

PA NEN - Weekly Food & Nutrition News Nibbles



Week of November 26, 2012

IMPORTANT PA NEN LINKS

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

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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: Sweet Potatoes

What fluffs perfectly; can hide all winter in dark, cool pantries; and brightens up the table with an orange hue? You guessed it: the almighty [sweet potato](#)! Whether you boil, bake or microwave this veggie, feel assured. It always cooks smooth and tasty! Pair its sweetness with savory dinner dishes or highlight its honeyed flavor with warm cinnamon-like spices. Get more recipe ideas and nutrition facts about the [sweet potato](#) at [this site](#).

International and National News:

[Put the fryers aside. New ovens keep "deep-fried" foods on the school lunch menu.](#)

[School lunch transforms.](#)

[17 food companies in the United Kingdom pledge to make fruits and vegetables more available to their product purchasers.](#)

[Food and health trends during 2013](#)

[Neighboring food stores offer healthy options to school students—especially those students who attend schools with food budgets slashed.](#)

[Childhood obesity improves in the "fattest State in America."](#)

[A grant shrinks food desserts in Tennessee.](#)

[Research: Obese, Prader-Willi Syndrome patients might have issues with their autonomic nervous system.](#)

[A new international network focuses on obesity.](#)

[Know your food; know your food worker.](#)

[Healthy and delicious chia seeds sprout in a lot more places than Chia Pets.](#)

[Why are kids picky eaters?](#)

[Big fast food chains remove social media features that promoted unhealthy foods to kids.](#)

[Health professionals reveal the truth about common food myths.](#)

[Capture the Flag! Freeze tag! Kids play for exercise!](#)

[People look to the positives of the new school lunch policy!](#)

[Review the basics of a gluten free diet.](#)

Local:

Pennsylvania: There is a voluntary product recall on Sara Lee® Butter Streusel Coffee Cake for an undeclared pecan allergen. Find more details [here](#).

Philadelphia: [Take a forecast of obesity from someone who used to live and teach in Philadelphia.](#)

Philadelphia: [Professionals get honest about fruit and vegetable juicing.](#)

Resources:

Report: Read [the summary](#) or the [entire document](#) called, "Characteristics of Supplemental Nutrition Assistance Program Households: Fiscal Year 2011."

[Study: Patients benefit from a nutrition education regimen.](#)

[Listen to the BBC commentary on childhood obesity.](#)

Revenue for public health and community nutrition initiatives could come from taxes on soda. See the potential money available to your city by using [this calculator](#).

Webinars:

NEW-On December 3rd, 2012 at 1:00 PM (EST), a webinar, "Public Support for Food Stamps," is available. See the latest public reviews of the Supplemental Nutrition Assistance Program ([SNAP](#)), analyze polling information on the matter, and see how people refute tax cuts on the program. Register [here](#).

NEW-Join the cooking class on December 11th at 12:00 PM (EST). It will be held over a webinar titled, "Professional Development for School Food Service: Cooking Classes with Seasonal Ingredients and Global Flavor Profiles." You can [register today](#).

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](#).

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:

NEW-The 6th annual Rooting DC Conference will be held on Saturday, February 23rd, 2013 at Wilson High School in Washington D.C. New and seasoned gardeners can attend this free gardening forum to share information and skills to grow a healthier community. Mark your calendars! More information to come.

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. Type in "#SchoolFoodsRule" into the Twitter search box, and you'll find tweets from the people partaking in the chat.

Grants and Opportunities:

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](#).

[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.

"[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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