

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of March 5, 2012

## IMPORTANT PA NEN LINKS

## PA NEN News

### [NEWS NIBBLES-PAST ISSUES](#)



**PA NEN Annual Conference Discounted Registration Rates End March 30<sup>th</sup>**  
Save money and be sure to get into the sessions you want by registering for PA NEN's Annual Conference before March 30th! Late registration rates begin on April 1st. [Register today!](#)

### **Nutrition Education Database**

Did you know that PA NEN has a [state-wide database](#) listing nutrition education programs that serve the low-income audience? [Click](#) to see what is happening throughout Pennsylvania. Also, add your nutrition programming to the map!

### **SNAC Vegetable Pamphlets**

Think spring! It's just around the corner. Begin the season off right by reviewing our SNAC vegetable newsletters which include ways to store and select fresh vegetables. On [this site](#), you'll find these downloadable documents. Take a glance at the information on hearty crops that can withstand the early spring weather: lettuces and radishes, to name a few. And, don't forget all the canned and frozen vegetable varieties that are available year-round.

These documents are large and may slow down your computer processing. Be aware of your computer's capacity before you choose from fabulous vegetable information.

### **"Eat Together PA": A PA NEN Social Marketing Family Meals Campaign**

*What is the Campaign?*

The "Eat Together PA" campaign is well on its way to promoting family dinners, eating together and nutrition for the food stamp eligible populations. It will do so through a variety of social marketing venues (i.e. direct mailings, posters, a

website, billboards and much more). This is a 2012 pilot project in Allegheny, Lancaster and Tioga counties.

*Campaign Update:*

- Our website ([www.EattogetherPA.org](http://www.EattogetherPA.org)) is in the works; relevant tips, recipes and resources that promote family meals are being posted.
- Billboards and bus shelter sites for our Campaign message have been selected.
- County Assistant and Women Infant and Children offices in Lancaster, Allegheny and Tioga are ready for the Eat Together PA printed materials.
  - Editing of the promotional materials is almost complete. A final copy will be written, after which, our Board and other stakeholders will comment on it.
- Required logos have been confirmed and will be placed on our materials.
- Evaluations have been drafted to gain feedback from the beginning of our Campaign. Surveys must be approved by PA NEN's management before carrying them out at participating sites in mid-2012.
- Our goals include completion of photography, final development of Campaign materials, initiation of the Campaign in March or April 2012 and a collection of survey data from the participants.

## **International and National News:**

### [Why is it important to move everyday?](#)

Last week, the House Agriculture Appropriations Subcommittee held its first hearing on the Administration's FY 2013 budget request. The issue at hand was fraud and abuse within SNAP and other programs—currently at historically low levels. The hearing also marks the beginning of the debate on spending for next year, but being that it's an election year, a decisive plan might be put on hold. To read the prominent testimonies during the hearing, click on the following: [Chairman Kingston](#); [USDA's Under Secretary, Kevin Concannon](#); [Audrey Rowe, FNS Administrator](#); [Rajen Anand, Executive Director for the Center for Nutrition Policy and Promotion](#)

### [When losing weight adult men and women may need different types of nutrition guidance to maintain their weight loss.](#)

One [study](#) from Arizona State University found that during the recession, people across the United States actually got skinnier. This is a preliminary study, so more research needs to be completed.

### [Who would have thought that schools might start serving dinner for food-insecure kids?](#)

### [The USDA reformulated the criteria for the Healthier US School Challenge to reflect the new school lunch requirements.](#)

[Food stamp usage continues to set records.](#)

[Better healthcare for patients and hospital workers is found through hospital gardening.](#)

[Disney World postponed the opening of its healthy lifestyle exhibit for kids because of certain biases.](#)

[Cleveland school kids are riveted by a theatrical comedy skit focusing on healthy habits.](#)

[There are new food vending machine and competitive food standards in the works.](#)

Did you know that there hasn't been a nutrition label on meat? This week, meats in the supermarket will now appear with a label of nutrition facts and the percentage of fat within the meat! Look [here](#) for an update and simple recommendations as to how to use this resource.

According to the CDC, kids are eating too much sugar. In [this article](#) the facts are outlined. The [Environmental Working Group](#) is also calling the [FDA](#) to [label the amount of added sugar in our packaged foods.](#)

## Local:

**Philadelphia:** [Exercise might reduce memory loss for the elderly.](#)

**Philadelphia:** [See how Philadelphia food hubs are recognized by the USDA.](#)

**Pittsburgh:** [Kids can participate in the last mile of the Pittsburgh Marathon! They're competing and exercising!](#)

**State College:** Cheers to the Penn State researcher developed an iPhone App that can track your caffeine intake. Look [here](#) for all that it can do for you.

**Scranton:** [School kids try a Grab-N-Go, brown-bagged breakfast.](#)

## Resources:

The [Yale Rudd Center for Food Policy and Obesity](#) published a website that lists the brands best and worst food marketing practices. Click [here](#) for the best (most healthy) and [there](#) for the worst (least healthy) advertising schemes.

