

PA NEN - Weekly Food & Nutrition News Nibbles



Week of November 11, 2013

IMPORTANT PA NEN LINKS

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[PA NEN ANNUAL
CONFERENCE 2014](#)

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PA NEN News

The 2014 Call for Abstracts/Local Projects is back for 2014!

PA NEN invites you to [submit a proposal](#) of original research or a successful project/program you have implemented in your community. Applicable topics involve nutrition education efforts in PA regarding the low-income population. Other suitable topics will be considered. All accepted abstracts will be invited to share your information with conference attendees in the Resource Area.

Annual Conference Vendor Application:

Does your organization want to be a vendor at the PA NEN 2014 Annual Conference? Do you have any suggestions for possible vendors? Look [here](#) for more information!

SNAC Vegetable of the month: Cauliflower

What vegetable purple, yellow, or white? Cauliflower! Let's dig into recipes, kids' activities, cooking, selecting, and other healthy-for-you-tips in our [Cauliflower Newsletter](#) ([En Español](#)).

International and National News:

[This determined lady is opening a grocery store where food is needed!](#)

[Breastfeeding mamas with multiples can use some of these tips.](#)

[Have you thought of these creative ways to save money while eating healthy?](#)

[With 2014 around the bend, take some of these upcoming food trends into account!](#)

[Are some kinds salts healthier than the next?](#)

Details on the Trans-Fat Ban:

- [After years of public health advocacy, the government calls to ban manufactured trans-fat from food products.](#)
- [Listen to the story on the ban.](#)
- [Here is a dietitian's take on this happening and another one's opinion.](#)
- [Check this fact sheet on the matter.](#)
- [What about our kids? The ban on trans-fats does not apply to their school foods.](#)

[The bacteria in your gut may impact your allergies.](#)

[Time Magazine names 13 prolific people within the food sector.](#)

[Steam that broccoli because research finds the benefits.](#)

[An idea is closing the farming and food store gap. It's not just about a foodie, elitist movement.](#)

[Tricks to growing the perfect garlic](#)

[You wanted it; you got it! A vegetable centric menu catches on in restaurants.](#)

[Mobile health technologies obtain real time data to help manage disease states. This is an exciting move for nutrition and preventative care.](#)

[A historical perspective brings the rise of obesity to light.](#)

[A kid-approved cook book encourages children to scarf down their school lunch.](#)

[Does the "Food Desert" label focus on the problem, not the cure?](#)

[The research is in. People who have food assistance buy less full fat dairy.](#)

[Rural areas face challenging, diverse health issues.](#)

Soul food becomes a healthier bite! [This article](#) packs in recipe ideas and great advice to integrate these "makeovers" into your community!

[The Edible School Yard Project makes the world a healthier place.](#)

[Family meals can bring everyone toward healthy behavior change.](#)

[Adjusting the food label gets complicated.](#)

[Calories appear on the menu.](#)

[These nutrition heroes fight hunger around the world.](#)

A panel met to assess the research behind all dietary supplements. [They found very little evidence to support their use.](#) Also, [herbal supplement and energy drink research shows potential toxicity.](#)

Is food addiction real? Here is a [list of research](#) on the matter with more to come.

Local

Delaware Valley: [A little word on the design of the new food market.](#)

Delaware Valley: [Veterans garden for meaningful work when they come home!](#)

Poconos: [Anti-hunger advocates meet with Pennsylvania legislatures to talk about poverty and the reductions in SNAP benefits.](#)

South Central Pennsylvania: Do you live in South Central PA? Are you a part of the South Central PA Food Systems Alliance (SCPA-FSA)? This online survey is striving to bring together people and groups who engage with the SCPA-FSA events. This alliance is trying to find workers and events happening the local food system to discover who is missing from their discussion. The survey will identify how the SCPA-FSA can help these local efforts. Find out more, and take the survey [here](#).

Resources:

What would Batman eat? Kids want to follow this super hero's healthy lead! Find more about [the research](#), and get free resources [here](#).

Pack fish and colorful veggies into a little pocket for a healthy, easy-to-clean meal. [Use this recipe!](#)

Forward thinking behavior change is happening worldwide. [This website highlights everyone involved!](#)

[Fast Food Facts 2013](#) is research published by the Yale Rudd Center. [New statistics about food marketing to kids can be found in the report.](#)

The Food Trust runs tons of cool programs throughout Pennsylvania. Check out their [Newsletter](#) for more information!

[Take this Portion Distortion Quiz.](#)

Have you tried conversation cards with your patients? [This month's issue of](#)

[the Journal of Nutrition Education and Behavior features the research, creation and testing of a set of cards to get parents and healthcare professionals talking about pediatric weight management.](#) The researchers shared a [video](#), talking about the cards. Here is a [link](#) for frequently asked questions and ordering information.

