

PA NEN - Weekly Food & Nutrition News Nibbles



Week of March 12, 2012

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)



PA NEN News

Sessions are Filling up...Be sure to Register Before March 30th

Save money and be sure to get into the sessions you want by registering for PA NEN's Annual Conference before March 30th! Late registration rates begin on April 1st. [Register today!](#)

PA NEN is 'Blogging' With Mark Winne!

PA NEN has added a new feature to its website - a blog! What is a blog? It is an online journal that can be used to post articles, breaking news or a collection links for you to comment on, provide feedback or simply read. Our first blog post has been submitted by Mark Winne, this year's Breakfast Keynote Speaker. Click [here](#) to check out his post, "Food Elitism for All," and add a comment.

Breakfast Keynote with Zonya Foco...Get Excited about Nutrition!

You do not want to miss this year's Breakfast Keynote on Wednesday, April 25th! "[Conviction over Convenience: Staying Healthy in a Culture that's ANYTHING But!](#)" will be presented by [Zonya Foco, RD, CHFI, CSP, America's Nutrition Leader](#).

Nutrition Education Database

Did you know that PA NEN has a [state-wide database](#) listing nutrition education programs that serve the low-income audience? [Click](#) to see what is happening throughout Pennsylvania. Also, add your nutrition programming to the map!

SNAC Vegetable Pamphlets

Think spring! It's just around the corner. Begin the season off right by reviewing our SNAC vegetable newsletters which include ways to store and select fresh vegetables. On [this site](#), you'll find these downloadable documents. Take a glance at the information on hearty crops that can withstand the early spring weather:

lettuces, onions and radishes, to name a few. And, don't forget all the canned and frozen vegetable varieties that are available year-round.

These documents are large, and downloading them may slow down your computer processing. Be aware of your computer's capacity before you choose from fabulous vegetable information.

International and National News:

Meat, also known as "[pink slime](#)," is made up of ammonia treated beef trimmings and is bought for school lunches.

[After 10 year goal to promote more healthy options, PepsiCo changes their direction and decides to encourage their core products—sugary drinks and salty snacks.](#)

[Recess and gym have been eliminated from many school programs to make more time for academics, but physical activity can improve children's thinking and reasoning.](#)

Last week, a [budget reform hearing on Food Stamp Fraud](#) was held. The Food Stamp Program's (also known as [SNAP](#)) error rate is at an historic low of 3.81%. Look to the [Center on Budget and Policy Priorities](#) who just published [a short briefing](#) that outlines SNAP's efficiency and effectiveness.

A [report](#) showed that the national obesity rate dropped from 26.6 percent in 2010 to 26.1 percent in 2011. The report identifies the most and least obese states in the U.S. based on participants' body mass index (BMI).

In honor of National Nutrition Month this March, the National Council on Aging ([NCOA](#)) is [encouraging all Americans to use its free, online BenefitsCheckUp®](#) service to help the older adults find help to pay for nutritious food.

[Are murderers more deserving of SNAP benefits than drug felons? In Missouri the answer is, "Yes."](#)

[USDA selected six states to pilot a program in which low-income children will automatically be certified to receive free or reduced-price school meals based on Medicaid information.](#)

[SNAP/Food Stamps kept 3.9 million people from falling into poverty in 2010, and nearly half of the 46 million Americans on the program were](#)

[children.](#)

[Replacing refined wheat with whole grain wheat led to a .9% reduction in body fat among post-menopausal women, according to a new study.](#)

[As we start to age, we lose muscle, but we can stop some of that loss by eating enough protein and staying physically active on a regular basis.](#)

Local:

Pennsylvania: [Baby formula recall](#): Gerber Products Company is proactively retrieving and offering a replacement to consumers who purchased Gerber® Good Start® Gentle powdered infant formula in a 23.2 ounce plastic package from batch GXP1684 expiration date of March 5, 2013.

Philadelphia: The Senate Agriculture Committee continued its Farm Bill hearings last week with a March 7 hearing focusing on [healthy food initiatives, local production and nutrition](#). Speakers included USDA's Secretary Vilsack, the [Food Trust](#) in Philadelphia and the [Cleveland Food Bank](#). [Click here](#) to read the testimony or watch the hearing. The actual hearing recording begins at the 23:25 minute mark.

Philadelphia: [Here are some tips](#) on making your breakfast choices a little healthier than that doughnut or pastry.

Resources:

The [National Center for Health Statistics](#) released data about a reduction in consumption of added sugars from processed and prepared foods from 1999-2000 and 2007-2008. However, overall sugar consumption rates are still considered high in Americans' diets. [Click here](#) to read the full report.

The [research](#) shows that soft drinks are the biggest single source of added sugars in children's diets. Look [here](#) for health recommendations for kids who like to drink soda.

[L.A. County developed a sugar calculator](#) to determine the amount of sugar in your diet.

[Here](#) is an easy-reading resource to describe a cheaper, simpler way to test for pre-diabetes and diabetes.

