

PA NEN - Weekly Food & Nutrition News Nibbles



Week of May 19, 2014

IMPORTANT PA NEN LINKS

PA NEN's 2014 SUMMER WORKSHOP
[REGISTRATION](#) IS NOW OPEN.

[NEWS NIBBLE ARCHIVES](#)

[NEWSLETTERS](#)

[CONTACT PA NEN](#)
717.233.1791



PA NEN News

SNAC Vegetable of the Month:

Name this vegetable: They don't require sunlight to grow. Picking them in the wild can be a dangerous hobby because of the many poisonous varieties. They're also called, "toadstools."

Mushrooms! You guessed it!

Now, check out our mushroom [materials](#) and [newsletter](#) ([en Español](#)) with kids' activities, nutrition information, and yummy recipes.

If you want more nutrition information about other Pennsylvania vegetables, you can [look here!](#)

Summer Workshop Registration Cost has been Reduced!

[Chef Cyndie](#) will 2014 conduct a full day, hands-on, train-the-trainer style culinary skills workshop for professionals working in WIC, local extension offices, as well as K-12 family and consumer science teachers. Chef Cyndie Story's workshops, "Chef Cyndie's Nutrition Kitchen", will be held on July 22, 2014 at the Westmoreland County Extension Office and on July 25, 2014 at Adams County Extension Office.

Click [here](#) for more information and to register at the reduced rate.

International and National News:

[A dietitian was appointed to a government committee to promote the anti-hunger cause. Her committee's goal is to increase public and private partnership to reduce the hungry.](#)

[The results are in; consumers want healthier foods.](#)

[Do you know the facts about food allergies?](#)

[A 2.5 million dollar grant will get fresh, local foods to the hungry.](#)

[Herbed and fruit flavored water look delicious! Mix together these creative recipe combinations!](#)

[When you reach your "set-point," it's hard to lose more weight. Read a little more](#) about the research on the issue.

[The Food and Drug Administration approved a new non-caloric sweetener.](#)

[Does joblessness relate to obesity levels?](#)

[Creative school nutrition initiatives reduce obesity rates in California.](#)

[New research on "exercise snacks" shows the benefits short bursts of exercise.](#)

[Watch as an editor adjusts this singer's facial features in a music video!](#) How does this editing to "perfection" play into viewers' body image?

How might sustaining the ocean's fishes help save the world? [Check out this review.](#)

[Why do schools like community eligibility?](#)

[Go for these snack ideas between lunch and breakfast. Also, you'll see a review of the satiety hormones in this article.](#)

Research on intermittent fasting calls for further investigation. [Look at what was done up-to-date.](#)

[The new trend is DIY baby food. Dietitians emphasize that store-bought-brands are okay, as long as you read the label.](#)

[Watch this video](#), and eat sustainably. The featured dietitian worked with other health professionals to come up with these sustainability standards.

[Everyone in this school \(including the dietitian\) wants to keep their chocolate milk, but lawmakers dislike the idea.](#)

Michael Pollen talks about the orthorexia, trans-fats, the demonization of food ingredients, and other battles in the food system. [Listen to this radio broadcast.](#)

[How can you get noticed online as a nutrition professional?](#) One person gave into receiving food stamps. [Click](#) to see what they observed.

Local

Pennsylvania: [Ways to reduce hunger across our state](#)

Carlisle: [Dickenson College uses their food waste!](#)

Hershey: [Milton Hershey School gains national recognition for their healthier school initiatives. Find out more!](#)

Resources:

Check out the new US Department of Agriculture's Farm to School fact sheet to learn how Cooperative Extension professionals can support Farm to School programs. Access more Farm to School fact sheets [here](#).

[USDA's Economic Research Service \(ERS\) examined vegetables and vegetable-containing foods eaten by Americans. According to the research, most Americans eat vegetables prepared in ways that add calories and sodium while removing dietary fiber.](#)

[Research from the Journal of Nutrition Education and Behavior outlines the barriers of using WIC cash vouchers in Arizona.](#)

You can get a variety of protein, and [here](#) are ten tips to do it!

A free clipart library has been updated with tons of wonderful, new, nutrition images. Do you need images for a Newsletter, worksheet, or poster? [Then, try some of these choices!](#)

Celebrate seniors for the rest of May! First, read the report by the National Foundation to End Senior Hunger (NFESH), "[Spotlight on Senior Health: Adverse Health Outcomes of Food Insecure Older Americans.](#)"

[Check out the healthier workplace resources from the Center of Disease Control and Prevention.](#)

Webinars:

NEW- "Childhood Obesity Often Starts before the Age of 5" is a podcast by the Eunice Kennedy Shriver National Institute of Child Health and Human Development. It outlines an NIH-funded study that found that overweight kindergarteners have increased risk of obesity among children. Click [here](#) to read more and listen to the podcast.

*NEW-*Quick! Join in! Partnership for Better Health is holding a 4:00 PM (ET) Google Hangout called, "Cooking @ Home – Keeping it easy, fun and family-focused." Find out more, [here](#).

*NEW-*Food Safety, food labeling, and other training videos can be found on the Food and Drug Administration's [website](#).

Join the National Collaborative on Childhood Obesity Research (NCCOR) on June 12th from 2:00 to 3:00 PM (ET) for a webinar that will examine data showing that childhood obesity rates are falling in many communities across the nation. Discussion will follow about lessons learned from communities experiencing declines and how your community can apply some of their tactics. [Register here](#).

