

PA NEN - Weekly Food & Nutrition News Nibbles



Week of March 10, 2014

IMPORTANT PA NEN LINKS

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PA NEN News

Things to do in Lancaster While Attending the PA NEN Annual Conference

Are you looking for some relaxing and fun things to do while you are in Lancaster? Look no further, as we have found some great resources!

- On Monday, April 28th a Shuttle Bus Trip will take you to the [Tanger Outlets](#) ([Pre-registration](#) is required).
- Don't want to leave the hotel? Get your friends together and book an appointment at the [Spa](#) in the Marriott.
- Look for somewhere to unwind, and [grab a bite](#) to eat nearby!
- Are you staying after the conference is over? Be sure to check out the [Lancaster Visitors Guide](#) for more things to do!

PS - Conference sessions are filling up fast! Be sure to [register soon!](#) The early bird rate by March 31st!

The 2014 PA NEN BOARD BALLOT – Cast Your Vote Today!

The PA NEN Board has several vacancies to fill for the 2014-2017 election term. Seven names have been placed on the ballot. A candidate statement has been provided by each nominee and is located at the beginning of the ballot.

As it states in the bylaws, candidates must be elected by the PA NEN membership in order to be seated on the PA NEN Board.

To cast your vote, simple click [here](#).

The ballot will close on Wednesday, April 16, 2014 at 5:00 PM.

SNAC vegetable of the month: *Spinach*

Go green this March by eating more spinach! Bake it as a chip with a sprinkle of parmesan. Mix a casserole with the frozen stuff. Grind spinach into pesto for pasta. Sauté it with garlic as a side to chicken and rice. Even, blend it into a smoothie. It can

even be hidden in cupcakes! Check out our Newsletter for selection and storage tips, nutrition information, and recipes ([English](#) and [Spanish](#))! You will also find bulletin board print outs, book markers, activities for kids on [this site](#). Make sure you follow up on [Pinterest for #MyPlate spinach recipe ideas](#)!

International and National News:

Happy belated Registered Dietitians Day! [What qualities do people look for in a good dietitian?](#)

[A pair of cancer survivors donates \\$80 million dollars to GW University to research and treat chronic disease with preventative measures like nutrition and exercise.](#)

[Being skinny but keeping unhealthy behaviors can be harmful.](#)

[Exercise for your bone health.](#)

[Healthier options sell well at school concession stands.](#)

[Check out 10 innovative food projects that connect growers to eaters.](#)

[These healthy veggie proteins can save the environment while tasting fabulous!](#)

[Online gaming can encourage kids to eat healthily.](#)

[What does "nutrigenomics" mean? How does it relate to nutrition? Why is it so popular?](#)

[It's almost time to start your garden! Use some of these growing tips!](#)

[African Americans have an increased risk of allergies.](#)

[What makes a healthy community?](#)

[The long term impact of childhood obesity.](#)

[How much water should kids drink? Why?](#)

Watch [this video](#) to see the remarkable, healthy changes of one school district.

[Trends show that around the world we're starting to eat the same foods.](#)

[Antibiotics in the food supply might be harmful for our metabolism.](#)

[Changes to the 2014 Farm Bill will modify our food menus.](#)

[Another study proves that canned fruits and veggies might have more nutrients than their counterparts.](#)

[Though the New WIC food package guidelines gain a lot of respect, one dietitian points out a loophole.](#)

[Healthy looks different for everyone.](#)

How much water does it take to grow these crops? Get the picture, [here](#).

[Fighting food insecurity takes many moving parts.](#)

[Eat your weeds!](#)

DC greens moves gardens into the city! Watch how it's done with this [inspiring video](#).

[A wheelchair basketball program takes over this college campus!](#)

[Raising meat animals uses a lot of our water resources.](#)

[23 women around the world work hard to change the food system in huge ways.](#)

[Do you need food ideas for a healthy, pre-workout snack?](#)

[Copy some of these National Nutrition Month recommendations!](#)

[The numbers are in, online dietitians help their clients lose weight.](#)

[Walk through the nutrition challenges for people over 40 years of age.](#)

[The World Health Organization \(WHO\) recommends reducing sugar intake to less than 10% of our diets.](#) That's less than one soda a day.

