

PA NEN - Weekly Food & Nutrition News Nibbles



Week of March 25, 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 have been Extended to April 19th!

Save money by registering for PA NEN's Annual Conference before April 19th! Only a few spots remain for this conference, and sessions are filling up quickly. Register at [this site](#)! Registration closes on April 22nd.

PA NEN Board Meeting—April 30th, 2013

The PA NEN Quarterly Board Meeting is coming up on April 30th, and all PA NEN members are invited to attend. This meeting will be held at the Sheraton Harrisburg-Hershey Hotel in Harrisburg, PA from 10:00 AM to 2:30 PM. There will be a \$25.00 charge for lunch. Please email jbartol@phmc.org by April 5th to RSVP and confirm your spot at the meeting.

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:

[It's foods in moderation that work!](#)

[Preventative measures need to be taken for those at risk for diabetes.](#)

[Gluten free and on the run! Athletes can eat gluten free with success!](#)

[Check out growing tips for people in lots of different living spaces.](#)

We're just about to turn the corner toward spring cleaning. [Why not try to](#)

[clean up the fridge with these healthy ideas?](#)

[Food labels might equate calories to the amount of walking distance required to burn of them off.](#)

[South Carolina schools might ban junk food.](#)

[Food banks take on healthy cooking classes with their clients!](#)

[In the Philippines, people go to jail for selling kids unhealthy food.](#)

[Dietary supplements aren't sufficiently regulated. Shouldn't this change?](#)

[Shelf-stable and frozen food meets the budget and incorporates healthier meals in restaurants and schools.](#)

[A study shows that the Mediterranean diet can be attained at a low cost.](#)

[Fill yourself with good food, and you'll eat less at the next meal.](#)

"Food Swamps" are areas where healthy foods are sold, but the unhealthy options outnumber them. Look [here](#) to learn how communities resolve this problem.

[Someone proposed to make the Supplemental Nutrition Education Program into a block grant.](#)

"Stealth Health" practices (like sneaking 1% and skim milk instead of 2%) help cafeterias go healthy! [See this food service director's tips and tricks.](#)

Elderly diabetes patients display certain types of symptoms. [Healthcare professionals can benefit by recognizing and treating them.](#)

[Many moms start their babies on solid foods earlier than recommended.](#)

[The army utilized many different techniques to encourage nutrition for their troops. It's paying off!](#)

["Eat Healthy Albany," campaigns for kids to eat healthily. They hosted their first event!](#)

[The Supplemental Nutrition Assistance Program in Rhode Island boosts the local economy temporarily.](#)

[Watch as Chicago releases a long-term childhood obesity plan.](#)

[An animal study shows that babies fed high carbohydrate diets have a higher risk of becoming obese. More research is necessary.](#)

[Meals marketed for toddlers contain a lot of salt.](#)

[Changing the way people eat is a challenge in a "toxic food environment."](#)

[Farm-to-school gets kids picking and eating garden goodies!](#)

A Connecticut Cafeteria turns into a “learning lab” that teaches food, nutrition and exercise. Watch the story [here](#).

Home economics class gets kids cooking healthy dishes to fight obesity. [Watch it now!](#)

[How can we encourage the food industry to grasp ethical selling and advertising practices?](#)

[A true hunger advocate steps down from her role as USDA Deputy Secretary!](#) She will be missed! Check out [this fabulous article](#) summing up her accomplishments.

[School lunch changes to healthy plates.](#)

[Cheapen healthy foods, and people eat more of them!](#)

[Soda consumption links to health issues world-wide.](#)

[Food retailers vow to stop selling genetically engineered fish.](#)

Local:

Allentown: [A local foundation is highlighted as a national food leader for its gardening efforts and healthy food choices.](#)

Hershey: [The “Go Green Program” is a PA school initiative to educate schoolchildren about healthy living. It’s sponsored by the Center for Nutrition and Activities Promotion at Penn State’s Hershey Medical Center.](#)

Philadelphia: [Philly residents question whether calorie counts should be on their restaurant menus.](#)

Philadelphia: [Philadelphia goes gluten free with all these food venues and resources.](#)

Philadelphia: [Philly is voted the least healthy county in PA.](#)

Philadelphia: [Community Supported Agriculture grows popular in the city.](#)

South Eastern Pennsylvania: [Food barriers hinder healthy eating in this area.](#)

Resources:

The [Journal of Allergy and Clinical Immunology](#) presents new infant feeding recommendations to prevent allergies. They're listed [here](#).

This [economic report](#) spills the beans about childhood obesity and emphasizes the preventative measures to save money.

"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.

Webinars:

NEW-Early Learning and School-Age Practitioners 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](#).

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-On April 3, 10, 17, and 24th, the Cumberland County Cooperative Extension Office is holding sustainable garden classes and much more. Look to [this site](#) for details.

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. For more information, 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 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:

NEW-Kids Eat Right created the "Eat Right Hunger in Our Community" toolkit. Now there are twenty-eight, \$200 grants available to nutrition educators willing to give two presentations from this toolkit. Applications are due April 12, 2013. Check out [this site](#) for application details.

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.

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](#).

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