

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of May 5, 2014

## IMPORTANT PA NEN LINKS

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

[NEWS NIBBLE ARCHIVES](#)

[NEWSLETTERS](#)

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**717.233.1791**



## PA NEN News

### Summer Workshops 2014 Registration is OPEN!

*2 Speakers - 3 Locations!*

- Dr. Joye Norris: "[Ya Gotta Have Heart...But Is It Enough?](#)" is on June 26, 2014 at Montgomery County Extension Office.
- Chef Cyndie Story: "[Chef Cyndie's Nutrition Kitchen](#)" is 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.

### **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!](#)

## **International and National News:**

[Dietitians struggle with their weight too.](#)

[See what is on the horizon of health research about microbes in your gut!](#)

[Edible flowers can be a treat!](#)

[The American Heart Association presented new recommendations for patients at risk for cardiovascular disease.](#)

[Diabetes in youth, skyrockets.](#)

[Nutrition briefs in the news cause misinterpretation of a lot of research.](#)

[Childhood obesity is a multifaceted problem.](#)

[Some supplements and medications interact badly. Still, many people continue their supplement regimen without knowing the consequences.](#)

[More people buy into the local food movement.](#)

[Less nutritious food's impact on the environment.](#)

[Chefs share secrets to their no-fry foods.](#)

[A plant based diet can boost your iron.](#)

[The politics get complicated behind high fructose corn syrup.](#)

[Try some of these 10 meals canning in a jar.](#)

[More fruits and vegetables are associated with higher survival within populations that had a heart attack.](#)

[Do we need to makeover our taste buds?](#)

[Pick your weeds to eat?](#)

[Sweet and savory, quick and easy breakfast ideas from the Meatless Monday campaign.](#)

[12 ways to use fresh herbs](#)

[What will we do to reduce the price of beef while maintaining food safety?](#)

[For quick and easy gardening, plant in the soil bag!](#)

[Protection from food advertising.](#)

[How to keep your olive oil, fresher, longer.](#)

[Various organizations, research foundations, and agencies call for health warnings on advergames.](#)

[According to research, what part of the population is drinking the most sugary drinks?](#)

[Review those protein recommendations.](#)

[Let's take local foods to neighborhood and community centers.](#)

[Should kids be on multivitamins?](#)

[Is there such a thing as healthy obesity?](#)

[Mixed messages from obesity research](#)

[Grocery store coupons help people buy healthier.](#)

[What does it take to make eating a salad at school, cool?](#)

[Here is the research behind the hype of herbal teas.](#)

[There is much to losing weight than exercising more and eating less.](#)

[The truth behind the organic label.](#)

[Check the updated health guidelines for stroke survivors.](#)

[A woman's body image is influenced by their peer's judgment.](#)

[Size discrimination is evident in popular culture. And, it hurts!](#)

[23 healthy food and snack ideas for kids](#)

## Local

**Philadelphia:** [Are you running a marathon anytime soon? Then, you can prepare yourself by taking a local dietitian's ideas.](#)

**Philadelphia:** [Pre- and post-workout snacks](#)

**Pittsburgh:** Are you looking to set up a summer food service site to feed the hungry in your area? Do you want more information? Then, [here](#) is your chance.

**Pittsburgh:** [A leader at the Greater Pittsburgh Community Food Bank expresses the reality of local hunger in the region.](#)

## Resources:

[Try mac-and-cheese with special ingredient.](#)

Preschoolers can distinguish between healthy and unhealthy foods according to the "All 4 Kids" study. The outcome measure used in this study could be a useful tool to measure change for nutrition professionals working with preschool age kids in Head Start, SNAP-Ed programs, and childcare centers. [See the details.](#)

The Bipartisan Policy Center has an initiative focusing on improving nutrition and physical activity in large organizations; improving nutrition training for health care professionals; emphasizing prevention; and aligning federal agriculture and nutrition policy with the Dietary Guidelines for Americans. Read their Spring Newsletter, and for more information on the Initiative, click [here](#).

NCLR is working to get Latino youth in shape by asking the kids to take initiative over their health. "Reflejos de mi Comunidad," is a program that was held to see which child's ideas and real life experience could empower their entire community to get healthy. [Watch the video here](#). Find out more about their nutrition efforts by following them on [Twitter @NCLR](#) or text "HEALTH" to 62571.

### [Guidelines for the media portrayal of obese people](#)

The Shape America shares [videos](#) to get their audience dancing for health.

May is Older Americans month. [See how you can play a role in ending senior hunger](#).

[Bridging the Gap](#) shares information concerning policies about youth and health.

