

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of November 19, 2012

## IMPORTANT PA NEN LINKS

**SAVE THE DATE!**  
**PA NEN ANNUAL  
CONFERENCE 2013**  
**APRIL 30TH-MAY 1ST**

[NEWS NIBBLES](#)

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**717.233.1791**



## PA NEN News

### Resource Area at PA NEN's 2013 Annual Conference

Does your organization want to be a vendor at PA NEN's 2013 Annual Conference? Do you have a suggestion for possible vendor?

If so, act fast, as word is getting around that this is conference to be at! These spots will be given on a first come first serve basis. To be listed in the brochure as a 2013 vendor, we will need to receive your complete vendor form and payment by Monday, December 19. This is available on line by clicking [here](#).

### SNAC's Vegetable of the Month: Winter Squash

I adore autumn food—Mmmm! It's so bright, sweet, belly-warming good! What's one vegetable bringing my favorite dishes to life? Sure, pumpkin, but have you tried its relatives—the winter squash? Push these richly flavored veggies my direction, and my hands start chopping with excitement! Join me, and try them sweet in acorn squash honey soup or warmed in a fall casserole. Just look to our [Newsletter](#) for recipes, handling and cooking instruction, and nutrition information. Click [here](#) for separate kids' activities, recipe cards and more.

## International and National News:

[How much do we eat at Thanksgiving dinner?](#)

[Begin exercising, but increase your activity gradually.](#)

[Big food brands bring Latino flavors to the grocery aisle.](#)

[We need to make sure our food remains safe. Even organic food risks foodborne illness. That's why more is being done to keep organic farms in](#)

[check.](#)

[Cook with kids during the holiday!](#)

[Prepare a delicious, safe turkey and stuffing.](#)

[Balloons in your intestine could help you feel full faster.](#)

[Working out can be a team effort.](#)

[Mexican immigrants are at higher risk for obesity.](#)

[Recent diabetes diagnoses increased by 100%.](#)

[Nutrition education shares the spotlight with African American culture.](#)

[Workforce weight loss programs lift the financial burden off of some companies' shoulders.](#)

[Take some creative, healthy tips for your children's school parties.](#)

[Beware of unplanned eating before, during and after the holidays.](#)

Electric outages because of Hurricane Sandy stopped the Supplemental Nutrition Assistance Program ([SNAP](#)) users from getting food after the storm. Half of October's benefits will be reimbursed. Listen [here](#) for all the information.

[Teach kids how to eat, not how to diet.](#)

[Money supports local foods in schools.](#)

[This hospital stopped selling sugary drinks to fight obesity.](#)

[Calories will be on the menu.](#)

[An animal cruelty case rules in favor of our government not the food company using the animal's meats.](#)

### **Local:**

**Pennsylvania:** [Jimmy Dean® French Toast & Sausage Sandwich is recalled for undeclared allergens.](#)

**Philadelphia:** [Eating disorders run strong in teens.](#)

**York:** [York is one of ten national cities to be chosen for "Play Streets," an initiative to create of safe spaces for kids and adults to play outdoors.](#)

[They will host four events this year!](#)

### Resources:

Try some of [Cooking Matters'](#) affordable [holiday recipes](#).

Parents can use [this guide](#) to talk about weight with their kids.

Watch this [video](#) proposing balanced, integrative solutions to the multifaceted problems of worldwide food access and sustainability.

Do you need some inspiration? Then watch this [amazing video](#) of [Let's Move's](#) Quickfire Challenge! In it, First Lady Michelle Obama, Top Chefs and the Dallas Cowboys develop healthy recipes for school lunch.

### Webinars:

*NEW*—The Journal of Nutrition Education and Behavior ([JNEB](#)) from the Society of Nutrition Education and Behavior ([SNEB](#)) will be starting a Journal Club—weekly webinars featuring authors from the latest nutrition journal. During the webinars the researchers will review and discuss their articles, while students will have an opportunity to ask authors questions. Each hour-long webinar will be broadcast to participating classrooms across the country at 1:00 PM (EST). The first series will focus on childhood obesity. Please register for each session individually at this [site](#).

Learn the influential environmental factors that contribute to childhood obesity on Nov. 29th from 2:00-3:00 PM (EST). Review the speakers' bios, and register [here](#).

