

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of September 16, 2013

## IMPORTANT PA NEN LINKS

SAVE THE DATE!  
[PA NEN ANNUAL  
CONFERENCE 2014](#)

[NEWS NIBBLES](#)

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717.233.1791



## PA NEN News

### **PA NEN's Call for Speakers and Speaker/Topic Suggestions**

PA NEN's 2014 Annual Conference, "Nutrition Educators: Nourishing Future Generations One Table at a Time," will be held on April 28 - 29, 2014 in Lancaster, PA. We'll be celebrating all the work that nutrition educators have done and are yet to do! Please visit our [website](#) for more information and to submit a speaker proposal.

### **Spots are filling up quickly for PA NEN's Pittsburgh Workshop!**

On November 14th, we'll be holding a one day workshop called, "How to Make Nutrition, Fitness and Cooking Demos Exciting, Fun and Inspirational!" with author, TV host, and dietitian, Zonya Foco! [Find out more information](#) today. Quick, there are only 19 spots left!

### **Eat Together PA: We want your food stories!**

No matter where you're from or how different you are from the next person, we can all reconnect around food, family and friends. People can join together to share a meal, some laughs, and honest conversation— whether it's every day or only during holidays. That's what PA NEN's Eat Together PA campaign is about!

Can you remember a heartwarming family meal moment? Might you be chock full of time-saving & meal-prepping tips? What gets you and your family around the table? Do you have a funny, "remember when" mealtime moment tucked away? Soon, we will be featuring your stories on our website, [www.EatTogetherPA.org](http://www.EatTogetherPA.org). Just email [Amanda](#) your story. We can all join in the cause to fight hunger and malnutrition one meal at a time!

### **SNAC Vegetable of the Month: Winter Squash**

Cuddle-up with a bowl of squash soup, sweet and savory. Roast an autumn veggie mix. Maybe you plan to gobble down winter squash alongside your turkey dinner? Find out how best to cook, choose, grow and eat this tasty treat by searching through these winter squash resources at [this site!](#)

## **International and National News:**

[Patients reap the benefits by focusing on eating more cholesterol lowering foods rather than avoiding saturated fat.](#)

[Let's look at whole foods during stroke reduction diet education.](#)

[Get your kitchen into shape!](#)

[What's behind the Let's Move Campaign about drinking more water?](#)

[Listen to reasons why obesity should be classified as a disease.](#)

[Fitness can get kids minds working harder!](#)

[What is so good about nut and seed butters?](#) [Here](#) is more good news on the matter.

[The Global Food Banking Network sets a goal of reducing food waste and feeding the world.](#)

[It's especially important to be culturally aware in the nutrition realm.](#)

[Food banks are on the move, meeting the neighborhoods where food is needed most.](#)

[The First Lady wanted to change the way food is marketed to kids by engaging health advocates and the food industry in a White House Summit.](#)

[Do you know these nationally acclaimed anti-hunger agencies?](#)

[Carbohydrates 101](#)

A million dollars was awarded for the creation of a "food hub." Find out what that means, [here](#).

[Eating too much ruins diets; it desensitizes the nerves that help you detect fullness.](#)

[Dietitians develop mobile food apps.](#)

[Farms fight food waste worldwide! Look at these innovations.](#)

[Five hundred people were served food that was supposed to be waste.](#)

[Meat Lockers in New York bring local meats at affordable prices.](#)

### Local:

**Pennsylvania:** Honey roasted peanuts are recalled because of an undeclared wheat allergen. See the packaging and more information [here](#).

**Pittsburgh:** [Students grow food to learn!](#)

### Resources:

Check out these [Celiacs disease resources](#).

Read through this [informational infographic](#) about global food insecurity.

A [study](#) recommends asking about food insecurity in the hospital.

A [Pinterest page](#) full of workouts to do during commercial breaks

### Webinars:

*NEW*-[Check out these free webinars about shopping healthy on a shoestring budget!](#)

*NEW*-The "[Food Hubs and Farm to School](#)" webinar will happen on Thursday, October 17 from 3:30 PM - 4:45 PM (EDT). Farm to school programs bring healthy foods to students across America. See these schools aggregate enough of their produce to feed the entire school. Food hubs hold great promise in the process. In this webinar you'll learn about some schools utilizing these resources. [See more](#).

*NEW*-Eating competence means encouraging eater to enjoy their food. That means nutrition counseling takes on a different approach, refocusing on the emotional value of eating healthy while straying from details on portion size and food type. Join in the conversation on September 25th from 12:00-1:00 PM (EDT). [Register today!](#) Villanova's College of Nursing will hold future webinars this fall. Find them [here!](#)

Food systems take over the [2014 TedEx Manhattan line up](#). Watch listed change-makers harness their powers for better food access for all!

