

PA NEN - Weekly Food & Nutrition News Nibbles



Week of May 13, 2013

IMPORTANT PA NEN LINKS

SAVE THE DATE!
[PA NEN ANNUAL
CONFERENCE 2013](#)
APRIL 30TH-MAY 1ST

[NEWS NIBBLES](#)

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PA NEN News

PA NEN's Summer Workshop Registration is Open! Sign Up Today!

Teaching nutrition is a vitally important job. But what's even more important? Motivating and inspiring your clients to USE what you're teaching them! With professional speaker, author and TV host Zonya Foco, RD, you'll get the tips, tricks and insider secrets you need to transform your "teaching" into "inspiring."

This one day culinary-nutrition workshop focuses on preparing health-supportive dishes and using a variety of convenience-oriented kitchen equipment, affordable familiar ingredients and basic cooking techniques. Recipes are purposely chosen to illustrate that healthful and affordable meal preparation is achievable in minimal time, using limited cooking equipment and basic cooking skills.

Spots fill up quickly, so [sign up today!](#) Our site contains a full summary of the workshop, and on the right-side, you'll find a link for you to register online.

Workshop dates follow:

July 31, 2013 @ La Sale University

August 2, 2013 @ Adams County Extension Office

November 14, 2013 @ Westmoreland County Extension Office

Please contact Rose, 717.233.1791 or roleland@phmc.org if you have any questions regarding the workshop.

Proposed Change to the PA NEN's Bylaws - Comments due by June 7th

During the PA NEN Board meeting on April 30, 2013, a change was proposed to the PA NEN Bylaws. The original statement is located in the Bylaws under Article III – Governance, section j. It states, "A quorum will exist when there are 13 voting members present."

The proposed revision to section j. is as follows: "A quorum will exist when there is a simple majority of currently elected or appointed voting members present." Each year the number of voting members on the Board may change, the proposed revision allows the Board to not be locked into a specific number to achieve quorum. For example, this year there are 20 current voting members; with this change, quorum would be reached if at least 11 of the voting members were to be present at a meeting; if a year had only 18 voting members, quorum would be achieved with 10 voters.

The Bylaws state that PA NEN members are to be informed of any change to the Bylaws at least 21 days in advance of a meeting. Once announced and comments have been taken into consideration, Board members then could vote on the proposed amendment.

If you have any questions or comments regarding this change, please contact Julie Davis Bartol by June 7, 2013.

SNAC Vegetable of the Month: *Mushrooms*

Mix fresh, earthy mushrooms into a savory egg breakfast. Top a mid-day salad, or roast them with other veggies for a dinner side. Before you go to experiment, learn mushroom basics at our SNAC site: How do you go about selecting and storing fresh mushrooms? What mushroom varieties are available? Maybe you need more meal preparation tips? Learn to fit mushrooms into your diet by downloading our [SNAC Newsletter \(En Español\)](#)! Check out other SNAC vegetable materials [here](#).

International and National News:

[Poverty-stricken children suffer in so many ways.](#)

[Congress talks about SNAP funding in the Farm Bill this week. More to come....](#)

[The First Lady calls all of her gals to be attentive to their wellness, especially during Women's Health Week!](#)

[Kid's yogurt gets a makeover with 25% less sugar.](#)

[A Las Angeles activist gets his hands dirty in the garden.](#)

[Exercise does not only mean weight loss. It's much more than that!](#)

["Food addiction." It's real.](#)

[What are the true costs of putting calorie counts in grocery stores?](#)

[A school redesigns their cafeteria for better health.](#)

[Everyone, take a brain break!](#)

[Food ads rouse teens' brains!](#)

[Job opportunities for registered dietitians expand.](#)

According to the [New York Times](#), families can cook like pros in the kitchen with the help of the [Chop Chop Magazine](#).

[Food labels mean this, that and the other thing! They can be confusing.](#)

[A study reveals a relationship between the reduction of lung cancer and Vitamin B6 levels.](#)

[Obesity is associated with higher rates of dementia.](#)

[Two menus ring in similar nutrition values, but one of the restaurants advertises as a "healthy" alternative to fast food.](#)

[For the health of it, shop the inside the aisles, not just the perimeter of the grocery store.](#)

[Resistance to Leptin \(which is a hormone that induces the feeling of fullness. Less of it or resistance to it can causes a tendency to overeat.\) is affected by specific dietary components.](#)

[A long walk to the park and dangerous neighborhood environments predict higher obesity risk.](#)

[A gluten-free diet is not always necessary.](#) But, if it is for you, [take some healthy recommendations](#).

