

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of March 24, 2014

## PA NEN News

### IMPORTANT PA NEN LINKS

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### **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:

[Too many kids missed the free breakfast before school, so it's offered food during recess!](#)

[Team sports bring many health benefits.](#)

[Manage your cravings with this dietitian's ideas.](#)

[Google showcases a new diet tool that compares calories and nutrients in foods found during your online searches.](#)

[This great article touts that nutrition makes for a happy, healthy life!](#)

[Here](#) is a research review on what “diet” is best.

During 6-24 months of age, it’s crucial to eat healthy. [Here](#) is why and how you can do this for your baby.

[Research was just published saying that saturated fat does not increase cardiovascular risk. Many scientists point out errors in this claim and disagree.](#)

[Integrate more physical education in the classroom.](#)

[Food allergies stop teens from branching out with their food choices.](#)

[One dietitian walks us through eating a rainbow of color.](#)

[Take some tips so you can incorporate “unhealthy” foods into your diet](#)

[10 ways to use the spring crop, asparagus](#)

[Check out the picture and calorie comparison of healthy and unhealthy foods.](#)

Don’t miss the redemptive, African farming practices highlighted [on page 7 of this newsletter](#).

[One study is looking into how fats affect hunger.](#)

[Center for a Livable Future at John Hopkins dishes out some expert advice about the future of our food system.](#)

[We develop healthy exercise habits early in life.](#)

[Some seniors find themselves skipping medications to buy food.](#)

Eat well with diabetes. [Use these tips](#).

[Two companies compete against each other during a food drive and bring in record-breaking amounts of food.](#) These kinds of numbers are exactly what food pantries need as the amount of participants continues to climb.

For those genetically predisposed to obesity, fatty-fried foods will cause you to gain more weight than other people, says [one study](#). “It’s a ‘groundbreaking concept’ that could lead to more individualized prescriptions for weight control,” concludes the researcher.

[The Academy of Nutrition and Dietetics names their Every Day Hunger Heroes!](#)

[We need to be aware of water use in our food system.](#)

[Who follows the 5 second rule? Here is some research behind it.](#)

[Nutrition assistance at farmers markets expands.](#)

[Many Latina women don't know they're at risk for diabetes.](#)

[Kids need nutrition assistance!](#)

[Rising food prices bite into budgets.](#)

[Experts disagree with the Center of Disease Control and Prevention's report about the 40% drop in preschool obesity rates.](#)

[Does rewarding kids to eat healthy backfire?](#)

[Colorado goes to early childhood centers to push an anti-obesity campaign.](#)

[What chemical helps make dark chocolate healthy? Flavanols are just the beginning.](#)

[Boost menopause memory with these foods.](#)

[Teach people to cook with more spices, so they will use less salt.](#)

## Local

**Mount Pleasant:** [This school district adopts healthier eating.](#)

**Pennsylvania:** Our schools needs more kitchen equipment. Find out more by clicking on "Pennsylvania" from the [Kids' Safe and Healthful School Projects' report.](#)

**Pennsylvania:** [Corbett agrees to skip food stamp cuts throughout Pennsylvania.](#)

**Philadelphia:** [The challenge of hunger burdens many in this city.](#)

**Pittsburgh:** [Nutrition counseling is good for depression.](#)

**Pottstown:** [Free and reduced lunch is going strong in Pottstown!](#)

**State College:** [How can we go about slashing salt?](#)

## Resources:

[Learn simple ways to cook vegetables A-Z from Berkley University's infographic.](#)

Test your risk for diabetes on the [American Diabetes Association's diabetes calculator](#).

Food marketing affects children. The Rudd Center just released [a report](#) stating that kids, as old as 12 to 14, are still vulnerable to food marketing. See their findings and possible solutions.

A [new research project](#), "The Spotlight on Senior Health: Adverse Health Outcomes of Food Insecure Older Americans," notes the health and nutrition implications of food insecurity among seniors aged 60 and older.

Food and Nutrition Services printed this "[Two Bite Club](#)" [worksheet in English and Spanish](#).

[Here](#) is MyPlate's 10 steps for Women's Health.

[It's party time with fruit and vegetable dishes!](#)

A quick [movie](#) justifies federal nutrition assistance programming by separating fact from fiction.

[The Partnership for a Healthier America keeps a recipe resource](#).

