

PA NEN - Weekly Food & Nutrition News Nibbles



Week of March 3, 2014

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PA NEN News

Things to do in Lancaster While Attending the PA NEN Annual Conference

Are you looking for some relaxing and fun things to do while you are in Lancaster? Look no further, as we have found some great resources!

- On Monday, April 28th a Shuttle Bus Trip will take you to the [Tanger Outlets](#) ([Pre-registration](#) is required).
- Don't want to leave the hotel? Get your friends together and book an appointment at the [Spa](#) in the Marriott.
- Look for somewhere to unwind, and [grab a bite](#) to eat nearby!
- Are you staying after the conference is over? Be sure to check out the [Lancaster Visitors Guide](#) for more things to do!

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:

[Seniors exercise with their pets!](#)

[School gardens grow all over the US.](#)

[What is the definition of "pastured eggs"?](#)

[Partnership for a Healthier America and some of the best and brightest technological innovators are hosting a "hackathon" to solve the childhood](#)

[obesity epidemic!](#)

[Even millionaires needed Supplemental Nutrition Assistance at one point in their lives.](#)

[It's possible that evening workouts don't disturb sleep.](#)

Let's Move leads a focus group with one of our favorite comedians. [Watch this for a quick laugh!](#)

[Kids eat their fruits and veggies under the new lunch standards!](#)

[The first lady suggested a new nutrition facts label.](#) [Here](#) are the proposed changes, clearly and concisely. [Many nutrition professionals see positive potential in the suggested modifications!](#)

[New recommendations for diabetes](#) focus [lab values](#) and individualized diets.

People want to rid of junk food ads in school. [Here are the proposed federal rules.](#) Still, [online food marketing is still an issue.](#)

Looking at skinny models will change your brain. How fluid is your perception of beauty? How thin is too thin? [Watch this video for the research!](#)

[The jury is still out about the benefits of vitamins.](#)

[Check out a refresher of dietary recommendations for irritable bowel disease.](#)

[An elementary school snow-shoes for exercise.](#)

[There is a sharp increase in allergies for African Americans? The reason for the spike is unclear.](#)

[What is the definition of "USDA organic"?](#)

["Use By" or "Sell By" means what?](#)

Michelle Obama shares an inspiring word about getting kids active in after school programs. [See her on this video.](#)

[The dietetics practice continues to broaden.](#)

To reduce kidney disease, one study suggests that the DASH diet might be more helpful than the low oxalate diet. [More research is emerging on this topic.](#)

[Kids get active in afterschool programs!](#)

[Kids snack, often mindlessly, in front of the TV.](#)

Does Bisphenol A (BPA) in food harm us or not? [New research is out.](#)

Oak Hill school garden grows for their community. Watch [this video](#) of kids working together to make the difference!

[Here](#) are 10 ideas to prep for National Nutrition Month.

[A researcher from John Hopkins University speaks out on 4 major issues in food and agriculture.](#)

Local

Pennsylvania: [Huge moves were made in our state government. Hungry Pennsylvanian's won't have to choose between heating and eating! They'll do both!](#)

State College: [Penn State researchers and students keep a goal to create healthier food.](#)

Hershey: Penn State Hershey's Pro Wellness Center is holding a whole bunch of nutrition events around the corner. [Look at which ones you want to attend!](#)

Resources:

MyPlate has a ton of [National Nutrition Month Resources](#).

New to the scene are the proposed nutrition labeling rules. Here are some resources on the matter:

- The rules are summarized in [this NY Times article](#).
- Find another summary that highlights the proposed changes and a question and answer section at the [FDA webpage](#).
- You can also see the [pre-publication print of the rule](#).
- The federal register is [here](#). There is a 90 day comment period.
- The Center for Science in the Public Interest held a National Press Club event before the release of the FDA proposal entitled, "Nutrition Facts 2.0." [Watch it here](#).

This week was Dr. Seuss' birthday. To celebrate, [try this green eggs and ham recipe!](#) The cat in the hat also explains all the fruits and vegetables that remind him of a rainbow [here](#).

Check out the [Supplemental Food Assistance landscape report](#) for 2013.

[Start jumping with Jill in her new music video about healthy breakfast.](#)

Read this [Food Research Action Center \(FRAC\) report](#) that will help you to understand breakfast in the classroom.

[An increase of \\$8 for fruits and vegetables compared to the current \\$6 benefit for WIC families has been approved in this final ruling.](#) These [recommendations](#) were encouraged by the Food Research Action Coalition (FRAC) and the Institute of Medicine. The USDA also increased dairy options to include yogurt and increased whole grain options with whole grain pasta.