[Can your zip-code predict your obesity risk?](#)

[Not all kids go crazy over sugary, fatty foods.](#)

[Kids can exercise for better test scores.](#)

[In light of Mother's Day passing, dietitians bring to light their mom's cooking tips.](#)

[You can eat real food on a budget.](#)

[Prepackaged meals can help people to lose weight.](#)

[Take a hard look at poverty in America.](#)

"Treat Obesity Seriously" is a site encouraging politicians to see the implications of obesity related symptoms and diseases. [Read more about the campaign on this press release.](#)

[Keep the flavor, and cook light! Add seasoning to lower the salt and fat in meals!](#)

[Rather than posting calories on menus, restaurants might try these simple ways of getting people to recognize how much they're eating.](#)

The US Department of Agriculture ([USDA](#)) wants to continue expanding the Supplemental Nutrition Assistance Program's ([SNAP's](#)) ability to utilize farmers markets. [Extra funding will help!](#) But, [increasing the number of attendees at farmers markets is no small challenge](#).

[Though fast food restaurants were asked to make healthier meals years ago. It hasn't happened, yet.](#)

[The history of "fake food."](#)

[Vermont approves a Genetically Modified Organism food labeling law.](#)

[Take 7 habits of "good" eaters.](#)

Local:

Pennsylvania: [The PA Food Stamp eligibility test is thought to be too complex.](#)

Pennsylvania: [The Central PA Food Bank strives to serve nourishing food that people use.](#)

Penn State: ["Plan What's for Dinner in 15 minutes" is a quick piece written by Penn State Cooperative Extension.](#)

Philadelphia: Common Market in North Philly begins a "Good Food Lab." See what it's all about, [here!](#)

Resources:

The Institute of Medicine ([IOM](#)) printed a report on the healthy benefits of the Supplemental Nutrition Assistance Program ([SNAP](#)) and its ability to meet the needs of those who are food insecure. Scroll down [this page](#) to click on the links to download the report for free.

[Do you know about Food Day? Check out this website for more information!](#) You can also review their [2013 Guide for School Organizers](#) that contains tools to organize your local Food Day activities in schools, classrooms, lunchrooms, gardens or any other venues you could imagine. Also, find tips for improving school food policies.

[Watch here](#) as kids share their journey of rethinking their own school lunches. Three shouts for healthier, empowered kids with big ideas!

Food allergies. Are more people suffering from them? [Check out the trend for yourself.](#)

Walk your preschoolers through this new [farm-to-preschool curriculum](#).

More people buy low-fat dairy products when they're financially strapped.

See the proof [here](#).

The Institute of Medicine ([IOM](#)) [reports](#) on the social determinants of health.

A [Robert Wood Johnson](#) report takes a look at the impact of federal healthcare initiatives over the next 75 years. Find the infographic and report, [here](#)!

[Check out this list of school gardening resources!](#)

Provided by the Public Health Law Center, [this compilation of resources](#) provides background information on the operation of federal school nutrition programs, including school procurement practices, collective purchasing, food safety, USDA Foods, and Farm to School initiatives. You can also look to [other fact sheets](#) on federal nutrition programs.

Webinars:

NEW-How can you get creative and apply various nutrition interventions into your work? Let this webinar walk you through childhood, adolescent and family obesity programs which can be adapted for various settings - the school, community or into healthcare! It's all happening on May 30th from 1:00-2:00 PM (EDT). 1 Continuing Education Credit Hour will be provided from the Commission on Dietetic Registration (CDR) and the American College of Sports Medicine (ACSM). See speaker information and register [here](#).

NEW-The [National Resource Center on Nutrition and Aging](#) has two upcoming webinars in May to help you identify the actual cost of meals for senior nutrition programs. The first webinar already took place. It pin-pointed collaboration opportunities to minimize cost in an ever-changing health system. Join the [second webinar](#) that will investigate what influences total meal cost. It will also reveal tools to calculate actual total meal costs.

NEW-Are you interested in effective strategies for nutrition counseling and health coaching? From motivational interviewing to positivity, all these tactics will guide your clients toward success. Listen to [this webinar](#) to learn effective implementation of these ideas and more. It takes place on Thursday, June 6, 2013 at 1:00-2:00 PM (EDT). There will be 1 credit hour available for dietitians, dietetic technicians and CNE credits for nurses.

NEW-There's a new push for healthy community food distribution. On May 28th from 1:00-2:00 PM (EDT), a webinar series called, "Point A to Point B: Improving Access to Healthy Foods in Food Banks," begins. In it, you will view the obstacles that food banks face while distributing healthy foods to families, marvel at the healthy food bank initiatives happening across the country, and see how community collaboration makes these things possible. Learn more [here](#).

