance Program. [Pick one way to can join their cause!](#)

Webinars:

NEW-On June 20th at 2:00 PM (EDT), you can join, "Healthy Food Financing: From Advocacy to Implementation." This webinar will address the Food Trust's new handbook discussing efforts that led to the creation of healthy food financing initiatives at all levels—city, state and federal. Learn more about the wide array of organizations implementing food financing from government agencies, financial institutions, and food access establishments. [Register today!](#)

NEW-Join in on June 27th at 2:00 PM (EDT) to review the latest research on the economic impact of healthy food retail. See how struggling districts move in healthy grocery stores and begin growing jobs, local tax revenue, stores, and a lively business community. Find the registration details [here!](#)

NEW-Nutrition outreach at food banks is crucial! That's why [Kids Eat Right](#) is putting on a webinar, "A Flavorful Pairing: Nutrition Education in Food Banks." Learn the value of nutrition education, and the potential to change eating behaviors among participants. [You can register for this June 26th webinar](#) happening at 2:00 PM (EDT).

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](#).

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).

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](#).

Presented by Abbott Nutrition, you can watch a webinar about improving healthcare outcomes by overcoming malnutrition. It will be available on 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.

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](#).

Events:

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!](#)

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-School Breakfast to School Wellness Partnership grant opportunities from Action for Healthy Kids for the 2013-2014 school year abound. School districts can apply for funds that range from \$12,600 to \$25,200 with significant contributions in the form of people, programs, and school nutrition expertise. Action for Healthy Kids will provide this support to develop stronger breakfast programs while increasing participation in 10-20 schools district-wide. Send your letter of intent that's due June 21, 2013. [See more!](#)

NEW-Up to \$4,000 per year is available to any qualifying K-12 school enrolled in [Fuel Up to Play 60](#). This program can start your school on their feet by funding the integration physical activity and healthy lifestyles! Applications are due Feb 1, June 1, and Oct 1 of each school year. Look

[here](#) for more information.

[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.

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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