[Proposed guidelines for local school wellness policies](#) will improve the school nutrition environment for children.

“Community Eligibility” will increase the number of children eating school meals in low-income areas. Both [FRAC](#) and [USDA](#) keep resources on their websites to help get ready for this implementation.

[The Child Nutrition Reauthorization Act was briefly covered by FRAC.](#)

The Academy of Nutrition and Dietetics (ACND) released a position paper on nutri-genomics. Find out more about it from [this press release](#). An ACND Membership is necessary to see the entire position statement.

What do you want to know about exercising? Are you getting enough or too much? Find the answers by following the hashtag [#HealthTalk on Twitter](#). Look [here](#) for more information about the host.

[Find out the Academy of Nutrition and Dietetics' standpoint on Food Insecurity.](#)

[PolicyMap](#) is a website that allows users to filter over 15,000 factors for comparison and analysis of demographics, income, education, unemployment, health, transit, public investments, and more. This year the Wallace Center and USDA have tracked food hubs across the country. Now you can view their location and how accessible they are to all demographics. From [the map](#), click on "subscriber-shared sites," then "miscellaneous." Under "shared by users," click on "Food Hubs" to see food hubs displayed

Every Body Walk is a trying to inch walking into everyone's life. They developed [booklet](#) with really helpful tips, great pictures and data that support a walking community.

Webinars:

NEW-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.

NEW-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.

NEW-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](#).

NEW-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](#).

NEW-On March 19, 2014, from 1:00-2:00 PM (EST) there will be a PASA / FMC webinar called, "Your Edge in a Changing Marketplace: Thinking like a Retailer." Vendors participating in farmers markets can listen in to learn savvy ways to make their customers feel well served. Look [here](#) to register.

NEW-From January 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](#).

NEW-A Nonprofit firm, "Farm Commons," is holding webinars on legal issues faced by farmers who sell direct to consumers. Registration is now open, so see the [webinar listing here](#).

["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.

A webinar, "Culinary Competency to Enhance Dietetic Practice," will be held on March 13th at 2:00 PM (EDT). It will help you use delicious cooking to enhance your healthy message. Registered Dietitians will also be able to attain 1 Continuing Education Credit for attending. To find out more, go [here](#).

"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](#).

Edible Education 101: The Rise and Future of the Food Movement" is a class put on by Berkley and the Edible Schoolyard. Each class is recorded and open to the public over the internet. Here are the first two:

- "[Introductions and the Rise of Industrial Agriculture](#)" presented by Michael Pollen
- "[The Green Revolution and the Economics of the Food System](#)" presented by Raj Patel
- "[The Chemistry and Biology of the Industrial Food System.](#)" presented by Brenda Eskenazi and Tyrone Hayes
- [Here](#) is a listing of the recommended readings.

The Dietary Guidelines Advisory Committee meets on March 14, 2014 for their third meeting to discuss the development of the Dietary Guidelines for 2015. Register for the meeting and look for more information on [this site](#).

Events:

NEW- "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.

NEW- 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).

Today and Tomorrow, you can celebrate [National School Breakfast Week!](#) Think of all the healthy activities to celebrate!

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 on March 4, 11, 18 or April 3, 10, and 24. Look [here](#) to get more information.

Grow Pittsburgh is holding a Garden Workshop Series. Check out the dates, topics, and register [here](#).

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.

The Partnership for a Healthier America is holding a "Building a Healthier Future" Conference with Michelle Obama as their Keynote speaker. Join them for this event on March 12-14th at the Washington Hilton in D.C. Check out more details and register [here](#).

The Central PA Food Bank's "Soup Or Bowl" event will be held on March 17, 2014 from 11:00 AM-2:00 PM. It's located at the Radisson Hotel in Harrisburg, PA. Tickets are now on sale. [Visit this page](#) for more information or call 717-564-1700.

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](#).

Save the date for the Central Pennsylvania Food Bank's event, Soup and a Bowl. It's in Harrisburg on Monday, March 17th, 2014. For more information, visit this [link](#).

Grants and Opportunities:

NEW-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.

NEW-[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](#).

NEW-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.

NEW-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](#).

NEW-\$1 Million or fifty, \$20,000 grants are available through the Champions for Healthy Kids Grants and the Academy of Nutrition and Dietetics Foundation. Through these grants, eligible nonprofit organizations across the U.S. will be able to promote healthy eating and active lifestyles targeted to kids and families. Applications must be submitted by a Registered Dietitian Nutritionist or a Dietetic Technician who is member of the Academy of Nutrition and Dietetics. Applications are due Friday, March 14, 2014 at 6:00 PM (EST). Look [here](#) for more information.

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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