Are you interested in healthy food retailing? Then join this webinar, "Resources to Create or Expand Healthy Food Retail: Public and Private Grant and Loan Programs," on May 30th at 2:00 PM (EDT). Today, more grants, loans and other incentive opportunities will start healthy food retails in underserved communities. [This webinar](#) will explore ways to find money and provide examples of specific federal, state and local resources that can be tapped.

Join "Early Childhood Nutrition: Bridging the Gap from Infancy to Toddlerhood!" It's a webinar on Thursday, May 23, 2013 12:00 - 1:15 PM (EDT). Parents want to know what food is best for their children. But, food choices and conflicting nutrition information makes it challenging to decide what's best. Listen to the presenters for effective teaching and counseling techniques to guide families toward healthier choices. 1 Continuing Education Credit is available for Dietetic Technicians and Dietitians. This session is only free for the Society of Nutrition Education and Behavior ([SNEB](#)) members. Details can be found [here](#).

The recording of the, "Why Obesity Is Important to the Latino Community Web Forum," (originally broadcasted on Tuesday, April 16, 2013) is now available. Supplemental resources and presentation slides can be found on this [site](#) too!

Today's Dietitian keeps a listing of continuing education webinar recordings! Some are free, and others are not. See if any on [this list](#) spark your interest.

The People's Garden site contains lots of webinars about gardening, procurement, asking for volunteers at a community garden, starting a school garden and more. Look to this [archive](#).

The Farm to School Grant Webinar recording is now available. The US Department of Agriculture ([USDA](#)) presented a 4-webinar series about applying to the Farm to School Grant Program for fiscal year 2014. Visit [this website](#) to watch them.

Events:

NEW-Philadelphia families can run, bike, swim together! Join in the fun on Saturday, July 20, 2013, 7:00 AM at Memorial Hall, 4231 North Concourse Drive, Philadelphia, PA. Look [here](#) to sign up and for more race information!

NEW-Penn State Extension Nutrition Links Annual Conference is just around the bend. Titled, "Motivating for Lifestyle Change," it's all happening on September 9, 2013 at the Penn Stater Conference Center Hotel, State College, PA. Come see, "You Gotta Have Heart...But Is It Enough?" by Dr. Joye Norris, a nationally known expert and trainer on the dialogue based approach to group learning. She will be conducting this all day workshop. For more information go to this [site](#).

Teachers, administrators, youth garden instructors, even volunteers can come to Longwood Garden from July 8-11th for gardening class! Find ways to integrate teaching curriculum into school and campus gardens too! Continuing education credits for teachers will be provided. [Learn more and register.](#)

The Highmark Walk for a Healthy Community is raising money for local health and human service agencies in Pennsylvania. Join today and walk through these Pennsylvania locations: Pittsburgh, Erie, Bethlehem, Harrisburg and Johnstown. [See this site](#) for race times, locations and more registration details.

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.

Grants and Opportunities:

NEW-What is Food Day? Find out [here](#). Then you can propose your ideas for Food Day 2013 in a 60 second video. Upload it to YouTube with a FoodDay2013 tag, and you can receive some FREE Food Day swag! Look [here](#) for more information.

NEW-Harrisburg and surrounding communities, you can volunteer for the Central Pennsylvania Food Bank. [Learn more, and sign up today.](#)

NEW-The [Academy of Nutrition and Dietetics Foundation](#) is granting \$35,000 to research and intervention related to childhood obesity. Please consider applying by July 1st. For more information on the opportunity, see [this site](#).

NEW-To support the use of the new [Kids Eat Right](#) toolkit, "Healthy Eating. From the Ground Up," there are fifty, \$200 grants available. Mini-grants are offered to dietitians or dietetic technicians who are Kids Eat Right volunteers willing to present the new Healthy Eating toolkit (for elementary students, teens and/or parents) twice between June 3rd and August 2nd, 2013. Apply by May 24, 2013 and mini-grantees will be announced June 3rd, 2013. On the top of [this page](#), find the mini-grant and the application form. Don't forget to check out the rest of the list for future mini-grant opportunities.

[Jump With Jill](#) wants you to dance, film it, and send it her team by May 17th! By doing so, you could win a \$1,000 grant and a Watermelon Party. Even without the grand prize, you could be featured on her website! [Here are winning tips](#), so you might make the best video out there. And, [take last year's winners as an example!](#) Find out more contest information [here!](#)

The [Second Harvest Food Bank](#) in Erie, PA has a sponsorship opportunity available for their Buffet on the Bay 2013 event! If your business or organization is interested in sponsoring and joining the fun on Saturday, June 29, please call Heather today at (814) 459-3663, ext. 113.

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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