US Department of Agriculture funded a newly created curriculum made by researchers (but presented kids for kids). It's called "Kick In Nutrition TV." [Check out the details at their website](#).

Why might sitting on the job be harmful? [Check this infographic!](#)

Locate Central Pennsylvania food assistance on the [Central PA Food Bank's website](#).

### [Reduce salt and sodium with these 10 tips](#).

The new US Department of Agriculture's guide on buying local products for school meal programs, "[Procuring Local Foods for Child Nutrition Programs](#)," is here. Check out all the opportunities to buy these local products!

Let's Move passes the Olympic torch with other Olympic athletes. Watch their healthy-for-you message in [this video](#).

[Bring fruits and vegetables to your family gathering. Use these resources for ideas!](#)

## **Webinars:**

*NEW*-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.

*NEW*-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.

*NEW*-Dairy can help seniors, even those seniors with lactose intolerance. Join the webinar to see other benefits on May 20th from 11:00-12:00 PM (ET). [Register today](#).

*NEW*-How do you figure out the best exercise regimen? Check out this free, [recorded webinar](#) for the research behind this decision process. If you are a registered nurse or dietitian, you can gain one credit hour by watching the webinar.

*NEW*-Informational videos and [webinar recordings](#) can inform you about how to start Fuel Up to Play 60 programs and funding in your school.

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](mailto:ike.bennion@leavittpartners.com). Click on the following dates to register.

- [May 13](#)
- [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](#)"

Are you an [Academy of Nutrition and Dietetics](#) member and a [Kids Eat Right](#) member? Then, join in on the May 15 webinar, "Using Social Media with Kids Eat Right." You'll learn the best social media practices to effectively promote Kids Eat Right's messages. The webinar takes place at 2:00 PM (ET). [Register today!](#)

All Farm to School webinars are archived. To look at sessions that might interest you, click [here](#). All webinars will be recorded and available for free.

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](#).

National Good Food Network [archived webinars](#). Find recordings about local and regional food systems, food hubs, and market-based models for healthy food, just to name a few.

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*-“Helping Low-Income American Families Eat Healthier: The Role of SNAP in Nutrition Education” is a forum that will be held on May 14 in Washington, DC from 8:30-10:00 AM. In the forum, you will learn about the effective influence of SNAP-Ed on healthier behaviors for the low-income population. Find out more information [here](#).

On June 17-19, 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](#).

On Monday, May 10 the Central PA Food Bank will hold a 5K for Food. Click [here](#) for more information about the event.

Hershey’s Walk from Obesity will be held on May 17th. [Click here](#) for registration prices, starting times, and other details.

Check out the volunteer schedule for Philabundance. [See which events you can give your time to!](#)

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

Community Gardens will be highlighted at South Central PA- Food Systems Alliance May meeting. Come to Wilson College on Monday, May 12th from 2:00-4:00 PM, and learn about local gardens and their surrounding community. [Check out this flier for additional details](#). To register for the meeting, please use [this link](#). Call Capital RC&D office (717-241-4361) or email Cheryl Burns ([cburns@capitalrcd.org](mailto:cburns@capitalrcd.org)), if you have any questions.

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.

Have you heard about the Stamp Out Hunger Food Drive? Leave non-perishable items in a brown bag outside your door on the morning of May 10th. People will come to your door to pick up your donation for your local food bank! [See more details](#).

Channels Food Rescue in Harrisburg, PA is holding "Cross the Globe 2014!" on Sunday, May 18th from 5:00 PM-9:00 PM. You can enjoy world cuisines from 11 different nations, along with live entertainment. You don't want to miss it! For information, [click here](#).

The Second Harvest Food Bank of Northwest Pennsylvania is seeking volunteers to help out during this year's Stamp Out Hunger Food Drive, on Saturday, May 10th. They will need drivers to pick up donations in assigned neighborhoods. [Look here](#) for more information.

"Public Health: Start Here" is Penn State's Public Health Day Symposium. Join them on Friday May 9th at the National War Museum in Harrisburg, PA from 1:00-5:00 PM, followed by a Public Health Association reception from 5:00-7:00 PM. For details about presenters, a schedule, and registration; contact [mphprogram@phs.psu.edu](mailto:mphprogram@phs.psu.edu).

### **Grants and Opportunities:**

*NEW*-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.

Let's Move Pittsburgh is giving there School Champions Award to a local school district. They are currently accepting applications for schools and school employees (teachers, administrators, foodservice personnel, school nurses, or parents). [Click here](#) for the application and more information.

"Chefs Move to Schools" brings chefs into classrooms to prepare healthy delicious meals for the kids! You can sign up as a chef or school to join this movement! Click [here](#) for more information.

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](#).

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