

PA NEN - Weekly Food & Nutrition News Nibbles



Week of November 4, 2013

**IMPORTANT
PA NEN LINKS**
SAVE THE DATE!
[PA NEN ANNUAL
CONFERENCE 2014](#)
[NEWS NIBBLES](#)
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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!

Submit your article idea!

We're searching for a few writers for our fall edition of *Food for Thought*, PA NEN's Quarterly Newsletter. If you are interested in submitting an idea for an article, please email jbartol@phmc.org by Friday, November 1, 2013. Articles should touch on nutrition and health outreach for the low-income population.

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:

[It's possible to make a sustainable, fair food system.](#)

[Let's reroute food "waste" to the hungry!](#)

A [video](#) about the art of cheese making sheds light on the bacteria in our gut!

[Native Americans eat like their ancestors to reduce obesity and disease states.](#)

[People with lactose intolerance should drink milk?](#)

[Thanksgiving foods go healthy.](#)

[What foods push health claims that ring true?](#)

[How to add healthy, unique ingredients to your diet](#)

[How does gut bacteria relate to a healthy diet?](#)

[A long interview with the Associate Director of the Center of Disease Control shows that the abuse of antibiotics in medicine and in our food supply are major contributors to worsening foodborne illness.](#)

[Take some tips for exercising with diabetes.](#)

[Food deserts develop in poor and minority neighborhoods.](#)

[What are the multiple causes Irritable Bowel Syndrome?](#)

[Trends show that Americans want to eat healthier.](#)

[Advertisers make broccoli the cool thing to eat.](#)

[A star Latina wins a national health promotion award using innovative techniques to spread her message.](#)

Yummy! [Who wants cauliflower, 4 ways?](#)

Local

Harrisburg: [The Central Pennsylvania Food Bank get prepped for the holiday.](#)

Philadelphia: [Cuts to Supplemental Nutrition Assistance Program funding mean that food pantries and food banks will have to provide food to more people.](#) That includes a quarter of a million people in the Delaware Valley.

Pittsburgh: [Health leaders meet in Pittsburgh this week for a health](#)

[symposium with Let's Move Pittsburgh!](#)

Resources:

[Check out this SNAP-ed bulletin from SNAP-Ed Connection!](#)

Jump with Jill takes you on a backstage pass [video](#) with the Fuel Up to Play 60 initiative and the Detroit Lions.

Foodsafety.gov brings you [recipes](#) ([Español](#)) to follow during a natural disaster.

In this app you can keep park-goers safe from foodborne illness, [download or learn more about the "Perfect Picnic" the smart phone app!](#)

Check out this [infographic](#) about the hunger-obesity paradox.

Keep the whole family safe with the "[Food Safe Families Campaign Toolkit](#)." You can promote the message online or in your communities with all the tools.

Try out these two [White House garden harvest recipes](#).

You can follow tweets from [@obamafoodorama](#). She documents all the food happenings of the white house.

Webinars:

NEW-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](#).

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

NEW-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](#).

NEW-"Playing in the Dirt: Innovative solutions for correcting nutritional deficiencies in mental health" is a two part webinar series. During the first, on November 14th at 3:00 PM (EST), you'll learn about innovative behavioral health community food programs. The second, on January 16th at 12:00 PM (EST), will look toward the clinical nutrition issues with sustainable solutions. It costs members of the "Hunger and Environmental Nutrition Dietetic Practice Group," \$25 dollars and non-members \$35.

Continuing education credits will be provided. Look [here](#) more information.

NEW-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.

Join intellectual leaders from all sectors as they describe the intricacies of the Farm Bill. [This recording](#) takes place during a Harvard seminar but is available to all of you for free. Inform yourself about the Farm Bill with the resources below the video.

Here is a free recording called, "Gluten Related Disorders: Facts and Fallacies," from the North American Society of Pediatrics for Gastroenterology, Hepatology, and Nutrition. Read through [this page](#) to figure out if you're interested in this module, and at the bottom you can click the link to access the webinar.

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 (ET), and recordings will be made available at a later date. [You can register to attend](#).

Events:

NEW-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!

The National Farm to School Network released a Request for Proposals (RFP) for the 7th National Farm to Cafeteria Conference: Powering Up. The conference is being held on April 15-18, 2014 in Austin, Texas. Download the official RFP [here](#).

Grants and Opportunities:

NEW-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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