[Here](#) are six potential reasons why the childhood obesity rates went down over the past couple years. [Some people ask about who gets the credit for the reduction.](#)

[Food is medicine for the elderly receiving home delivered meals.](#)

[A blog about competing obesity trends.](#)

It's National Frozen Food Month! [Get more fruits and veggies from your freezer!](#)

Right now, children are not very easily protected from food ads. This research suggests that kids should be protected from them until age 14.

[See why.](#)

Local

Philadelphia: [Nuts and seeds deliver healthy-for-you nutrients.](#)

Philadelphia: ["Etiquette" teaches kids to get healthy in Norristown.](#)

Pittsburgh: What will you do with your St. Patrick's day? Plant peas? This [article](#) tells you how!

Resources:

The [Food and Nutrition Service \(FNS\)](#) created a tool called, "[National School Lunch and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-Free Kids Act of 2010.](#)"

Obesity stigma is explored in this Obesity Action Coalition [brochure](#).

Buy fruits and vegetables in season to save money with [Feeding America's resource](#).

The American Heart Association works towards obesity reduction with [this site](#).

Grow food wherever you live. Look to [this infographic](#) for inspiration.

[Vegetables are ranked by food professionals.](#)

A [Gallup report](#) shows our nation's obesity percentages and rankings.

For National Nutrition Month, [MyPlate made 10 tips to add fruits and veggies to your plate](#).

The Center of Disease Control and Prevention printed their Second Nutrition Report about the nation's diet. See an intriguing, abridged version in [this infographic](#).

Take on smarter food choices and make physical activity a habit! [The Academy of Nutrition and Dietetics' games, puzzles, videos and activities](#) can teach kids and adults why that's all so important.

Webinars:

NEW-Join Edible School Yard for a webinar on March 19 at 4:00 PM (ET) to learn how your school can reach its health & wellness potential through food and nutrition education! Find more information, and [register here](#).

NEW-The Dietary Guidelines Alliance put out their updated digital edition of the "[It's All About You Communicators Tool Kit](#)" This material is a teaching tool to help nutrition communicators utilize positive, simple and consistent nutrition messages for consumers. Learn more about this resource on a recording, [here](#).

TedEx Manhattan held an online conference called, "Changing the Way We Eat" on March 1, 2014. If you're interested in our food system and food availability, this resource is for you! It's an annual event, so you can watch movies from previous speakers here.

- [2011](#)
- [2012](#)
- [2013](#)
- 2014 is on its way.

National Good Food Network [archived webinars](#). Find recordings about local and regional food systems, food hubs, and market-based models for healthy food, just to name a few.

Wholesome Wave's Healthy Food Commerce Investments program is focused on studying food hubs and their viability. This webinar will outline what makes a solid, investable hub business? Food hub managers, potential investors, and food hub supporters will all benefit from this presentation. View the recording [here](#).

Food banks have tremendous infrastructure and a commitment to feeding people nutritious food. Several food banks have invested in local/regional food systems. Join this conference for some examples! Be ready for presentations from FoodLinkNY and the Sacramento Food Bank. [View the recording here](#).

On March 19, 2014, from 1:00-2:00 PM (EST) there will be a PASA / FMC webinar called, "Your Edge in a Changing Marketplace: Thinking like a Retailer." Vendors participating in farmers markets can listen in to learn savvy ways to make their customers feel well served. Look [here](#) to register.

From March to June 2014, the USDA Farm to School Program will host two webinars a month on various aspects of local procurement. They will happen at 2:00 PM (ET) on the second and fourth Thursdays of the month. They will showcase workers of state agencies and school districts as speakers. For more information and to register, please visit the [webinar series website](#).

A Nonprofit firm, "Farm Commons," is holding webinars on legal issues faced by farmers who sell direct to consumers. Registration is now open, so see the [webinar listing here](#).

