

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of May 27, 2013

## IMPORTANT PA NEN LINKS

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

[NEWS NIBBLES](#)

[NEWSLETTERS](#)

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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 (**Only 9 open spots left!**)  
August 2, 2013 @ Adams County Extension Office  
November 14, 2013 @ Westmoreland County Extension Office

Please contact Rose, 717.233.1791 or [rcleland@phmc.org](mailto:rcleland@phmc.org) if you have any questions regarding the workshop.

### 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:

[Build a better, summer grilled hamburger with these tasty suggestions.](#)

Where was your meat born, raised and slaughtered? Now you'll know with the Food and Drug Administration's (FDA's) new [labeling requirements](#) for steak and roasts.

[Canned fruit gets a bad rap, but it's so good for you!](#)

[School gardens grow with the help of the community.](#)

For diabetics, consistent exercise might keep high blood sugar at bay over the long term. Look [here](#) for the research.

Kids can outgrow their food allergies. See intriguing, up-to-date research on the issue [here](#).

[Kids can move all the time! See creative ways to fit physical activity into their school day.](#)

[People eat large portions of healthy foods.](#)

[What fast food do dietitians eat?](#)

[Kids start taste-testing for next year's school lunch menu!](#)

[One preliminary study shows that males with ADHD as a child are twice as likely to become obese when they grow up.](#) On that same note, [does the elimination diet help kids with ADHD?](#)

[Healthier food options for kids will be served at museums.](#)

[Foodborne illness is tough to catch. There needs to be better monitoring practices and consumer education.](#)

[Focusing on one ingredient, like sugar or high fructose corn syrup, is not the answer to the obesity epidemic; it's one part of a multifaceted issue.](#) Read on with [this thought-provoking write up about obesity.](#)

[Eating healthy can lead to happiness.](#)

[The Prince of Wales calls for a better food system and environment for a healthier population.](#) [Here](#) is just one example of our food system's inefficiencies.

[Worldwide, disability and poverty are intricately linked.](#)

[You can use formula and breastfeed.](#)

[Mental and emotional stress harms the health of children stuck in poverty.](#)

[Bacteria in our gut? Yes, it's healthy!](#)

[What factors increase a baby's likelihood that they'll be obese as they grow?](#)

[Do more physical activity opportunities and available facilities allow for obesity reduction?](#)

[What do kids consider when eating fast food? Price? Portions? Calories?](#)

[The want for labeling Genetically Modified food is on the rise. Meeting consumer's demands will be tricky.](#)

[An expert panel okays 2300 mg of sodium in a healthy diet.](#)

[You can grow steak in in the lab?!](#)

[Do anything at any age. Take a lesson from these super-human seniors accomplishing great fetes!](#)

[Senior-friendly gyms open across the nation!](#)

[We can cook with what pans?](#)

[A forecast of increasing obesity is linked to a probable increase in dementia.](#)

### Local:

**Philadelphia:** [Use these 10 Tips for conquering Philly Farmers Markets.](#)

**Harrisburg:** It's strawberry season! Pinpoint a place where you can pick your berries on [this map](#).

**Central PA:** Feeding Pennsylvania, a new non-profit looking to accrue resources to feed the commonwealth, has been launched! [See the details.](#)

### Resources:

See the latest updates on Farm Bill at [PA NEN's site](#).

See this Center of Disease Control and Prevention's (CDC) [food chart and research paper](#) to find out where Americans are getting most of the sodium in their diets.

How many calories are people consuming across the United States? Researchers from the University of North Carolina at Chapel Hill created a map of what foods Americans are buying and eating. Learn more about the project [here](#).

[Check out these great issue briefings, infographics and videos focused on Latino health.](#)

“[Dig In](#)” is a new gardening curriculum for 5-6th graders. Posters and other materials are also available too.

The rate of food insecurity amongst people with disabilities is high according to the Economic Research Service ([ERS](#)) [report](#).

See the real picture of poverty by looking on [this map](#) of the United States.

The Center of Disease Control and Prevention ([CDC](#)) released [CDC Stacks](#) - a free, online resource providing access to a digital archive of CDC produced scientific research and literature.

[Consumers underestimate how many calories they eat in one day.](#)

### **Webinars:**

*NEW*-Free webinars are available to dietitians that are a part of the Academy of Nutrition and Dietetics ([AND](#)). This series is focused on easy access to healthy foods in schools, food banks and other locations with food insecure populations. The recorded can be viewed at any time on [this site](#).

*NEW*-Presented by Abbott Nutrition, you can watch a webinar about improving healthcare outcomes by overcoming malnutrition. It will be available on June 6 and June 25th. Look [here](#) for times and more details.

*NEW*-Do you know about healthy food retail projects? Find out more, [here](#), under the “Find Money” section of the website. Then, learn more by clicking on the bulleted resources below:

- To view an archive of the webinar on this subject, click [here](#).
- Read the "[Grocery Gap](#)" to learn more about the economic impacts of healthy food retail in communities.
- Look out for the July 11th webinar about New Market Tax Credits. Click [here](#) to learn more about this concept.
- [Learn more](#) about an exemplary program, the Circle Food Store, in New Orleans.

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](#).

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.

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.

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.

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*-Squeeze in a workout and raise money to get food for families who need it. In Harrisburg, on June 16, the 193d SOW Benevolent League’s 3rd annual charity run and walk will start. City Island will be holding the event

starting at 9:00 AM. Registration is \$25, and you may register [online](#). For more information email [fivekforfood@yahoo.com](mailto:fivekforfood@yahoo.com).

*NEW*-The Pottstown Area Health & Wellness Foundation is holding the 2013, "Healthy Bodies, Healthy Minds." It's a 2 day workshop on August 6-7, 2013 at the Hill School in Pottstown, PA 19464. You can register until July 3rd. Please download the registration guide [here](#). The program focuses on bringing school teachers, educators, counselors, healthcare professionals, researchers and other people interested in integrating their skills to develop healthier schools and kids. Look here for many more details.

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!

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*-[Have you hear about the "Chefs Move to School" initiative](#)? 250 grant will be awarded to those interested in participating. Look [here](#) for the application.

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.

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

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](#).

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.

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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