

PA NEN - Weekly Food & Nutrition News Nibbles



Week of May 25, 2014

IMPORTANT PA NEN LINKS

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

[NEWS NIBBLE ARCHIVES](#)

[NEWSLETTERS](#)

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PA NEN News

Summer Workshop Registration Prices are 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:

[Is food really addictive?](#)

[8 food trends that dietitians hate](#)

[Proponents of the school lunch nutrition standards like the compromise from the senate.](#)

[The first lady meets with leaders in the school nutrition realm to learn their trials and successes, first hand.](#)

[The Food and Drug Administration announced the 60 day extension to the comment period about the Nutrition and Dietary Supplement Labeling modifications \(ending on August 1, 2014\).](#)

[Since 2009, students must take a fruit or vegetable at lunch time. At the University of Vermont, researchers develop a method to measure whether children are actually eating more fruits and vegetables.](#)

[Seasonal and healthy picnic ideas](#)

[Researchers from the National Institutes of Health believe that a defected gene may be the reason that some middle-aged adults are overweight.](#)

[Researchers think that the inability to taste fat interferes with the body's ability to feel satiated after eating fatty foods, leading to overconsumption.](#)

[According to the American Academy of Pediatrics, one-third of pregnant women are iodine-deficient, and only 15% of pregnant women take supplements that contain the mineral.](#)

[For the first time, researchers identified the gene that causes the development of adipose tissue. This finding will push further study on the gene, fat cells, and their relation to metabolic disease.](#)

[Walking can be a part of the physical activity regimen!](#)

[White potatoes are back for the Supplemental Food Assistance Program for Women, Infants and Children \(WIC\).](#)

[An E. coli outbreak forces a recall of millions of pounds of ground meat. Another foodborne illness, salmonella, sickens over five hundred over a prolonged period of time.](#)

[How does exercise changes your lifestyle? Glance at the interesting infographic in the middle of the article.](#)

[A correlation between obesity and income](#)

[Watch this video to figure out how stress and environment influences kids' eating habits.](#)

[A dietitian can be extremely helpful for identifying atypical celiac disease responses.](#)

[Parents don't know everything. Here are five things not to teach your kids about eating habits.](#)

[Kids snack on less healthy food as they age.](#)

[More WIC participants purchase fruits and vegetables. Revisions to the food package were made in 2009, which allowed 10 dollar fruit and vegetable vouchers to pregnant women, and 6 dollar vouchers for children. These vouchers included the ability to purchase fresh, frozen, or canned products. Research was conducted before and after changes.](#)

Local

Philadelphia: [Parents are hugely important in helping their kids eat smaller portions.](#)

Pittsburgh: Grow Pittsburgh sent out a school and community garden update in their June Newsletter. Find much more, [here.](#)

State College: [A Penn State researcher teams up with Purdue University to study how interactions with family and friends make the elderly happier and healthier.](#)

Resources:

Check the report, "[The United Nations Special Rapporteur on the Right to Food](#)," by Olivier de Schutter. Find the press release [here](#).

Share Our Strength's No Kid Hungry campaign has new resources, outreach materials and social media tools for summer meals program promotion. [Find them here](#).

Find this awesome website resource from [MyPlate about eating on a budget](#).

Webinars:

NEW-BMI (body mass index) screenings for all Pennsylvania school children is required. Schools also send parents a letter informing them of their child's BMI. The letters have been controversial, so a revised letter was created based on parent feedback. Throughout this recording, you will see how the letter was adjusted with better explanations of health risks. Listen in and find out more information, [here](#).

NEW-The Yale Rudd Center posted an old podcast, "Reforming the Food Systems: Making the Transition Succeed." It's 13 minutes long! Listen to the podcast over [Sound Cloud](#).

NEW-Social media can promote Kids Eat Right messages and your nutrition organization too! During this webinar recording, you'll hear about the various Kids Eat Right social media platforms, along with suggestions to engage in your online audience. [Listen in today!](#)

NEW-The PA Chapter, American Academy of Pediatrics (PA AAP) ECELS is hosting a webinar on Thursday, June 12, 2014 at 1:00-2:30 PM. It's called, "Obesity Prevention: New Tools for Early Care and Education Programs." During the event, listeners will get an update of current childhood obesity rates while receiving obesity prevention resources to use with staff, children, and families. This webinar targets an audience of Child Care Program Directors, Family Child Care Providers, Child Care Health Consultants, Child Care Health Advocates, STARS TA Consultants, Instructors, and MIECHV Home Visiting Health Professionals, Head Start Health Coordinators. If you're interested, [register here](#). Contact ECELS at 800/243-2357 or ecels@paaap.org with any questions.

"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.

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](#).

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!](#)

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.

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 two webinar dates have 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. The last webinar of the series will begin at 2:00-3:30 PM (ET) June 24th. It's called, "[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-Are you planning to grow fruits or vegetables in your garden this year? [If so, consider planting an extra row and donating the harvest to the Central Pennsylvania Food Bank](#).

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

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 State 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-An NPR reporter is working on a story about the reduction of Supplemental Nutrition Assistance Program (SNAP) recipients since last fall. They're searching for people who formerly received food stamps (or SNAP benefits) and have recently stopped. If this opportunity interests you or your clients, send the story and contact information to nprcrowdsourc@npr.org.

NEW-A \$35,000 research grant is available through the Academy of Nutrition and Dietetics. If you are a registered dietitian nutritionist and interested in childhood obesity prevention, a one-year grant is available for a research project focusing on lifestyle intervention for kids. The application deadline is

July 1. Find out more information [here](#), or email [Amy Donatell](#).

[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.

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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).