Webinars:

NEW-The Villanova College of Nursing is holding a webinar on November 19th, 2013 from 12:00 PM-1:00 PM (EDT). It's called, "Motivational Interviewing for Youth with Diabetes: Guiding Individuals to Make Healthy Lifestyle Choices," by Dr. Julie C. Michael. The webinar will identify ways to get kids to follow a weight management plan for diabetics, the barriers to doing this, and ways to include family in the process. For complete details and webinar registration, click [here](#)!

NEW-A second webinar by Villanova's College of Nursing will be on December 11th, 2013 from 12:00 PM- 1:00 PM (EDT). Its focus is on weight bias with kids - from bullying and other social issues that come along with the clinical problems of childhood obesity. For more information, click [here](#).

Check out these free webinars for farmers interested in sustainable agriculture. These forums focus on anything from how to begin farming, to legal issues, to how to host farm events. Dates and more registration information are [here](#).

"Secrets of Human Motivation Research and Interventions from Self-Determination Theory" is happening on December 5, 2013 at 1:00 PM (EST). Join to find out more about what makes your clients enact healthy behaviors! Learn more, [here](#).

A webinar based out of Canada focuses on how we might feed the growing world over the next decades. It's scheduled for November 19th. Time and registration can be found [here](#).

On November 19th at 1:00 PM (EST), Julia Govis from University of Illinois Extension and Morgan Taggart from Ohio State University Extension will discuss ways to support farm-to-school through developing resources and curriculum. On the day of the webinar, you can join by clicking [here](#). It will bring you to the webinar's live meeting site. No pre-registration required! To hear the webinar, you'll dial 1-800-988-0278, and use the passcode 4670194#. For questions, please contact Matt Benson at matthew.benson@fns.usda.gov or 202-720-6740.

["¡Pláticas de Salud! Prioritizing Health in the Latino Community"](#) is a webinar scheduled for December 4th at 4:00 PM (EDT). The Latino Coalition for a Healthy California (LCHC) has completed a round of conversations focused on health issues facing the Latino community. This webinar will discuss two of them: sugar sweetened beverages, obesity and diabetes and the Latino community and the Affordable Care Act's impact on Latinos.

Events:

NEW-Philabundance holds lots of food bank events See what's happening, and join their efforts by [clicking here](#).

NEW-It's the last day for the "Stuff a Bus" event from the Central PA Food Bank. They're collecting food at select locations. See [here](#) for more information.

NEW-The Second Harvest Food Bank in Erie planned lots of events over the course of this month. [Check them out!](#)

Join Virginia's Cooperative Extension at Virginia Farm-to-Table Conference, "Healthy Food and Vibrant Farms for the Common Wealth and Common Good," on December 4-5th. [Check out this site](#) for speaker, location, and registration information.

Save the date for the Central Pennsylvania Food Bank's event, Soup and a Bowl. It's in Williamsport on Friday, February 21st, 2014 and in Harrisburg on Monday, March 17th, 2014. For more information, visit this [link](#).

On November 27th at 7:00 PM, you can join local bands for "Thanksgivin' Back," a musical fundraising event for Lancaster food banks. To discover the location, ticket prices and more, go to [this website](#).

Pittsburgh is holding lots of Farm-to-Table, health-focused activities throughout the November. [See a listing on this page](#).

Temple University is holding a autumn series called, "[Gather Around the Table: Conversations on the History, Impact and Implications of Food in our Society](#)." Look at all the awesome visitors for this fall, and join their momentum working for a fair and just food system. Click [here](#) for more information on the location and a listing of speakers!

Grants and Opportunities:

The Registered Dietitian (RD) Parent Empowerment Program gets parents to be healthier role models for themselves and their families. The [toolkit is now available to download free of charge](#) to all Kids Eat Right members. The program will be held over 4 workshops for parents. Look for a leader guide, parent guidebooks, a training webinar, and other support materials to help you successfully implement the program at [this website](#).

Develop your story, and grab a camera! This contest is searching for a short film on food, farming and sustainability due on February 14, 2014. Check out the details at [this site](#).

For a day, Play the Streets opens a part of selected communities to get kids outside and moving. See how you can apply, and learn more [at their site](#).

Are you looking for an outdoor volunteering opportunity this season? Join Edible Schoolyard Pittsburgh for mulching, composting and "putting their school gardens to bed." This [page](#) has more details!

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.

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Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, an entity of The Pennsylvania State University's College of Health and Human Development, as part of USDA's Supplemental Nutrition Assistance Program (SNAP).