A webinar, "[Market-Based Models for Increasing Access to Healthy Food: Defining What Works](#)" will be presented on Thursday, November 29 at 3:30 - 5:00 PM (EST). With the growth of food justice, food access and nutrition education; non-traditional food enterprises across the U.S. innovated market-based approaches to encourage nutritious behaviors for underserved, limited-resource consumers. The presenters for this webinar are a part of the Wallace Center's Healthy Urban Food Enterprise Development (HUFED) program. Learn from top-notch strategies in supply chain, on the consumer level and beyond to incorporate healthier behaviors while boosting food purchases. Learn more about the webinar [here](#).

The webinar, "How to Create a Healthier School Food Culture," on Tuesday, December 11th at 2:00 PM (EST), focuses on school food choices that go way beyond the cafeteria. This webinar provides ideas and resources for healthier fundraisers, snacks, birthdays, celebrations, family events, non-food rewards and other ways to encourage nutrition in the

schools. The webinar recording will be made available after the premier showing. [Register today!](#)

### Events:

On December 7, 2012 from 8:00 AM-5:00 PM (EST), "Woman to Woman: Pay It Forward" will be taking place in State College, PA. The Pennsylvania Women's Agricultural Network hosts this one-day networking symposium, an opportunity for mentoring and shared learning for beginner to expert farmers alike. Review more information by clicking [here](#).

Every Friday, you can [Tweet about school food!](#) [Prevent Obesity](#) joined forces with [MomsRising](#) to talk about the importance of healthy school meals. Just tweet about your model school food, your opinion about the new school meal standards, news stories, blog posts and more by using the hashtag #SchoolFoodsRule. If you're not an avid Twitter-user but want to follow the conversation, just go to [www.Twitter.com](http://www.Twitter.com). Type in "#SchoolFoodsRule" into the Twitter search box, and you'll find tweets from the people partaking in the chat.

Are you and your family in Pittsburgh? Then, you can sign the family Meals Pledge [here](#). For more details look [here](#).

The Susquehanna Food Bank is giving free meals through their "[Tweet to Feed](#)" promotion.

### Grants and Opportunities:

*NEW*-The Society for Nutrition Education ([SNEB](#)) wants your research posters and abstract submissions for their August 2013 Conference, "Moving from Good to Great!" To see more information, review the links and application on this [site](#).

[Partnership for Healthy America](#) wants you to bring your ideas to end childhood obesity for their "End Childhood Obesity Innovation Challenge." Enter this online contest by November 16th 2012 for the chance \$10,000 to help turn your ideas into a reality. [See more details, and enter now!](#)

[Kids Eat Right](#) wants to select fifty registered dietitians for a \$200 grant to present Kids Eat Right toolkits. The presentations must occur twice, between January 1 to February 28, 2013. If you're interested, you can select from a variety of toolkits: Healthy Breakfast, Healthy Snacking, Family Champions, Family Meals, or Myth Busters. Consider signing up to be a part of Kids Eat Right and download any of the toolkits [here](#). Please see the full application at [this site](#) (You must have a log-in and password to view this website.). Applications are due December 7, 2012, and mini-grantees will be announced December 17, 2012.

Through the Champions for [Healthy Kids program the General Mills Foundation](#) will award 50 grants of \$10,000 to organizations working to improve nutrition and physical fitness behaviors for youth (ages 2-18). Schools, after school programs, daycares, community-based organizations and government agencies are all eligible for this grant. The application deadline is December 3, 2012. Click [here](#) for the grant application. Contact SPARK at 1-800-SPARK PE or [spark@sparkpe.org](mailto:spark@sparkpe.org) for a Program Consultant to answer your questions and listen to your vision to encourage nutrition and physical fitness.

The [Wal-Mart Foundation](#) gives back to your town through their Community Grants. \$250-5,000 dollars goes to applicants who fit [these criteria](#). Whether you're a non-profit group, a state or federal agency, a faith based organization or a school; you can [apply](#) by December 1, 2012.

Are you a school or community organization with a youth garden? Then, by December 3rd, you can apply for an NGA Youth Garden Grant. Go to [this site](#) for program and eligibility criteria and funding information.

"[Fuel Up to Play 60](#)" is a program founded by the [National Dairy Council](#) and [NFL](#) that encourages students to take charge in making small changes at school. Students can win cool prizes, like an NFL player visit or Super Bowl tickets, for making healthy choices. Is your school interested in making these good-for-you changes? Then look [here](#) for funding opportunities to boost you along!

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