

PA NEN - Weekly Food & Nutrition News Nibbles



Week of October 31, 2011

PA NEN News

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)



PA NEN's Annual Conference

Planning for our 2012 Conference is in full gear! In anticipation of our best one yet, we strive to meet our members' needs, and we know these topics will win you over! We'll take a well-balanced approach by emphasizing nutrition in the context of physical fitness, farm-to-school programs, motivating and counseling clients, disease management and so much more! Click [here](#) to view the agenda and confirmed speakers.

Vegetable of the Week: Rutabaga

Take note of the appearance of a [turnip](#). Well, rutabaga is its waxy look-alike; mind you, it's slightly more yellow and larger in size.

Nutritionally, rutabagas package a fine dose of vitamin C and fiber.

Cooking rutabaga is similar to preparing a potato. Peel off the waxy skin with a knife, slice the veggie into bite-size cubes and you can boil the pieces until your fork pokes right through them with ease (about 10 minutes of boiling). Smash the final product with low-fat milk and butter like you would mash potatoes, roast with olive oil and root vegetables (carrots, beats, onions and parsnips), blend them with a little broth to make a soup, or mix the rutabaga pieces with sautéed onions as side dish. Pairing rutabaga with just the right spices is easy! Try lemon juice, honey, garlic and onions. Or, maybe you like a fruity-tasting dish with pinches of ginger, thyme (dried or fresh herbs) and a pear or two.

Ignore rutabagas with soft spots, browning or cracks. Pick ones that are ripe and hardy, so they can store in the fridge for up to three weeks.

View this [website](#) for more interesting veggie recipes, activities, and growing tips.

Social Marketing Family Meals Campaign Update

This campaign is well on its way to promoting family dinners, eating together and nutrition for the SNAP eligible populations. It will do so through a variety of different social marketing venues (i.e. direct mailings, posters, text messaging, the internet, billboards and much more). This is a 2012 pilot project in the Allegheny, Lancaster and Tioga counties.

To update you on our progress, we have found four families with diverse ethnic and familial backgrounds to pose as the faces of our campaign. They will be displayed on campaign materials. Photography begins in the next week and will continue throughout the month of November. Also, the billboard design, taglines, the website URL and paper handouts are in the brainstorming stage. Drafting will continue until the Social Marketing Committee can agree upon the final products.

Stay tuned for more project updates!

International and National News:

The [USDA](#) funds eight projects that focus on [SNAP](#) and [WIC program](#) implementations in regards to policy and technological advancements. Look [here](#) for details.

[Research from 2008-2010 shows that African American and Hispanic children are target audiences for soft drink advertisements.](#)

[Cooking skills blossom from a young age.](#)

[A study suggests that proximity to a fast food restaurant might not be associated with an increase weight status.](#)

[The New York Department of Health launched a campaign to reveal their malady with soda](#)

[A non-profit uses a nutrition lesson plan to teach high school students about local food system, their current food environment, how advertisements influence their eating choices, and the importance of nutrition.](#)

[Members of Congress take the SNAP Food Challenge](#)

[Foodcorps ventures into inner-city, underfunded schools with innovative ways to educate children about nutrition and regional foods.](#)

[Using herbs might spice up your life in more ways than one—with flavor and healthful benefits.](#)

[Text messaging and other forms of social media prove that wealthier families get more exercise.](#)

[Especially after Halloween, you can be tempted to eat more candy because it is wrapped in smaller packages.](#)

[Restaurants cook from scratch and begin serving whole food.](#)

[A national foodservice company assesses the health of their school food by listening to those people who work with students on a daily basis \(i.e. the lunch lady, the school dietitian, the foodservice manager\).](#)

Local:

Pittsburgh: [Exercise sharpens your brain processes.](#)

Pennsylvania: [Rite Aid voluntarily recalls 12 ounce tins of Rich Fields Butter Christmas Cookies and those that are shaped like Castles.](#)

Pennsylvania: [Eating Right Soy Burgers are recalled because of an undeclared milk allergen from certain food retailers nationwide. Look here for more information.](#)

Pennsylvania: [Recall—Five thousand pounds of Bulk Pine Nuts sold in food stores like Wegmans.](#)

Philadelphia: [Researchers review the reality that people are becoming obese at a younger age.](#)

Resources:

A [report](#) on the Fresh Fruits and Vegetable Program identifies healthier diets for their participants.

We consume too much salt. [Here](#) is the data on sodium in children's diets. The same [results](#) are observed for adults.

Webinars:

New-Join the [Society for Nutrition Education and Behavior](#) on Wednesday November 16th for an hour long webinar titled, "What the Journal of Nutrition Education and Behavior looks for in Qualitative

Papers.” Experts in qualitative research will be presenting guidelines, strengths and weakness of such research. Register [here](#).

View [this webinar](#) recording from [FRAC](#) that delivers new opportunities for nutrition and health professionals to reach the SNAP-eligible population.

On November 9 from 2:00-3:00 PM, you can begin to understand how positivity empowers behavior change in healthcare; listen-in on a webinar titled, “The Role of Optimism on Nutrition and Health Behaviors.” Register [here](#). Dietitians and dietetic technicians can earn one continuing education credit while listening to top-notch speakers from the behavioral health field.

The [Beverage Association](#) sponsors webinars throughout October and November. On November 17, 2011 at 9:00-10:30 AM (EDT) and again at 1:00-2:30 PM, (EDT) they’ll concentrate on non-nutritive sweeteners—Aspartame and Stevia—regarded as safe since their creation. Look to the title, [“Addressing Questions about Aspartame and Stevia Sweeteners: Facts Health Professionals Need to Know”](#) for a webinar summary.

Events:

At Wilson College on November 10, 2011, “Closing the Food Gap; Connecting Community & Local Food,” is a symposium that will be held by Healthy Adams County, Wilson College, the Capital Resource Conservation & Development Council and South Mountain Partnership. This event focuses on the local, South Central Pennsylvania food system, nutrition education and the low-income audience. An event write-up can be found [here](#). Further questions about participating or providing event sponsorship, can be directed to Kathy Gaskin (kgaskin@wellspan.org; 717-337-4137) or Cheryl Burns (cburns@capitalrcd.org; 717-241-4361).

Awards:

[You can nominate an exemplary grocer that stands for making sure all customers can feed their family.](#) The “Golden Grocer Award” will honor a model grocer who offers nutrition education, hunger advocacy and pleasant customer service.

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).