

PA NEN - Weekly Food & Nutrition News Nibbles



Week of March 19, 2012

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)



PA NEN News

Sessions are Filling up...Be sure to Register Before March 30th

Save money, and be sure to get into the sessions you want by registering for PA NEN's Annual Conference before March 30th! Late registration rates begin on April 1st, so [register today!](#)

PA NEN is 'Blogging' With Mark Winne!

PA NEN has added a new feature to its website - a blog! What is a blog? It is an online journal that can be used to post articles, breaking news or a collection links for you to comment on, provide feedback or simply read. Our first blog post has been submitted by Mark Winne, this year's Breakfast Keynote Speaker. Click [here](#) to check out his post, "Food Elitism for All," and add a comment.

Motivating for Healthy Behavior with Molly Kellogg at the Annual Conference

Are you looking for new and exciting ways to motivate your clients to make healthy changes? Then this session is for you! There are only 34 remaining spots in one of Molly Kellogg's sessions and the other one is full. Click [here](#) to learn more about her subject matter.

Nutrition Education Database

Did you know that PA NEN has a [state-wide database](#) listing nutrition education programs that serve the low-income audience? [Click](#) to see what is happening throughout Pennsylvania. Also, add your nutrition programming to the map!

Would you like to attend PA NEN's Board Meeting?

The next PA NEN Board Meeting is scheduled for Tuesday, April 24, 2012. The meeting is open to all of our members. If you are interested in attending, please RSVP to [Julie Davis Bartol](#) by April 11, 2012. To find out more details, click [here](#).

Vote for members of the PA NEN Board!

All PA NEN members are eligible and encouraged to vote for new Board Members. The vote closes noon on April 17th. To review the ballad today, click [here](#).

International and National News:

[Social Media focused on health](#)

[Some schools chose to reject the meat labeled as "pink slime."](#) But, you might discover this kind of beef sells in areas beyond the school cafeteria like [grocery stores](#) too.

[Breakfast in the classroom may save one million dollars at this school!](#)

[Farmers markets in New York are seeing more SNAP participants.](#)

The Center for Science in the Public Interest ([CSPI](#)) seeks to ban the brown coloring certain colas because of cancer causing chemicals. [Here](#) is one recent news article, and [here](#) is CSPI's take on the matter.

[McDonalds continues advertising their Happy Meals with a healthier twist.](#)

[How much money are beverage companies spending to fight a tax on sodas?](#)

Lots of people are utilizing USDA's Supplemental Nutrition Assistance Program ([SNAP](#)), especially during hard economic times. Program improvements like more SNAP accessibility and broader eligibility qualifications also increase the number of participants. Click [here](#) to read more reasons for SNAP expansion.

[There are many nutritious and delicious benefits of gardening.](#)

Local:

Pennsylvania: [Warning!](#) Troyer Cheese, Inc. recalled Backroad Country Caramel Puffcorn sold in 8oz and 16oz plastic bags because of undeclared milk

Philadelphia: Changes to [WIC](#) food packages spurred North Philadelphia food and corner stores to stock healthier (yet cheap) foods. See [this site](#) for study results and an informative video.

Resources:

Childcare providers can view [healthy kids initiatives in PA](#). This ["Crosswalk" document](#) aligns goals of the National ["Let's Move Childcare"](#) with objectives of Pennsylvania's Healthy Kids initiatives like [I am Moving, I am Learning](#), [Keystone Kids Go](#), the [Pennsylvania Learning Standards for Early Childhood](#), the [Head Start Child Development and Early Learning Framework](#), the [Pennsylvania American Academy of Pediatrics/ECELS](#) and [Better Kid Care](#).

[What does "natural" mean on food packages?](#)

[A sensor on your smart phone could detect E. coli and other bacteria in food in the near future.](#)

How does eating too much sugar influence a child's health? Watch this [video](#) from [Nourish](#). Pediatrician, Nadine Burke, explains how junk food contributes to the rise in childhood diabetes and obesity.

Webinars:

You can look to [Conagra food webinar recordings](#) on recent nutrition and health findings. Continuing education credits are provided for registered dietitians.

Here is a [listing of webinars](#) on physical activity, school foods, competitive food guidelines and much more! It is presented by the [Alliance for A Healthier Generation](#) through their [Healthy Schools Program](#).

Access to fresh, local produce and other cheaper, healthy food does not promise that purchasing and eating behaviors will change. Review this [free, online webinar](#) to view strategies to making healthy foods appealing and available to the low-income populations.

Here is a webinar series focused on the eating "addiction." It is free and recorded, so [listen](#) to it at any time.

Events:

NEW-Do you know any kids in Philadelphia and surrounding areas? Might they like hiking, biking, swimming or running? [Triyouthalon](#) (pictures of this group's events are available on [Youtube](#)) was organized to bring families together to enjoy exercising, eating healthy and supporting each other. Three or four duathlons and triathlons are held three times a year for various ages. Their next one for kids age 15 and older (adults included) will be held on May 19th, 2012 at Pennypack Park. Check out [this site](#) to learn more and register for upcoming events.

The 79th Annual [Pennsylvania Dietetic Association](#) Annual Meeting and Exhibition, "Putting the Pieces Together," will be held April 15-17, 2012 at the Holiday Inn, Grantville, PA. Go to [this site](#) for more information.

Are you a Registered Dietitian or Dietetic Technician interested in policy? Then the [Academy of Nutrition and Dietetics](#) is holding the Public Policy Workshop in Arlington, VA on April 15-17th, 2012. Topics to cover include the Farm Bill, the Healthy Hunger Free Kids Act, the Older Americans Act and reimbursement. On the last day, congressmen from Capitol Hill will visit. For more information and the early-bird special conference price, look [here](#).

On Monday, May 7, 2012 at the Leows Philadelphia Hotel a culinary event called, "Taste of the Nation Philadelphia" will be held to fight childhood hunger. Organizations involved include the [Greater Philadelphia Coalition Against Hunger](#), [Philabundance](#) and the [Food Trust](#). Click [here](#) for more information and registration.

Grants and Opportunities:

NEW-The Robert Wood Johnson Foundation ([RWJF](#)) is offering two types of grant opportunities. The award types are: *Round 7 grants* and *RWJF New Connections grants*. These opportunities are associated with their *Healthy Eating Research: Building Evidence to Prevent Childhood Obesity*, a national program aimed for research on environmental and policy strategies to prevent childhood obesity, especially for low-income populations at higher risk for obesity. There is a call for proposals targeted to provide key decision- and policy-makers with evidence behind reducing childhood obesity by 2015. Both types of available awards are described [here](#). More information and supporting documents can also be found on [this site](#).

[Announcement](#) to undergraduate and graduate students from accredited academic institutions which utilize National Association to Advance Fat Acceptance's ([NAAFA](#)) [Health at Every Size tenets](#) in their studies and research: you are eligible to apply for the NAAFA HAES Scholarship. Interested students can find an application at [this site](#).

The [State Team Nutrition Training Grant's](#) purpose is for state agencies to expand and enhance their training programs that incorporate and implement the 2010 Dietary Guidelines for Americans and USDA foods in meals served under the [National School Lunch Program](#) or the [Child and Adult Care Food Program](#). To learn more about the state application process and focus areas, click [the link](#).

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