[Here](#) is the USDA's proposed rule for the Fresh Fruits and Vegetable Program ([FFVP](#)) with the intent to encourage elementary school kids to

eat their fruits and vegetables while improving their eating habits and long-term health. You can state your opinion about the proposed rule. To do so, go to the [Federal eRulemaking Portal](#) or mail them to:

Julie Brewer

Chief, Policy and Program

Development Branch

Child Nutrition Division

Food and Nutrition Service, USDA

3101 Park Center Drive, Room 634

Alexandria, Virginia 22302

All comments must be received by [Food and Nutrition Services](#) on or before April 24, 2012.

[Here](#) is a study that revealed that the media can shape our views of overweight and obese individuals. Displaying all people positively helps society to be more respectful towards everyone. [Here](#), you can read the summary of the study from above.

Look to a [quick blurb](#) on soaking beans in seemingly no time!

You can stay on top of political issues associated with SNAP. Join [SNAP-to-Health's website's discussion forums](#) that revolve around pertinent topics like the [Farm Bill](#) or [applying the WIC-like food structure to food stamps](#).

The [National Academies Press](#) just released a report called, "Measuring Obesity Prevention." You can get more information and download the entire report on a free, PDF document [here](#).

## Webinars:

*NEW*-Access to fresh, local produce and other cheaper, healthy foods does not promise that purchasing and eating behaviors will change. Review this [free, online webinar](#) to view strategies to making healthy foods appealing and available to the low-income populations.

*NEW*-Here is a webinar showing off many low-cost strategies to fund local food businesses. Another discussion topic is a new Crowd Funding Reform Bill that is working its way through Congress and could make trillions of dollars of new capital available to local business and schools. The webinar will be held Thursday, March 15 from 3:30 PM - 4:45 PM (EST). Register [here](#).

*NEW*-Here is a webinar series focused on eating "addiction." It is free and recorded, so [listen](#) to it any time.

A webinar titled, "Cardiovascular Risk: Diabetes and the New Cardiovascular Guidelines" will be held on April 4 from 1:00 PM-2:30 PM (EST). 1.5 hours of continuing education will be provided. Look to [this site](#) for pricing and more details.

## Events:

The 79th Annual [Pennsylvania Dietetic Association](#) Annual Meeting and Exhibition, "Putting the Pieces Together," will be held April 15-17, 2012 at the Holiday Inn, Grantville, PA. Go to [this site](#) for more information.

Are you a Registered Dietitian or Dietetic Technician interested in policy? Then the [Academy of Nutrition and Dietetics](#) is holding the Public Policy Workshop in Arlington, VA on April 15-17th, 2012. Topics to cover include the Farm Bill, the Healthy Hunger Free Kids Act, the Older Americans Act and reimbursement. On the last day, congressmen from Capitol Hill will visit. For more information and the early-bird special conference price, look [here](#).

On Monday, May 7, 2012 at the Leows Philadelphia Hotel a culinary event called, "Taste of the Nation Philadelphia" will be held to fight childhood hunger. Organizations involved include the [Greater Philadelphia Coalition Against Hunger](#), [Philabundance](#) and the [Food Trust](#). Click [here](#) for more information and registration.

## Grants and Opportunities:

*NEW-Announcement* to undergraduate and graduate students from accredited academic institutions which utilize National Association to Advance Fat Acceptance's (NAAFA) [Health at Every Size tenets](#) in their studies and research: you are eligible to apply for the NAAFA HAES Scholarship. Interested students can find an application at [this site](#).

*NEW-The State Team Nutrition Training Grant's* purpose is for State agencies to expand and enhance their training programs that incorporate and implement the 2010 Dietary Guidelines for Americans and USDA foods in meals served under the [National School Lunch Program](#) or the [Child and Adult Care Food Program](#). To learn more about the state application process and focus areas, click [the link](#).

The [National Collaborative on Childhood Obesity Research](#) maintains an extensive list of available grants for 2012-2013. The funding will be provided for research focused on childhood obesity. Click this [link](#) to view the listing.

Have you heard of [FoodCorps](#)? It is a new national service program designed to reverse childhood obesity while cultivating a new generation of farmers and public health leaders. FoodCorps Service Members spend a year of paid public service building and tending school gardens, developing Farm to School programs and conducting hands-on nutrition education in communities of need. Are you interested in becoming a service member? Applications for 2012-2013 and more information can

be found [here](#).

Grants for research and nutrition education opportunities are available from the [Academy of Nutrition and Dietetics Foundation](#). Awards range from \$1,000-15,000. One specific grant called, "The Foundation's Research Endowment Grant" is also available and will focus on childhood nutrition. This is a one-year grant with up to \$35,000 for [Academy of Nutrition and Dietetics](#) members. Application deadline is July 1. For more information on this grant contact Beth Labrador at [blabrador@eatright.org](mailto:blabrador@eatright.org), or call 1-800-877-1600 ext. 4821.

**© Copyright 2012 PA NEN | [www.panen.org](http://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).**