

PA NEN - Weekly Food & Nutrition News Nibbles



Week of May 6, 2013

IMPORTANT PA NEN LINKS

[PA NEN ANNUAL
CONFERENCE 2013](#)

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717.233.1791



PA NEN News

PA NEN Conference Continuing Education Credit Instructions

Need your credits? All credit information is available [online](#). Did you forget to sign in for Act 48, Act 58 or DPW credits? Email [Rose](#), and she will submit your information to the proper sources. Click [here](#) for additional information regarding continuing education credits.

Proposed Change to the PA Nutrition Education Network's Bylaws

During the PA NEN Board meeting on April 30, 2013, a change was proposed to the PA NEN Bylaws. The original statement is located in the Bylaws under Article III – Governance, section j. It states, "A quorum will exist when there are 13 voting members present."

The proposed revision to section j. is as follows: "A quorum will exist when there is a simple majority of currently elected or appointed voting members present." Each year the number of voting members on the Board may change, the proposed revision allows the Board to not be locked into a specific number to achieve quorum. For example, this year there are 20 current voting members; with this change, quorum would be reached if at least 11 of the voting members were to be present at a meeting; if a year had only 18 voting members, quorum would be achieved with 10 voting members at a meeting.

The Bylaws states that PA NEN members are to be informed of any change to the Bylaws at least 21 days in advance of a meeting. Board members may vote on this proposed amendment once it has been announced to the general membership and time granted for comments.

If you have any questions or comments regarding this change, please contact [Julie Davis Bartol](#) by June 7, 2013.

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:

[What does food cost for an American family of four?](#) These estimations are based on [numbers](#) from the US Department of Agriculture ([USDA](#)).

[Get the picture of what families eat around the world.](#)

[Pre-ordering school lunches may help kids to stick to healthier choices.](#)

[One gal brings a healthy musical message to under-privileged communities!](#)

[Food commercials stimulate kids brains.](#)

[Skyrocketing healthcare costs remain the largest, long-term economic challenge. Diseases related to obesity are associated with this problem.](#)

[Some restaurants started the trend of changing-up their kids menus for the better.](#)

[Premature mental decline is seen in people who smoke and those who are overweight.](#)

[There is laughing gas in that canister of whipped cream?](#)

[A doctor's office in Canada takes amazing strides to beat childhood obesity.](#)

[Check this list of "healthy" foods that could wreck your diet.](#)

[Antibiotic-resistant bacteria do not contaminate antibiotic-free turkey.](#)

[Venture capitalist buy into food start-ups.](#)

[One in five adults meet physical activity guidelines.](#)

[A bill runs through congress in hopes of getting more local foods in school.](#)

[How does online grocery shopping affect our environment?](#)

[Here's a walk-through of portion control information for people with diabetes.](#)

[Healthcare giants move their nutrition counseling into the grocery store.](#)

The Food and Drug Administration ([FDA](#)) investigates the [side effects of foods injected caffeine](#).

[Schools remain open for meals during the entire summer.](#)

[Watch the healthy overhaul of a lunch and exercise program at the urban Bonita Springs Elementary school district!](#)

[The popularity of fast food takes over France.](#)

[There are new nutrition recommendations for preterm babies from the Academy of Pediatrics.](#)

[Doubling your workout might not be doubly good for you.](#)

[See how our brain controls our food choices!](#)

Local:

State College: [Dr. Yancy \(creator of instant recess and more!\) is recognized as a true public health hero!](#)

Philadelphia: [Fuel up for your run with diet advice from this Philadelphia dietitian.](#)

Resources:

The Farm Bill is up for discussion in DC. That means a discussion about SNAP-Ed funding is just around the corner. Politicians should know how nutrition and food educators and other key players in SNAP-Ed contribute to bettering the nation's health! See the [summary](#) that shows off this work!

About 13% of adults' daily calories come from added sugars (found in cakes, soda, cereals and other treats). Click [here](#) to see more findings from the National Center for Health Statistics ([NCHS](#)).

Food service professionals can read a [three-pager](#) with tips and best practices on training and technical assistance for state Child Nutrition programs.

