

PA NEN - Weekly Food & Nutrition News Nibbles



Week of March 17, 2014

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PA NEN News

PA NEN Discounted Registration Rates End March 31st

Save money, and be sure to get into the sessions you want by registering for PA NEN's Annual Conference before March 31st! Late registration rates begin on April 1st. Also, many sessions are near capacity or full! Review the list of available sessions at our [conference website](#).

Want to register now, and pay later? You can register today, and select the 'Bill Me' option when you register online. If you are registering using the printed our PDF form, simply write 'Bill Me' in the credit card information area.

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, simply 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:

Kids teach kids healthy ways, and they listen. See the research [here](#).

[One dietitian leads us to where nutrition heading next?](#)

[Take a look at the beauty of Latin America's farmers markets.](#)

[A hospital chef believes that food heals.](#)

[Big food companies promises healthier actions.](#)

One urban farmer feeds the food insecure. She wants to teach more people to do the same! [Watch her story \(with the video on the left top of the page\), and read on.](#)

How can we begin to understand the complexities of the obesity epidemic? [Start here.](#)

[The Center of Disease Control and Prevention researches the link of obesity and autism.](#)

[The First Lady calls people to cook at home.](#)

[Healthy eating, a stress free lifestyle, exercise, and more keeps these centenarians alive!](#)

[Waste fewer fruits and veggies with these tricks!](#)

More people buy fresh foods. Just, [peek at the trends in the grocery store.](#)

[A huge foodservice company chooses healthier options for the upcoming year.](#)

[One woman, formerly on WIC benefits, now teaches others to eat on a budget.](#)

[Stave off those headaches with these foods.](#)

It's challenging to plant a garden in the early, sporadic spring weather, but [here are some tips.](#)

[Treat hunger as a health condition!](#)

[Research shows that "fat shaming" ads are a harmful way to try to reduce](#)

[obesity.](#)

[A meta-analysis shows that saturated fat might not be related to a higher risk of heart disease. The researchers emphasize that nutrition educators should focus on encouraging their clients to eat whole foods, rather than focusing on each macro- and micronutrients.](#)

[How adorable! Kids dig into 15 healthy green foods for St. Patrick's Day.](#)

[End tax breaks to those who provide unhealthy foods.](#)

[The love hormone, oxytocin, might stop anorexics from fixating on food and weight.](#)

[Researchers found that working-age adults ate more food prepared at home, cut caloric intake, and improved their diet quality.](#)

[What protection is available for people who live near industrial meat processes?](#)

[Doctors stress women slimming down before trying to get pregnant.](#)

[Healthy kid tips for any parent](#)

[A food bank uses a food hub to fight hunger!](#)

[More protein might help the elderly reduce mental decline. Read through the entire article to understand the setbacks of this research.](#)

[Why do fruits and veggies give you so much gas?! Here](#) are some ways to reduce that bloating.

[New technologies allow urine to be used to fertilize crops.](#)

[A registered dietitian nutritionist shows up on a list of successful 40 under 40 years old.](#)

A woman decided to lose weight when her husband left for Afghanistan. [Take a look at what happens after he returns!](#)

[This interesting read, shows 5 things holding us back from really treating obesity.](#)

[A FREE public bus will take people from food deserts to grocery stores.](#)

[The Farm Bill puts healthier foods into Arizona convenience stores.](#)

[For many, supplemental nutrition assistance is more than a way to get food.](#)

Local

Lancaster: [Lancaster Council of Churches helps revamp their local food system.](#)

Pennsylvania: [Children participated in research about the link of childhood obesity and Attention Deficit Hyperactivity Disorder.](#)

Philadelphia: [Two sisters sell their creations to fight hunger.](#)

Philipsburg-Osceola: [A school district provides free breakfast for all their students.](#)

Pittsburgh: [Grow Pittsburgh shares more garden tips!](#)

State College: [A blog about keeping our brain healthy with exercise includes Penn State research.](#)

State College: [Penn State Food Safety uses some of Alton Brown's suggestions.](#)

Resources:

It's not only for St. Patty's day! Try Cabbage Apple Slaw, one of [NYC Food Bank's recipes](#). Also, for next year, stash away all these [food activities](#).

MyPlate's shares its ["Eat Smart and Be Active" 10 tips sheet](#).

Youths begin to speak out about food related issues by making [creative music videos](#).

The Centers for Disease Control and Prevention, National Institutes of Health, Robert Wood Johnson Foundation, and U.S. Department of Agriculture created the National Collaborative on Childhood Obesity Research ([NCCOR](#)) to improve the efficiency, effectiveness, and application of childhood obesity research. [Read their annual report](#).

