

PA NEN - Weekly Food & Nutrition News Nibbles



Week of May 12, 2012

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)



PA NEN News Nibbles

Registration is open for Amanda Archibald's "Fast Food on A Skinny Budget" Summer Workshop!

This will be a one-day culinary-nutrition workshop that focuses on preparing health-supportive dishes using a variety of convenient kitchen equipment, affordable familiar ingredients and basic cooking techniques. Space is limited to 16 people per site. Sites include Gettysburg, Bethlehem and Westmoreland. For location, cost, available spots and other important information see this [site](#).

SNAC Vegetable Pamphlets

Revel in spring by creating fresh dishes bejeweled by the colors of Pennsylvania-grown vegetables. Enjoy them by learning the selection, nutrition and cooking basics with the SNAC fact sheets found [here](#).

International and National News:

[Research](#) shows a connection between adolescent food choices and foods being advertised to them. [Some say that it's the money coming from the food industry into Washington influences what food—healthy or unhealthy—is advertised.](#)

[Pepsico](#) wants a healthy workforce, so [they charge \\$50 per month to workers who smoke or have obesity related medical issues.](#)

[Food industry profits rise in sales of healthy foods!](#)

[Efforts to reduce obesity are in high demand.](#)

[Some say that judging those who are overweight is the last accepted form of prejudice.](#) Does this make "obesity" a dirty word?

[New numbers are in. 21% of current healthcare costs are associated with obesity and related issues.](#)

[Findings from a nursing study: Don't watch TV; get active!](#)

[A chemical found in hot peppers and sauces \(capsaicin\) may reduce obesity better than surgery.](#)

[Birds Eye](#), a vegetable producer, is teaming up with [Partnership for a Healthier America](#) to [reduce childhood obesity](#).

Local:

Allentown: [Funds for healthy kids](#) comes from [McDonalds!](#)

Pennsylvania: Chorizo is recalled because of a mislabeling issue. For the brand name, picture of the label, dates on the package and other identifying information connect to this [site](#).

Resources:

[The opportunities and road blocks to food marketing to children](#) are identified by the [Yale Rudd Center on Food Policy and Obesity](#).

Another [paper](#) by [the Rudd Center of Food Policy and Obesity](#) wants to overhaul advertising and marketing that harms consumers.

Schools with clearly written wellness policies will implement more nutrition education, apply the new nutrition standards within their lunches and give more time for physical activity. Look to this [study](#) for more details.

After the [Weight of the Nation Conference](#), many policy and research documents addressing issues associated with obesity were released. The forum also highlighted successful policy and environmental strategies focused on these intervention settings: early care and education; states, tribes and communities; medical care; schools; and workplaces. Click [here](#) to learn more and view conference videos.

This [Center of Disease Control and Prevention fact sheet](#) delineates ways to control and prevent obesity.

The [Institute of Medicine](#) points out key obesity-prevention strategies to hasten current progress. Click [here](#) to view the report and [here for the report brief](#). Additionally, here are easy-to-read [key recommendations](#) within the report. Even better, click [here](#) to find ways to reduce obesity and increase food access in your community.

The Journal of Nutrition Education and Behavior ([JNEB](#)) published a [study](#) revealing that in-person supermarket education affects healthy food purchases.

The HBO multi-series showing of, ["The Weight of the Nation"](#)

materializes today's obesity crisis. View this website so you can watch the showings when it fits into your schedule. All additional opportunities, participating partner information and much more reside on this [site](#).

The amount of senior citizens in poverty and hunger is skyrocketing. The [Meals on Wheels Research Foundation](#) documented [the issue](#).

Webinars:

NEW-Might you be a dietetic intern, student or faculty in dietetics, or even a practicing dietitian? Then try this webinar. Listen to receive continuing education credits (12 CEUs for dietitians and dietetic technicians) and learn how the [Food and Drug Administration](#) plays a role in your practice. This opportunity was put on by the Center for Food Safety and Applied Nutrition ([CFSAN](#)) and the Joint Institute of Food Safety and Applied Nutrition ([JIFSAN](#)). All who want to access them can click [here](#).