"[GENIE: Your Nutrition Education Wishes Have Been Granted!](#)" is a webinar happening on Wednesday, March 26, 2014 from 2:00-3:00 PM (EST). It will present the "Guide for Effective Nutrition Interventions and Education

(GENIE).” This resource is for program planners and program evaluators to learn how to plan effective, sustainable nutrition education programs to impact their clients.

"Making an Impact with Food Insecure Populations" is a webinar, free to dietitians who are a part of the Academy of Nutrition and Dietetics. It will provide you with a basic understanding of the obstacles hungry families have to deal with and how you might be able to help them. The webinar is happening on Monday, March 24, 2014 from 2:00-3:00 PM (EDT). See more information, and [register here](#).

Edible Education 101: The Rise and Future of the Food Movement" is a class put on by Berkley and the Edible Schoolyard. Each class is recorded and open to the public over the internet. Here are the first two:

- "[Introductions and the Rise of Industrial Agriculture](#)" presented by Michael Pollen
- "[The Green Revolution and the Economics of the Food System](#)" presented by Raj Patel
- "[The Chemistry and Biology of the Industrial Food System.](#)" presented by Brenda Eskenazi and Tyrone Hayes
- [Here](#) is a listing of the recommended readings.

Events:

NEW-Might you have a group of people interested in volunteering Philabundance? Check out all the opportunities [here](#).

NEW-Join our National Public Health Week Twitter chat, hashtag #NPHW, on April 9 at 2:00 PM (ET). [You can RSVP now](#).

NEW-The Institute of Medicine held a Global Health Forum focusing on maintaining the youth's health. It's happening on April 17-18, 2014 at 8:30 AM (ET) in Washington DC and broadcasted over the internet. You can follow the #YCG hashtag on Twitter. Or, sign up [here](#).

NEW-Check out the Health Education Council and Break Free Alliance's fourth national conference, "Promising Practices to Promote Tobacco Free Active Living and Healthy Eating in Low Socioeconomic Status Communities." It will be held in Washington, DC. Look [here](#) for more information.

NEW-Grow Pittsburgh is hosting a seed swap on March 15th from 11:00 AM-2:00 PM. You can trade your seeds to the Phipps Conservatory. At 12:00 and 1:00 PM, there will be a seed saving workshop. Learn more at the Facebook invite, [here](#).

"Public Health: Start Here" is Penn State's Public Health Day Symposium.

Join them on Friday May 9th at the National War Museum in Harrisburg, PA from 1:00-5:00 PM, followed by a Public Health Association reception from 5:00-7:00 PM. For details about presenters, a schedule, and registration; contact mphprogram@phs.psu.edu.

A shout out to those living in South Central Pennsylvania - The South Central PA Food Systems Alliance (SCPA-FSA) is holding meeting on Thursday, March 27 from 2:00 to 4:00 PM at the Penn State Extension office in Gettysburg, PA. Beyond a discussion about the SCPA-FSA's mission, vision, values and programming updates; Carla Snyder will facilitate a session called, "How Food Moves - Aggregation and Distribution Models Across South Central PA." To look at all the meeting details, [check out this flyer](#), and [register](#) for the meeting or call the Capital RC&D office (717-241-4361).

Online registration is now open for the 2014 Pennsylvania Academy of Nutrition and Dietetics Annual Meeting & Exhibition (AME). It's being held in Bethlehem, PA from April 23-25, 2014. Access the schedule, location and register [here](#).

A 3-part Garden Primer will be held by Grow Pittsburgh in select Pittsburgh locations April 3, 10, and 24. Look [here](#) to get more information.

Grow Pittsburgh is holding a Garden Workshop Series. Check out the dates, topics, and register [here](#).