Webinars from the Action For Healthy Kids keeps an ongoing list webinars about school health and wellness. They cover it all: getting kids to eat the healthy at lunch, sharing non-food rewards, even how to set up a school

wellness team. Look [here](#) for the webinar listing.

Get excited for the 2015 Dietary Guideline! The Advisory Committee will meet October 3-4, 2013, and you can join them! Register ahead of time to watch a webcast of the meeting. Registration is open [here](#). Click [here](#) for the agenda and more.

The National Association of County and City Health Officials holds podcasts about innovative public health campaigns. Watch the recordings [here](#).

No Kid Hungry wants to end childhood hunger community hunger. They hold Google Hangouts every Friday from 2:00-3:00 PM. Check out [one recording](#) for an example.

Are you a member of the Society of Nutrition Education and Behavior ([SNEB](#))? If so, September begins their second go-around of the JNEB Journal Club. This means free, weekly webinars will be held featuring authors from the latest issue of *Journal of Nutrition Education and Behavior*. Hear about research articles, and you can ask questions directly to the researcher. Each one-hour webinar will be broadcasted at 1:00 PM (EDT), and recordings will be made available at a later date. [You can register to attend](#).

### Events:

*NEW*-[You can watch as your legislature takes to the softball field at Harrisburg's Metro Park!](#) They'll be playing to bring food to Pennsylvania's tables. The game begins on September 30, 2013 at 5:30 PM. Your capitol all-stars will playyyy ball for hunger relief!

*NEW*-MANNA's Annual Health Symposium, "Nourishment & Healthcare Reform, Your Voice, Your Vote" is being held to honor those nourishing people in need across PA. It's happening September 26th from 8:00 AM-11:00 AM. See more about the event on [their flyer](#). You can also register [here](#).

Crrrrrunch into an Apple on October 23. The National Apple Crunch event wants everyone to chomp on apples (fruit, applesauce, juice, and cider) as a healthy snack. See more celebration ideas [here](#).

In October, Penn State Cooperative Extension in Cumberland County is holding farm tours in the area. [Check out the event details](#).

[Let's Move Pittsburgh](#) is holding a symposium on November 7. More information will be out soon!

### Grants and Opportunities:

*NEW*-The Academy of Nutrition and Dietetics will offer nine scholarships of \$4,500 for college students who want to be a food safety advocate across their campus. Applicants will also spread messages outlined by the

Academy's "Home Food Safety" campaign. Learn more about the application and further opportunities at [this site](#). The application deadline is February 1, 2014.

*NEW-Grow* Pittsburgh offers funding, provides equipment, and further opportunities for people to join in the urban gardening movement. [Look here](#), connect, and see how you or your organization can get involved.

You can still apply for funds from US Department of Agriculture to purchase wireless point-of-sale equipment (also known as EBT equipment) by September 30, 2013. Find out more, [here](#). Previously, the funds were only available to farmers' markets not currently participating in SNAP. That requirement has changed; now, the opportunity applies to certain direct-marketing farmers. To those curious about this chance, you can contact the Pennsylvania's SNAP State Agency. Here is her information:

Lourdes Padilla, Deputy Secretary  
Office of Income Maintenance  
Department of Public Welfare  
Health & Welfare BLDG, RM 432  
PO Box 2675  
Harrisburg, PA 17105-2675  
717-783-3063  
717-787-6765 (Fax)  
[lpadilla@pa.gov](mailto:lpadilla@pa.gov)

Philabundance Plate Campaign! Snap a picture of heartfelt words on a paper plate for Hunger Action month. Philabundance will match 1 meal per plate. Look [here](#) for more information.

The Department of Agriculture (USDA) recently published a Request for Information and announced a series of public forums to gather feedback from interested parties on opportunities to improve access to healthy food choices for SNAP participants as well as program integrity. They will be hosting listening sessions and gathering written feedback through October 21. See the details [here](#) and [there](#).

There is a challenge around the corner. To all our Pinterest users, you can pin photos on the Fruits and Veggies More Matters' "Freshen Up & Pin Up" Pinterest challenge board from September 1st-30th. Show how you revamped your meal or snack by making half of it fruit and veggies. The challenge board will be live September 1st. Click [here](#) for details.

School breakfast grant opportunities are laid out on the Action For Healthy Kids [resource page](#).

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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