“Night Eating Syndrome: Diagnosis and Treatment Options” will be presented on May 28th at 12:00-1:00 PM (ET). The Director of Education at the Center for Weight and Eating Disorders (CWED) at the University of Pennsylvania will speak to Night Eating Syndrome, disordered eating symptoms and obesity. For complete details and webinar registration, [click here!](#)

On June 17th, 2014 at 12:00-1:00 PM (ET), you can join the “Weight Management in the Treatment of Binge Eating Disorder” webinar. You will hear from a dietitian and leader about managing eating, emotions and weight. She preaches a diet-free eating plan and has published her research in many renowned journals. For complete details and webinar registration, [click here!](#)

Change to a listing from website: Research from Minnesota and Duke University showed that weekly consumption of sports drinks and energy drinks among adolescents is significantly associated with higher consumption of other sugar-sweetened beverages, cigarette smoking, and screen media use. [Click here](#) to listen to a podcast interview with lead author, Dr. Nicole Larson.

Are you a Kids Eat Right member who missed webinar titled, “Successful Synergies”? Then you can watch [the recording](#). Learn about the art of collaborating to fight hunger. Understand the role of healthcare and food bank partnerships to improve the health of families’ facing food insecurity.

Free from the Journal of Nutrition Education and Behavior (JNEB) is a 10 minute [podcast discussion](#) about encouraging teens to focus on their health through the use of text messages. You can find this research in the January/February 2013 edition of JNEB (Vol 45, Issue 1, Pages 12-19).

Check out the seminar series with the Yale Rudd Center of Food Policy and Obesity. Scroll down this page to find a few of the previous seminars' podcasts. You'll see the link on the right-hand-side of the [webpage](#).

Free to the Academy of Nutrition and Dietetics members is a webinar called, “Accountable Care Organizations 101.” Figure out the role and infrastructure of an Accountable Care Organization. Learn about the history of value-based providers and any other Accountable Care Act updates. The webinar will take place at 3:00 PM (ET) on the select dates below. Please register 24 hours in advance or earlier. Email questions to this address, ike.bennion@leavittpartners.com. Click on the following dates to register.

- [June 10](#)
- [July 8](#)

- [August 12](#)
- [September 9](#)

Check out this three part webinar series, "Antibiotic Overuse in Animal Agriculture." NOTE: Though one webinar date has already passed, you can still join in to learn about the importance of antibiotic reduction the hospital and agriculture, emerging science in farm practices, and success stories regarding sustainable foodservice systems. Each webinar will begin at 2:00-3:30 PM (ET) on the selected dates:

- May 27: "[Clinical Advocacy around Antibiotics: From Resolutions to Policy Engagement](#)"
- June 24: "[Purchasing: Success Stories and Strategies for Hospital Food Service](#)"

There is a new Summer Meals toolkit that is explained in this [webinar recording](#). A webinar series on summer school meals will continue throughout the next couple months. Sign up for future events [here](#).

From March 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](#).

Events:

NEW-[Can you help? Volunteers are needed for multiple events held by the Power Packs Project in Lancaster, PA.](#)

NEW-Kids Campaign to End Hunger is holding a "Putting an End to Hunger Miniature Golf Outing" to support the Pittsburgh Community Food Bank. It's on May 31, 2014 at 9:30 AM. Tickets are for sale. Go to [this website](#) for more information and location details.

On September 9th from 11:30 Am-5:00 PM, Penn State Extension Nutrition Links is holding a conference with the keynote speaker, Barbara Rolls, PhD, author of *The Ultimate Volumetrics Diet*. There will be breakout sessions including Penn State faculty and staff addressing food safety and other pertinent nutrition topics. Conference location is at the Penn Stater Conference Center Hotel in State College, PA. Contact [Mary Lou Kiel](#), or call 814-863-3447 for more information.

On June 17-19th, there is a Keystone Health Promotion Conference. It will be held at Penn State Harrisburg in Middletown, PA. Registration is now open. [Here are the conference details and registration.](#)

Grow Pittsburgh event calendar is [here](#). Do you want to get involved?

It's almost growing season! The [Greater Berks Food Bank](#) is asking farmers in the area to plant an extra row or two to donate to them. Produce can be dropped off at the ware house on Monday-Friday from 8:00 AM-3:30 PM.

Grants and Opportunities:

NEW-[Update your farmers market info on the USDA website. This map will help buyers find your location.](#)

If you're in Pittsburgh, you can adopt a school garden for the summer! That means you'll receive training to maintain the garden, work in it 2-3 times a week throughout the summer, and more. [Click here](#) for the details.

The US Department of Agriculture is investing \$78 million for local and regional food systems, food hubs, farmers markets, aggregation and processing facilities, distribution services, and other local food business enterprises. Find out more, [here](#).

The Academy of Nutrition and Dietetics is presenting an opportunity for Registered Dietitian Nutritionist to give feedback, ideas, and suggestions to add to the Evidence Analysis Library. [Click here](#) for more information.

The US Department of Agriculture is accepting proposals from public and private institutions of higher education for a grant to research behavioral economics and its influence on healthier food choices. This research aligns with further USDA funded research from the Cornell Center for Behavioral Economics in Child Nutrition Programs. The focus populations will be those receiving SNAP or WIC funds. The goal is to figure out the factors that would facilitate healthy and cost effective food choices. Applications are due by June 30, 2014. Click [here](#) to read the grant announcement.

Funding is available for existing community food gardens in Allegheny County. Do you need to finish projects like fencing, tilling, raised beds, or composting? Do you need signage, rain barrels, and other technical services? Projects will be selected and implemented this summer. Find out more, and get a link to the application, [here](#).

5 million dollars is allotted for grants focused on community food projects that look to serve low-income individuals through food distribution, access to local food, and other community outreach through federal nutrition programs. On the National Institute of Food and Agriculture website, [you can find out more information.](#)

© 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).