The Department of Aging's Nutrition Conference will be held on April 30 - May 1, 2014 at the Wyndham Gettysburg. This year's theme is Maintaining Senior Health - Food Can Help. The conference is designed for dietitians, dietary managers, Area Agency on Aging staff, Meals on Wheels, food vendors, senior community center directors and persons associated with meal programs for older adults. Sessions will provide information about how nutritious meals contribute to maintaining the health and wellness of older adults; learn new methods of food preparation; provide delicious meals and updates on the latest nutrition and educational developments. Continuing education credits (CEUs) are available for Registered Dietitians and Certified Dietary Managers who attend. Look [here](#) for information.

The Central PA Food Bank's "Soup Or Bowl" event will be held on March 17, 2014 from 11:00 AM-2:00 PM. It's located at the Radisson Hotel in Harrisburg, PA. Tickets are now on sale. [Visit this page](#) for more information or call 717-564-1700.

Lancaster Family YMCA Kids Marathon at Garden Spot Village is on April 11, 2014. Kids from kindergarten to 8th grade can join from 6:00-12:00 PM. During this time, they will finish 25 miles of walking, biking, or running. Get

more information about the [event here](#).

Stroehmann Walk+Run Against Hunger will be held on April 12, 2014. It's a 5K starting at the Philadelphia Art Museum that raises funds for over 100 hunger relief agencies in South Eastern, PA. You can learn more about this event at [this site](#).

Save the date for the Central Pennsylvania Food Bank's event, Soup and a Bowl. It's in Harrisburg on Monday, March 17th, 2014. For more information, visit this [link](#).

Grants and Opportunities:

NEW-Parents and their 8 to 12-year-old can submit an original lunch recipe inspired by MyPlate. If their recipe is selected, they could win the chance to attend the Kids' "State Dinner" hosted by First Lady at the White House in Washington, DC. [Entries must be received by April 5](#).

NEW-5 million dollars is allotted for grants focused on community food projects that look to serve low-income individuals through food distribution, access to local food, and other community outreach through federal nutrition programs. On the National Institute of Food and Agriculture website, [you can find out more information](#).

Team Nutrition is providing mini-grants (up to \$1500) available on a competitive basis for Pennsylvania schools to use to improve nutrition environments. This funding is made available from the Pennsylvania Department of Education, Division of Food and Nutrition through Project PA. Schools must be sponsors of the National School Lunch Program, and money is intended to help schools address challenges related to implementing new meal patterns and new nutritional standards for competitive foods and the HealthierUS School Challenge. For more information and the application form, go to the [Project PA website](#). The application deadline is April 11, 2014.

[Apply by March 30th to FoodCorp to become a service member next year](#). A tweetchat for potential service members was previously held. It addressed any question from information about existing curriculum to how to find housing. If you're on Twitter and you'd like to see all of the great questions and answers, look for the hashtag [#foodcorpsrecruit](#). You can also find answers on [FoodCorp's website](#).

Are you involved in your local food system? Maybe a "food hub" would fit into your community. A "food hub" is a business or organization that actively manages the aggregation, distribution, and marketing of foods primarily from local and regional producers. [Click here to learn more about this term](#). This grant is looking to strengthen small-scale agriculture and local food systems through the development of food hubs. [Check out the grant details here](#). Request for applications are due on March 30th.

Nutrition students can get involved with the Academy of Nutrition and

Dietetics (ACND). [See all the opportunities available!](#) You'll need to be part of the ACND membership to see this page.

The Student Advisory Committee is providing a 2014 National Nutrition Month Student Award Program, to honor student dietetics associations and clubs that hold an event during National Nutrition Month. After your event, apply for the award by April 15. Find out more by looking under of the "student community" section of www.EatRight.org, or email students@eatright.org.

Would you like a grant to plan, implement, or sustain a farm or garden at your school? Then, look what's available for the Farm to School Grants. Applications are due on April 30, 2014. Find out more information [here](#).

The Academy of Nutrition and Dietetics' Diversity Action Grant is given to an affiliate, dietetic practice group, member interest group, accredited dietetic education program or other Academy unit that improves the recruitment and retention of racial and ethnic minorities in dietetics. A \$1,000 honorarium will support the recipient's program and activities. The deadline to submit an application is April 2, 2014. Find out more information [here](#).

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