

PA NEN - Weekly Food & Nutrition News Nibbles



Week of March 18, 2013

PA NEN News

**IMPORTANT
PA NEN LINKS
SAVE THE DATE!
[PA NEN ANNUAL
CONFERENCE 2013](#)
APRIL 30TH-MAY 1ST
[NEWS NIBBLES
NEWSLETTERS](#)
[CONTACT PA NEN](#)
717.233.1791**



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:

[How much do people around the world spend on food?](#) It's true. [American like their foods cheap.](#)

[Water is America's new favorite drink!](#)

[We can stop playing the blame game and work together to solve the obesity crisis.](#)

[Snack on foods that are convenient, accessible, and most of all healthy.](#)

[Research shows the affect of cocoa oil on diabetes control.](#)

[A Gallup poll shows that Americans want healthier food choices in schools.](#)

[Some people think that there should be an external incentive to be healthy.](#)

[The elderly can mix aerobics and resistance training to get the best workout. They can also exercise at home.](#)

[A leader in school nutrition was honored for Registered Dietitian Day.](#)

People celebrate Registered Dietitian Day by dancing at the grocery store!
[Check out this go-healthy flash mob!](#)

What is the best route: preventing or treating obesity? See what the professionals think at [this site](#).

[7 signs of unprofessional nutrition advice](#)

[American elderly remain hungry.](#)

[After being overruled, the mayor of NYC still pushes for the soda tax.](#)

[Increased consumption of soda and obesity are linked in 10 areas in NYC.](#)

Fitness can be a party! [Will you join this trend by inviting your friends to the gym for birthday, holiday and other celebrations?](#)

[An orange juice company is accused of false advertising.](#)

[Obesity might increase pregnant moms' chances of having a C-section.](#)

The Food and Drug Administration (FDA) [finds it a challenge to push for calorie labels in grocery stores, restaurant menus and other food venues.](#)

[Latinos are most concerned about obesity rates for their family and community at large.](#)

The US Department of Agriculture (USDA) [calls for a healthier next generation.](#)

[Companies and consumers share the responsibility of a healthier generation.](#)

[Green calorie labels increase the perceived healthfulness of a product.](#)

Fresh fish! School lunches receive fish from local sourcing! Check this pilot program called, "[Boat to School!](#)"

Local:

Philadelphia: [West Philadelphia runs a children's garden which needs public support to keep growing.](#)

Resources:

"Eco-Healthy Childcare" is a nationally-recognized, science-based, pediatric environmental health program, focused on the child care programs. The intention of this curriculum is to introduce child care providers to the most common environmental hazards and toxins that could affect their staff and children's health. More detailed information on the curriculum can be found at this [site](#). Some focus areas of interest to nutrition and health professionals might include: Built Environment, Improving Nutrition and Physical Activity, and Making Celebrations Healthier.

[2013 County Health Rankings & Roadmaps](#) spotlights the health of the nation. This material will help people identify a tangible starting point to get their communities healthier.

A [study](#) by the [Yale Rudd Center for Food Policy & Obesity](#) nudges the food industry to stop unhealthy advertising to children. It identifies the influence these ads on teens' choices. See more in this research paper.

A [primer about the Supplemental Nutrition Assistance Program](#) describes the details of what this program has to offer.

[Look to this six-week cooking program of plant-based recipes improves food security, body weight, and food purchases for food pantry clients!](#)

[Partnership for Healthier America publishes an update on private sector's \(i.e. the food industry\) progress in the realm of childhood obesity.](#)

A [Food Day](#) blog about food justice. Look at it [here!](#)

[A poll that ranks top food companies in regards to their fight against obesity.](#) Healthy Eating Research convened an advisory panel to develop a comprehensive set of age-based recommendations to define healthier beverages. Download the report from [this page](#).

[This website](#) outlines how you can help take a stand against unhealthy food marketing to kids.

[The Robert Wood Johnson Foundation reports about the status of school wellness policies across the U.S.](#)

Webinars:

NEW-Early Learning and School-Age Practitioner in Pennsylvania, there are self-learning modules available on [ECELS website](#). Here are just a few of the topics they explore:

- [Self, Active Play](#)
- [Environmental Health](#)
- [Family Child Care Health and Safety](#)
- [Food Allergy](#)
- [Model Child Care Health Policies](#)

- [Oral Health and Nutrition](#)

For more on breastfeeding and child feeding, see the list of self-learning modules, [here](#).

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](#).

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:

NEW-The 2013 Nutrition Conference is scheduled for May 1 – 2, 2013 at the Penn Stater Conference Center Hotel. Attention to elderly nutrition and care will be brought center stage. The Registration deadline is April 19, 2013. See more information at [this site](#).

NEW-Are you interested in the *Lets Move!* Initiative or learning about employee health and stress management? Then the ECELS Workshop for Health and other Technical Assistance Professionals might work into your schedule. It will be held on Thursday, April 18, 2013 from 9:00 AM – 4:00 PM at the Berks County Intermediate Unit: Education Centre (Room EC 177). CME/CEUs are pending from the University of Pittsburgh. Credit will also be awarded through the PA Keys Professional Development System. Contact [Nancy Alleman](#), the ECELS Lead Training/Technical Assistance Coordinator or call toll free at 800-395-3948 or locally in Pennsylvania at 717-303-0406

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 some 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:

NEW-Might you be interested in our health status of the elderly? Then you could check out the [Health and Aging Policy Fellowship](#) available to health professionals within this realm. Learn about this opportunity at this site. Applications are due on April 15th.

NEW-Do you think food insecurity in America is an important issue for the Academy of Nutrition and Dietetics? [Tell them your thoughts](#).

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](#)!

© Copyright 2009 PA NEN | www.panen.org | 717.233.1791

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).