

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of June 9, 2014

## IMPORTANT PA NEN LINKS

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

[NEWS NIBBLE ARCHIVES](#)

[NEWSLETTERS](#)

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**717.233.1791**



## PA NEN News

### **Only 12 Spots Remaining for both of Cyndie's Summer Workshops!**

Chef [Cyndie](#) will be conducting a full day, hands-on, train-the-trainer style culinary skills workshop for professionals working in WIC, local extension offices, as well as K-12 family and consumer science teachers. Her workshop, "Chef Cyndie's Nutrition Kitchen," will be held on July 22, 2014 at the Westmoreland County Extension Office and on July 25, 2014 at Adams County Extension Office.

Click [here](#) for more information and to register at the reduced rate and to register.

### **Strawberries, blueberries, black berries, cherries! SNAC Fruit Resources!**

Celebrate Fresh Fruits and Vegetables Month in June! Not only can you dig into all the Pennsylvania-grown vegetables on the [SNAC page](#), but you can look to this list of SNAP-Ed approved [fruit resources, links, and much more!](#) Currently, PA NEN is drafting Pennsylvania fruit resources! Until then, enjoy!

## International and National News:

[One study reveals the benefits of a Mediterranean diet with the possibility of a reduced risks of overweight and obesity in young children.](#)

[Americans are trying to improve blood pressure and cholesterol with statins, aspirin, and lifestyle change.](#)

[Can a diabetes drug help obese individuals \(who don't have diabetes\) lose weight?](#)

[Rapid weight-loss may mean losing lean muscle mass too!](#)

[Is cheap food to blame for overweight and obesity? Watch this clip to learn.](#)

[Will taxing sugary beverages prevent people from buying them?](#)

[Is there an associations between sleep pattern and obesity rates in young children?](#)

[Losing weight can be fun!](#)

[In this study, researchers examine whether drinking less sugar-sweetened beverages and eating more fruits and vegetables would result in a lower obesity rate in low-income families.](#)

[Read how the American diet may be changing as sweets and ice cream consumption declines.](#)

[In a short term study, researches examine whether prunes aid in weight loss without adverse effects.](#)

[A practice paper from The Academy of Nutrition and Dietetics examines which foods to eat and avoid for optimal oral and overall health.](#)

[Could warning labels be the new thing on sugary beverages in California?](#)

[Two studies look at the differences between gastric by-pass, gastric banding, and lifestyles changes in terms of weight loss and improving type-two diabetes.](#)

[Read about the factors playing a role in obesity rates of kids with divorced parents.](#)

[Researchers at William Paterson University in New Jersey created a list of 41 powerhouse fruits and vegetables based on 17 nutrients. Read to find out which vegetable is ranked number one!](#)

[What are the healthy foods to eat during pregnancy?](#)

[According to researchers at the American Society of Clinical Oncology meeting, patients who had colon cancer are twice as likely to have cancer return if they eat fish less than twice a week or get less than 60 minutes of moderate exercise a week! Remember that this is a correlational relationship.](#)

[A group of scientists led by a UC San Francisco immunologist use the immune system as a way to increase energy expenditure in lab mice.](#)

[Bromine](#) is essential for tissue development in all animals, including humans.

Stretch your food budget with [these ten tips](#).

On Monday, high school students representing each state will cook for the #CookingupChange national title. [Here is the winner!](#)

[3D printers could make food delicious and beautiful.](#) At the end of the article, you'll notice printed soft food which could be helpful for elderly and those with swallowing issues.

[Eat the rainbow.](#)

Get kids to drink healthier with [these quick tips!](#)

[Read about the first academic study focusing on protected bike lanes.](#)

[Why are people looking to Yacon syrup?](#) Is it the silver bullet to weight loss? One dietitian chimes in.

[Online reviews help track foodborne illness outbreaks.](#)

## Local

**Philadelphia:** [The experts in portion sizes meet to discuss ways to promote healthy portions in young children](#)

**Pittsburgh:** [The students at Taylor Allderdice won second in the @steeltown org video contest with their short clip about ending Pittsburgh hunger!](#)

**Pittsburgh:** A Pennsylvania Senator is asking to put an end to hunger in Pennsylvania. See what he is standing for, [here](#).

## Resources:

[Nutritional snacks for children](#)

“Men’s Health Month”—[Watch this message](#) from The Academy of Nutrition and Dietetics to learn how nutrition changes as men age.

Free health and nutrition infographics can be [found here](#).

The “[Is My Food Safe App](#)” focuses on food safety and comes from the Academy of Nutrition and Dietetics

Alice Henneman is a Registered Dietitian Nutritionist working for the University of Nebraska Lincoln Extension. She loves to use social media to push healthy, fast, and safe meals. Check her websites for more resources

- [Youtube](#)
- [Twitter](#)
- [Pinterest](#)

## Webinars:

*NEW-* Learn about nutrition and exercise interventions to help maintain muscle mass as you age. Join on Thursday, June 19th at 1:00-2:15 PM (ET)

for, "[Aging and Muscle Loss: Too Young to Worry? Think Again!](#)"

The [Malnutrition Center](#) from the Academy of Nutrition and Dietetics keeps resources with free continuing education for registered dietitians, nurses, certified case managers. Just click on the "Free CPE" tab to find them.