This [Childhood Obesity Challenge](#) website is a three-part series, online competition open to all individuals, groups, organizations and universities to innovatively propose ideas on how to address the childhood obesity epidemic.

[A buyers guide to fish](#)

Reducing Meals on Wheels funding could cost the nation \$489 million every year according to [this report](#).

A [list of shade-tolerant plants](#) for a veggie garden

[Take some basic gardening tools for beginners.](#)

You can shop gluten-free on a budget with [these tips!](#)

[Check some reasons to ride bikes during National Bike Month.](#)

Check out US Department of Agriculture's ([USDA's](#)) new [garden nutrition curriculum](#) for third and fourth graders teaching kids about fruits and veggies!

Webinars:

NEW-"Local and State Partners Key Partners in Farm to School" is a 20 minute webinar, starting at 1:00 PM (EDT) on May 14. It focuses on two example programs that have utilized their government support to expand their Farm to School initiatives. Listen in and register [here!](#)

Baltimore acts as a healthy city role model, as they have brought healthier food options to their communities through inter-governmental initiatives. Their model programs include a healthy food retail program, a virtual supermarket, healthier food markets in underserved communities, maps of food quality throughout the area and so much more. Hopefully, you will learn from their example in this presentation called, "Baltimore: A Healthy Food Access Case Study," on May 16, 2013 at 2:00 PM (EDT). Learn more and register [here](#).

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.

"Encouraging Healthy Food Choices in the Supplemental Nutrition Assistance Program ([SNAP](#))," brings to light incentives to encourage healthy shopping behaviors for SNAP users. Listen to the webinar on Tuesday, May 14 at 9:00-10:30 AM (EDT). [Register today!](#)

Join "Early Childhood Nutrition: Bridging the Gap from Infancy to Toddlerhood!" It's a webinar on Thursday, May 23, 2013 12:00 - 1:15 PM (EDT). Parents want to know what food is best for their children. But, food choices and conflicting nutrition information makes it challenging to decide what's best. Listen to the presenters for effective teaching and counseling techniques to guide families toward healthier choices. 1 Continuing Education Credit is available for Dietetic Technicians and Dietitians. This session is only free for the Society of Nutrition Education and Behavior ([SNEB](#)) members. Details can be found [here](#).

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.

During this webinar you can learn to create a healthy workplace. Check it out on May 15th from 1:00-2:00 PM (EST). Register and learn more at [this site](#).

Events:

NEW-On June 2, 2013 from 7:00 AM to 5:00 PM, you can head to Allison Park in Allegheny County for "Bike Fresh in Allegheny County." Bring friends and family to explore all the bike trails while discovering the local food movement in the area. Pre-registration ends on May 30th. To find out the cost and more details, click [here](#).

Stamp out Hunger! Place a bag of non-perishable food items on your doorstep on the morning of May 11th, and your postal carrier will pick it up for a donation to end hunger! [Find out more!](#)

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-Remake your summer grilling by submitting a healthy-for-you recipe with a mushroom topping. It's all a part of the "Mushroom Swap it or Top it!" recipe contest. To learn more, [click this site](#).

The "Robert Wood Johnson Foundation Roadmaps to Health Prize" honors outstanding community partnerships that move people towards healthier lives. If your community fits the bill, you can apply for \$25,000 by May 23, 2013 at 3 PM (EDT). See more details [here](#).

[Jump With Jill](#) wants you to dance, film it, and send it her team by May 17th! By doing so, you could win a \$1,000 grant and a Watermelon Party. Even without the grand prize, you could be featured on her website! [Here are winning tips](#), so you might make the best video out there. And, [take last year's winners as an example](#)! Find out more contest information [here](#)!

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.

Chefs that are ages 8-12 can enter the [Let's Move](#) lunch recipe contest until May 12th. Go to [this site](#) for recipe requirements and details.

The [National Garden Association](#) presents multiple grants and awards for garden interventions and initiatives. Click [here](#) to get to their website, and then click on the "Fundraising and Grants" tab.

The [US Department of Agriculture](#) announced the Childhood Obesity Prevention Program Development Grant opportunity open to universities and researchers. Click [here](#) for details.

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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