[Are you a dietitian or nutrition educator ready to teach the food systems approach?](#) Check out this new toolkit, "[Teaching Food Systems and Sustainability in Nutrition Education and Dietetic Training: Lessons for Educators](#)."

Just in: Feeding America's report, "[Spotlight on Senior Health: Adverse Health Outcomes of Food Insecure Older Americans](#)."

Kids Eat Right published a toolkit, "Healthy Schools. It's a Team Effort." It is available from experts of the School Nutrition Services dietetic practice group to educate school and community stakeholders about the importance of nutrition and physical activity for academic success. Access all the cool materials, [here](#). In order to get to this resource, you must be an Academy of Nutrition and Dietetics member and part of Kids Eat Right.

New videos are available to promote nutrition! First, check out "[Eat Right TV](#)" for a listing of nutrition YouTube videos. Then, try these National Nutrition Month videos: "[Enjoy the Taste of Eating Right](#)" and "[Enjoy New Foods and Flavors](#)."

### **Webinars:**

*NEW*-The Institute of Medicine's Global Forum on Innovation in Health

Professional Education will be webcasting its next workshop, "Scaling up Best Practices in Community-based Health Professional Education" on May 1-2, 2014. This workshop aims to discuss novel community-based health education. Click [here](#) for more information.

*NEW*-"Community Eligibility: What Policymakers Need to Know About Changes Coming to School Meals" is a webinar being held on April 9, 2014 from 3:00-4:00 PM (ET). Learn how your entire community could make it easier for school kids to qualify for free and reduced lunches. [Save your spot today!](#)

*NEW*-From Ted-X Manhattan 2014, "[Hunting for food – race, class and access in NYC](#)," reveals that we all need to fight for a fair food system with healthy foods available to all!

*NEW*-This Google+ Hangout, "[Wake Up Call on the Air](#)," is a video that brings together health and obesity experts to comment on new food, weight, and nutrition in the news.

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](#).

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.](#)

### Events:

*NEW*-“Hunger and Resilience” is a photography display at the James E. Winner Jr. Arts & Culture Center in Sharon, PA. It will run from April 3- May 5th on Tuesdays and Thursdays from 10:00 AM-5:00 PM. In this showing, you will see photos and audio stories of people struggling with hunger. Find out more information and to make a reservation, click [here.](#)

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.

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](mailto: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*-Try out MyPlate Challenge on Fruits and Vegetables More Matters. Take a picture of your food to pin on their Pinterest Page. Find out more details [here](#).

*NEW*-The Pittsburgh Dietetic Association Leadership Development Award recognizes emerging leaders among graduates and to encourage their participation in Academy activities. The award will provide \$1,000 to attend

the Academy of Nutrition and Dietetics' 2014 Food & Nutrition Conference & Expo. Applicants must be a resident of Pennsylvania or student or graduate of a Pennsylvania program. The deadline to apply is April 1. For more information, contact [Amy Donatell](#).

*NEW*-Action for Healthy Kids posted their 2014 and 2015 school breakfast and physical activity grant listing that will help create healthier school environments. [Check them out, and get all the information.](#)

*NEW*-In 2015, \$500,000 is available to eligible entities to support conferences, trainings, and events that push farm to school program development. Letters of Intent for Conference and Event grants are due April 2, 2014. For more information, review the request for applications [here](#) and visit the Farm to School [website](#).

*NEW*-Funding under the Healthy, Hunger-Free Kids Act (HHFKA) of 2010 will help develop innovative strategies to prevent hunger and food insecurity. Specifically, this money is for demonstration projects with the initiative to strive to reduce childhood hunger. Letters of Intent to Apply are due May 1, 2014. The request for applications can be found [here](#). For more information, click [here](#).

*NEW*-Are you a nutrition and dietetics student? Why not write an article for the Academy of Nutrition and Dietetics' "Student Scoop"? Submit what you would like to write about and when you can provide it by. Email these things to [students@eatright.org](mailto:students@eatright.org). The submission deadline for articles is a month before publication date. Here are some of the requirements: Articles must be 300-400 words. References must be cited according to Academy style guidelines. Articles will be reviewed by editors. Submit a photo with your article.

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](#).

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.

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](http://www.EatRight.org), or email [students@eatright.org](mailto: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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