The [National Alliance for Nutrition & Activity](#) is presenting webinar, "School Fundraising Can Be Healthy and Profitable," on May 23rd from 1:00-2:00 PM (EST). It will explore the idea of fundraising in schools, why healthy fundraising is important, and examples of profitable fundraising of nutritious foods. Space is limited. [Learn more](#) and register [here](#).

A webinar called, "Understanding Consumer Behaviors from Mindset to Meal" will be held on June 20th from 2:00-3:00 PM (EST). It will focus on innovative initiatives that strive to improve American's eating and physical activity habits. For members of the [Society for Nutrition Education and Behavior](#) the webinar is free. Non-member attendees must pay \$25. One continuing education credit will be awarded for Registered Dietitians and Dietetic Technicians. Register at [this site](#).

Events:

This weekend, any kids in Philadelphia and surrounding areas who like hiking, biking, swimming or running can take part in an athletic event. [Triyouthalon](#) was organized to bring families together to enjoy exercising, eating healthy and supporting each other. Three or four duathlons and triathlons are held throughout the year for participants of various ages. Their next event for kids age 15 and older will be held on May 19th, 2012 at Pennypack Park.

Grants and Opportunities:

NEW-For nutrition researchers a \$35,000 grants for studying childhood obesity lifestyle interventions and prevention are available through the [Academy of Nutrition and Dietetics](#). Projects

can spotlight nutrition and physical activity that is culturally and developmentally appropriate for children. For more information and to download the RFP and application form, visit this [website](#). The application deadline is July 1, 2012. Contact Beth Labrador at blabrador@eatright.org with questions.

NEW-USDA's wireless technology grants increase farmers' market participation in [SNAP](#). This is done by encouraging the use of Electronic Benefit Transfer (EBT) system or EBT technology. This technology allows for SNAP participants to pay for fresh produce with food stamps. For a long time, those eligible turned away from unfamiliar, high priced, fresh produce; but since the dramatic efforts to put EBT technology into growers' markets, participation has risen by 400 percent in four years. \$4 million is now available for states to provide wireless equipment to currently non-participating farmers' markets. Hopefully, fresh, healthy, local food will become more available to SNAP participants. Here is the [news release](#) with the grant information.

The [Robert Wood Johnson Foundation](#) is calling for proposals from their "New Connections Grants Through Healthy Eating Research" money. This grant supports research of new investigators representing populations historically underrepresented—the [SNAP](#) eligible population or racial and ethnic minority communities—in childhood obesity prevention research, awards will be granted to two applicants through the [Healthy Eating Research Program](#). 12- to 18-month grants will provide up to \$100,000 in funding. Application deadline is May 22, 2012 at 3:00 PM (EST). Click [here](#) for more details and how to apply.

The USDA released a Request for Applications for the Farm to School Grant Program. The RFA is posted on www.grants.gov and the USDA [Farm to School website](#). Two kinds of grants are available: (1) a Planning grant is intended primarily for K-12 school food authorities who participate in the [National School Lunch or Breakfast Programs](#) that are beginning Farm to School. (2) an Implementation grant is geared towards advancing already existing Farm to School initiatives. K-12 school food authorities, state and local agencies, Indian tribal organizations, agricultural producers or groups of agricultural producers and non-profit entities working in partnership with school districts, may apply for implementation grants. Applications are due June 15, 2012 and awards are expected to be made in October 2012.

The USDA is looking for people willing to promote farmers markets, produce stands and other farm-to-consumer marketing efforts. Through their Farmers Market Promotion Program grant, the hope is to spread the word about fresh, affordable, healthy food choices available to all Americans, especially those with limited food access. Grants will be accepted through www.grants.gov and are due on May 21, 2012. Information on applying for the grant is available online at this [site](#). Look to the [USDA blog](#) or [press release](#) for more information and direct contact people.

© Copyright 2009 PA NEN | 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).