The Food and Drug Administration scheduled a meeting on the Food Labeling Proposed Rules on June 26. Discussion about the proposed Nutrition and Supplement Facts labels will focus on providing consumers with most usable health information. They will also answer any further questions. [Register online](#). For additional information, look to the [Federal Register Notice](#) and this [Fact Sheet on the Proposed Rules](#).

"Cooking with the Moms" is a podcast led by two registered dietitians dubbed, "the Meal Makeover Moms." They are joined by another dietitian and cookbook writer who outlined diabetes diet ins-and-outs. Listen to the podcast on [this website](#).

The Community Food Centres Canada houses webcasts like, "Diet, Mental Health, and the Role of Community Food Programs." This recorded webinar features registered dietitians from across the nation. It's recorded on [this website](#), accompanied by a wide range of organizational resources geared towards engaging good food programming and mental health.

BMI (body mass index) screenings for all Pennsylvania school children is required. Schools also send parents a letter informing them of their child's BMI. The letters have been controversial, so a revised letter was created based on parent feedback. Throughout this recording, you will see how the letter was adjusted with better explanations of health risks. Listen in and find out more information, [here](#).

Social media can promote Kids Eat Right messages and your nutrition organization too! During this webinar recording, you'll hear about the various Kids Eat Right social media platforms, along with suggestions to engage in your online audience. [Listen in today!](#)

"Childhood Obesity Often Starts before the Age of 5" is a podcast by the Eunice Kennedy Shriver National Institute of Child Health and Human Development. It outlines an NIH-funded study that found that overweight kindergarteners have increased risk of obesity among children. Click [here](#) to read more and listen to the podcast.

Food Safety, food labeling, and other training videos can be found on the Food and Drug Administration's [website](#).

On June 17th, 2014 at 12:00-1:00 PM (ET), you can join the "Weight Management in the Treatment of Binge Eating Disorder" webinar. You will hear from a dietitian and leader about managing eating, emotions and weight. She preaches a diet-free eating plan and has published her research in many renowned journals. For complete details and webinar registration, [click 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](#)

Check out this three part webinar series, "Antibiotic Overuse in Animal Agriculture." NOTE: Though two webinar dates have already passed, you can still join in to learn about the importance of antibiotic reduction the hospital and agriculture, emerging science in farm practices, and success stories regarding sustainable foodservice systems. The last webinar of the series will begin at 2:00-3:30 PM (ET) June 24th. It's called, "[Purchasing: Success Stories and Strategies for Hospital Food Service](#)."

### Events:

*NEW-* A great opportunity to help out the Carlisle community! Project SHARE needs strawberry gleaners!

There will be an impromptu strawberry gleaning at the Cumberland Valley High School the next three weeks, and 5-20 volunteers are needed for each trip! We will meet at Project SHARE and each trip will vary in time according to the number of volunteers, but no more than two hours at the most! Helpers are needed at 10:00 AM on the following dates.

- Friday, June 13
- Monday, June 16
- Friday, June 20
- Monday, June 23
- Thursday, June 26

If you are interested in helping contact [Lisa Black](#), Farm Coordinator. Share this opportunity with your family and friends!

*NEW-* 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](#).

*NEW-* 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.

*NEW-* The Ride Who Can't is a bike ride to support Project Share's PET project. It will start in Pittsburgh ending in Harper's Ferry. The hope is to raise \$10,000. Look for more meal and accommodation information at [this](#)

[site](#).

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.

On June 17-19th, there is a Keystone Health Promotion Conference. It will be held at Penn State Harrisburg in Middletown, PA. Registration is now open. [Here are the conference details and registration](#).

### Grants and Opportunities:

The USDA Local Food Promotion Program (LFPP) offers planning and implementation grant funds to support the development and expansion of local and regional food business enterprises, along with developing more farmers' market opportunities. Two types of project applications are accepted under LFPP—planning grants and implementation grants. Applications are due by June 20th. Check this [website](#) for more information, and listen to the [informational webinar](#).

Let's make healthier changes at your students' school! Fuel Up to Play 60 can help! They're offering up to \$4,000 per school to implement the Fuel Up to Play 60 program. The next application deadline is today. Visit [this website](#) to learn more!

The USDA Farmers' Market Promotion Program grants attempt to increase consumption and access to locally and regionally produced agricultural products. They also improve local markets by developing, improving, expanding, and providing outreach, training, and technical assistance for farmers markets, roadside stands, community-supported agriculture programs, agritourism activities, and other opportunities. USDA hosted an [overview webinar](#) on May 13 with more information. Also, find the request for proposal and other resources on the [program website](#). The application deadline is June 20.

A \$35,000 research grant is available through the Academy of Nutrition and Dietetics. If you are a registered dietitian nutritionist and interested in childhood obesity prevention, a one-year grant is available for a research

project focusing on lifestyle intervention for kids. The application deadline is July 1. Find out more information [here](#), or email [Amy Donatell](#).

[Update your farmers market info on the USDA website. This map will help buyers find your location.](#)

The US Department of Agriculture is accepting proposals from public and private institutions of higher education for a grant to research behavioral economics and its influence on healthier food choices. This research aligns with further USDA funded research from the Cornell Center for Behavioral Economics in Child Nutrition Programs. The focus populations will be those receiving SNAP or WIC funds. The goal is to figure out the factors that would facilitate healthy and cost effective food choices. Applications are due by June 30, 2014. Click [here](#) to read the grant announcement.

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