Use social media during National Nutrition Month. When you post, comment, tweet or share anything nutrition or from the Academy of Nutrition and Dietetics, be sure to use the official hashtag #NNM. Try following Academy's National Nutrition Month social media to participate in contests and conversations, share recipes and videos, and much more. Here are more resources:

- [National Nutrition Month, Eat Right](#) and [EatrightPRO on Facebook](#)
- [@eatright](#), [@eatrightPRO](#), and [@foodnutrimag](#) on Twitter
- [Eatright on Google+](#)

[Healthy Food Bank Hub has some great resources for affordable, healthy nutrition education!](#)

The Center of Disease Control and Prevention keeps a resource page about

[salt reduction](#), [cholesterol](#), [heart disease](#), [diabetes](#), and [stroke](#). Check out the endless resources, webinars, fact sheets, data and trends, podcasts, pop-quizzes and more on these subjects.

It's almost gardening season, and the Green Bronx is ready to turn the New York's city kids into growers! [Watch his inspiring story from the 2012 Ted Talks Manhattan](#).

Take a glance at the report, "[The Agricultural Act of 2014: Highlights and Implications in the Nutrition Title](#)."

The nutrition program budget slid by with just a few increases or cuts. [Click here](#) to read a Feeding America's summary. The USDA's summary can be [read here](#). Details on the nutrition section may be found beginning on page 48 of [USDA's budget](#).

The guide, "[Hiring, Leveraging, and Empowering Retail Dietitians](#)," is designed to help Food Marketing Institute members train and empower retail dietitians. It shows dietitians how to align themselves with corporate structure based on retail size and markets. When you go to this website, select your reading language. Then, you have to answer questions on the left-hand-side to get through the guide.

The Government Accountability Office (GAO) printed report which found that schools have experienced challenges in implementing updated school meal standards. But, the outlook is still positive as healthier meals have been served and kids are adjusting to them. Click [here](#) for a summary and [here](#) to read the entire report.

Ellyn Sauters prints "Family Meals Focus Newsletters." [See an archive of them](#).

Webinars:

NEW-On March 25, from 5:00-6:30 PM (ET), there will be a Google+ Hangout through The Bread for the World about reforming U.S. food aid—what it is, why it matters, and how it can be even better. [Register here](#).

NEW-There is a new Summer Meals toolkit that is explained in this [webinar recording](#). A webinar series on summer school meals will continue throughout the next couple months. Sign up for future events [here](#).

NEW-The Self-Sufficiency Research Clearinghouse (SSRC) is holding a webinar on March 25, from 1:30- 3:00 PM (ET) to discuss the evolving role of federal nutrition programs at local farmers markets. Speakers will describe their involvement in evaluating the impact of farmers markets on the lives of low-income individuals. [Register here](#).

NEW-This year's County Health Rankings will be introduced during this webinar from the Robert Wood Johnson Foundation. [Register for the](#)

[webinar](#) on Wednesday, March 26, 2014 from 12:30-1:30 PM (ET).

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](#).

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](#).

"[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](#).

Events:

NEW-The Greater Pittsburgh Community Food Bank holds "Produce to People," to get food where locals need it most. See where and when the drop off sites are, and [check out other food distributions](#) throughout the Pittsburgh area.

NEW-Follow [@USDANutrition](#) on Twitter. They held a [#SummerMeals](#) Twitter Chat, "Be a Summer Meals Champion This Spring – Feeding Hungry Children This Summer Starts Now." It happened earlier today starting at 3:00 PM (ET). Learn more by following the hashtag, [#SummerMeals](#). These professionals answered questions: [@RepMarciaFudge](#) (Representative Marcia Fudge), [@YMCA](#) (YMCA of the USA), [@2harvest](#) (Second Harvest Heartland), [@fractweets](#) (the Food Research and Action Center), and [@Family_League](#) (Family League of Baltimore).

NEW-On March 20th, the PA Association for Sustainable Agriculture's [registration for Bike Fresh Bike Local](#) is open. You can ride through Allegheny, Centre, or Chester counties. Each one features beautiful bike route, a local foods lunch, and fun rest stops supporting local farmers.

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

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

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

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.

"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.

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.

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](#).

Grants and Opportunities:

NEW-The "Innovative Food/Culinary Efforts Award" application deadline has been extended to May 1. The \$1,000 award encourages dietetics professionals to make original, innovative food and a culinary career. You

must be a member of [the Academy to log-in to this page](#).

NEW-The Academy of Nutrition and Dietetics Foundation names research money available annually to Academy members at all levels of practice. These grants are available in variety of areas including renal disease, childhood obesity, nutrition and oral health, diabetes medical nutrition therapy, diet and neurological disorders and nutritional epidemiology. The application deadline for research grants is April 1. [You must be a member of the Academy to log-in and get to the application](#).

Parents and their 8- to 12-year-old can submit an original lunch recipe inspired by MyPlate. If the recipe is selected, you 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](#).

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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Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, an entity of The Pennsylvania State University's College of Health and Human Development, as part of USDA's Supplemental Nutrition Assistance Program (SNAP).