



Week of March 11, 2013

IMPORTANT PA NEN LINKS

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

[NEWS NIBBLES](#)

[NEWSLETTERS](#)

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PA NEN News

Discounted Registration Rates End March 30th!

Save money by registering for PA NEN's Annual Conference before March 30th! Registration rates increase on April 1st. Check out this conference's hot topics at [this site!](#)

Take Part and Vote for the PA NEN Board of Directors!

Vote Now! The PA NEN Board of Directors has several vacancies to fill for the 2013-2016 term. Please click this [link](#) to vote for who you would like to see serve on the board (or go to: <http://www.surveymonkey.com/s/JLR798D>). All PA NEN members are encouraged to vote. If you have any questions, email jbartol@phmc.org.

SNAC VEGETABLE of the Month: Spinach

Greens mark the turn of spring! Spinach's hardy leaves inch their way to the soil surface in the chillier months. Farmers take advantage of this cold-resistant crop by growing it in green houses without heating. Keep a pack of frozen or fresh spinach in the fridge to remind you of the growing season around the corner! Check out what you can do with this lovely vegetable in this [SNAC Newsletter!](#)

International and National News:

[See public health professionals' opinion on the soda ban in NYC](#), and [here](#) is another one, and [another!](#)

[Treating food allergies fast is key!](#)

People deny that their child is overweight. Listen to the full story, [here](#).

[What does a 200 calorie snack look like?](#)

[30% of people have gone gluten-free.](#)

[Calorie labeling on restaurant menus seems challenging to implement.](#)

[Here's a list](#) of the top 10 ranked dietitians.

[Americans set boundaries for government's role in their health.](#)

[Can you recover from lactose intolerance?](#)

[Up-in-coming snack trends](#)

[Emotional eating prevails.](#)

[We're eating less but not dropping weight.](#)

[Read on](#) about the potential for Supplemental Nutrition Assistance Program (SNAP) cuts.

[Food memories might bolster weight loss.](#)

[Las Angeles schools try the Meatless Monday movement!](#)

[A large food chain develops a business model to help the hungry eat better!](#)

[There is no such thing as the miracle, weight loss food!](#)

[Parents take action against aspartame in milk and food dyes by signing food petitions online.](#)

[DC Central Kitchen](#) strategizes to become a more efficient foodservice system. [Check out their ideas!](#)

[Small farmers speak to White House representatives about sustainable agriculture initiatives.](#)

The USDA updated their [Food Access Research Atlas](#). What might this resource be, and what changes were made in the last year? [Check out this summary.](#)

[More hospitals get a nutritious makeover!](#)

[Physical activity monitoring. Will this be the key to reversing childhood obesity?](#)

Local:

Philadelphia: [Where can you see "Place at the Table," the movie? In Philly!](#) Find out more about the movie's plot at [this site](#).

Resources:

[Canadian scientists develop an online salt calculator to measure salt consumption.](#)

The Food and Nutrition Service ([FNS](#)) updated the "Eat Smart, Live Strong: Nutrition Education for Older Adults" resources to meet the 2010 Dietary Guidelines and MyPlate. Access the new material [here](#).

During a 2012 workshop, the [Institute of Medicine](#) looked at food and beverage marketing to children and youth. They reported the implications of this advertising on childhood obesity rates. Read the [workshop summary](#) for more information.

Start to understand what food experts say about the potential for healthier snack requirements in school by watching [this recorded meeting](#).

["The Role of Food Hubs in Local Food Marketing" report](#) finds that the success of food hubs is rapidly expanding. A food hub is "a business or organization that actively manages the aggregation, distribution, and marketing of source-identified food products primarily from local and regional producers to strengthen their ability to satisfy wholesale, retail, and institutional demand". More information about food hubs can be found at the US. Department of Agriculture's ([USDA](#)) [site](#).

The Center on Budget and Policy Priorities has issued a [paper](#) outlining the potential WIC cuts. The Coalition on Human Needs has a [web page](#) containing a number of materials outlining how the cuts may affect your state.

[Abrace a todos! Comparta el video de los verdaderos osos para que todo el mundo sepa LA VERDAD acerca de la soda.](#)

1 in 6 Americans cannot afford food. This statistic is derived from the Food Research and Action Center's ([FRAC](#)), ["Food Hardship in America 2012" report](#).

[This USDA report](#) examines the use of health and nutrition related claims from 1989-2010. Food products making these claims fell during 1989 and 2001, conversely from 2001 to 2010, claims per product increased.

Webinars:

NEW-A webinar, "Sickly sweet: The science and policy of fructose overconsumption in America," is scheduled for March 18, 2013 at 12:00 PM (EST). See if you can attend at [this site](#).

NEW-Find out what the Federal budget cuts mean for health prevention funding at this webinar on March 20th at 1:00 PM (EST). Click [here](#) for registration information.

A webinar, "Are you Legal? Copyright and Intellectual Property Issues in Low-Income Nutrition Education," was held February 19, 2013. The [one-hour](#)

[recording](#) is now available for you. And, [this is a resource](#) mentioned throughout the presentation.

On March 20th at 2:00 PM (EST), you can join a webinar, "Contributors and Effects of Food Insecurity: Nutrition and Beyond." Afterward, you will better understand the contributing factors associated with food insecurity and its impact. [Register now!](#)

The [Summer Foodservice Program](#) is holding webinars about expanding summer feeding programs. These webinars will be at various times and dates. [Please fill out the survey for more information.](#)

Events:

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.

Both the Nutrition and Prime Time Health Conferences will be held from May 1-3, 2013 in State College, PA. Please phone the [Long Term Living Training Institute](#) at (717) 541-4214 for additional information, and registration materials will soon be available [here](#).

How do you cope with natural disasters and food distribution? When will sodium be reduced in our foods? What role does immigration reform play within our food system? Answer these questions and then come at the National Food Policy Conference to be held on April 15-16 in Washington D.C. Review the [agenda](#), and [register here](#).

The [Pennsylvania Dietetics Association](#) wants members to lick their chops to get ready for their annual conference, "Setting the Table for Life Long Learning." Free the dates of April 21st- 23rd for a trip to Monroeville, PA. You can check out their save the date information, [here!](#)

Grants and Opportunities:

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](#).

Discover another grant from Kid's Eat Right that might fit your organization's mission; just look to this [site!](#)

[Food Corp](#) relies on service members to plant gardens and teach healthy lifestyles to people in areas with limited resources and high obesity rates. You can become a Food Corp service member too! Applications are due on March 24th. Look [here](#) for details.

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