[Harvard Nutrition Source](#) provides basic nutrition information on many

different food and health topics.

For those involved in school, university or other food service operations, there are new [Competitive Food Guidelines](#), and [here](#) is a listing of products that meet these guidelines.

[USDA](#) developed numerous resources to help school food service provide healthier foods. [One resource shows the average school lunch menu before applying the new nutrition standards versus another menu that follows them](#). They have also added a [timeline](#) that demonstrates the gradual implementation of nutrition standards in the [National School Lunch](#) and [Breakfast program](#).

The [Kaiser Family Foundation](#) has published [this chart showing](#) food taxes by state, including tax rates for soda and chips.

The Food Research and Action Center's (FRAC) report, "A Review of Strategies to Bolster SNAP's Role in Improving Nutrition as well as Food Security" has been updated to reflect recent research. It focuses on SNAP's role in nutrition and health outcomes, such as food security and other promising strategies to further promote healthy eating. [Click here](#) for an updated copy.

The [USDA Food and Nutrition Services](#) published a report that examines the dietary patterns of low income individuals. Their findings suggest that nutrition education should focus on reducing intake of high-calorie foods with few nutrients while efforts should be adjusted to specific population subgroups. [Click here](#) to read the report summary.

[You can look at the "54321 Go" curriculum for schools.](#)

Webinars:

New-Look to [Conagra food webinar recordings](#) on recent nutrition and health findings. Continuing education credits are provided for registered dietitians.

New- Here is a [listing of webinars](#) on physical activity, school foods, competitive food guidelines and much more! It is presented by the [Alliance for A Healthier Generation](#) through their [Healthy Schools Program](#).

Access to fresh, local produce and other cheaper, healthy food does not promise that purchasing and eating behaviors will change. Review this [free, online webinar](#) to view strategies to making healthy foods appealing and available to the low-income populations.

Here is a webinar series focused on the eating "addiction." It is free and recorded, so [listen](#) to it at any time.

A webinar titled, "Cardiovascular Risk: Diabetes and the New Cardiovascular Guidelines" will be held on April 4 from 1:00 PM-2:30 PM (EST). 1.5 hours of continuing education will be provided. Look to [this site](#) for pricing and more details.

Events:

The 79th Annual [Pennsylvania Dietetic Association](#) Annual Meeting and Exhibition, "Putting the Pieces Together," will be held April 15-17, 2012 at the Holiday Inn, Grantville, PA. Go to [this site](#) for more information.

Are you a Registered Dietitian or Dietetic Technician interested in policy? Then the [Academy of Nutrition and Dietetics](#) is holding the Public Policy Workshop in Arlington, VA on April 15-17th, 2012. Topics to cover include the Farm Bill, the Healthy Hunger Free Kids Act, the Older Americans Act and reimbursement. On the last day, congressmen from Capitol Hill will visit. For more information and the early-bird special conference price, look [here](#).

On Monday, May 7, 2012 at the Leows Philadelphia Hotel a culinary event called, "Taste of the Nation Philadelphia" will be held to fight childhood hunger. Organizations involved include the [Greater Philadelphia Coalition Against Hunger](#), [Philabundance](#) and the [Food Trust](#). Click [here](#) for more information and registration.

Grants and Opportunities:

[Announcement](#) to undergraduate and graduate students from accredited academic institutions which utilize National Association to Advance Fat Acceptance's (NAAFA) [Health at Every Size tenets](#) in their studies and research: you are eligible to apply for the NAAFA HAES Scholarship. Interested students can find an application at [this site](#).

The State Team Nutrition Training Grant's purpose is for state agencies to expand and enhance their training programs that incorporate and implement the 2010 Dietary Guidelines for Americans and USDA foods in meals served under the [National School Lunch Program](#) or the [Child and Adult Care Food Program](#). To learn more about the state application process and focus areas, click [the link](#).

The [National Collaborative on Childhood Obesity Research](#) maintains an extensive list of available grants for 2012-2013. The funding will be provided for research focused on childhood obesity. Click this [link](#) to view the listing.

Have you heard of [FoodCorps](#)? It is a new national service program designed to reverse childhood obesity while cultivating a new generation

of farmers and public health leaders. FoodCorps Service Members spend a year of paid public service building and tending school gardens, developing Farm to School programs and conducting hands-on nutrition education in communities of need. Are you interested in becoming a service member? Applications for 2012-2013 and more information can be found [here](#).

Grants for research and nutrition education opportunities are available from the [Academy of Nutrition and Dietetics Foundation](#). Awards range from \$1,000-15,000. One specific grant called, "The Foundation's Research Endowment Grant" is also available and will focus on childhood nutrition. This is a one-year grant with up to \$35,000 for [Academy of Nutrition and Dietetics](#) members. Application deadline is July 1. For more information on this grant contact Beth Labrador at blabrador@eatright.org, or call 1-800-877-1600 ext. 4821.

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