

PA NEN - Weekly Food & Nutrition News Nibbles



Week of November 5, 2012

IMPORTANT PA NEN LINKS

SAVE THE DATE!
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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: Winter Squash

I adore autumn food—Mmmm! It's so bright, sweet, belly-warming good! What's one vegetable bringing my favorite dishes to life? Sure, pumpkin, but have you tried its relatives—the winter squash? Push these richly flavored veggies my direction, and my hands start chopping with excitement! Join me, and try them sweet in acorn squash honey soup or warmed in a fall casserole. Just look to our [Newsletter](#) for recipes, handling and cooking instruction, and nutrition information. Click [here](#) for separate kids' activities, recipe cards and more.

International and National News:

In light of National Diabetes Month, let's highlight some issues:

- [Remember these exercise tips for those with diabetes.](#)
- [Go nuts! Eat your peanuts, pecans, walnuts, and any other nut, that is. They can be a healthy snack for kids and adults with or without diabetes.](#)

[To teach patients about healthier diets, a hospital opens an educational kitchen!](#)

[A new technology makes people eat and quickly feel full.](#)

[The soda tax promotes the healthy drinks to Latinos.](#)

[Could energy drinks be harmful?](#)

[What can people eat when a natural disaster hits?](#) Over 77 New York Counties received food assistance in the aftermath of Hurricane Sandy. See all of the locations [here](#). Other food and nutrition services handle the flood a little differently. [The New Jersey WIC offices announce weather-related office closures and redeem WIC checks.](#)

When it comes to feeding kids garden-fresh produce, the “[Edible Schoolyard](#)” leads the way with [innovation](#).

[Architects design to reduce obesity.](#)

[Poor economic conditions trump genetics as the major causes of obesity, says one analyst.](#)

[The beverage industry does not like a tax on soda.](#)

[We want less soda but more bubbly drinks, please!](#)

[The weight debate continues. When should we emphasize weight loss in children?](#)

[Parental behaviors foreshadow childhood obesity.](#)

Halloween candy. Don't waste it; don't eat too much of it. [Try seven creative ways to handle too many holiday sweets.](#)

[Eat breakfast for the benefits!](#) Look to [our website](#) for further breakfast tips!

[Four States personalize the fight against obesity.](#)

[In Connecticut, stores that are available to WIC participants must sell healthier foods.](#)

Local:

Pennsylvania: [Recall! Nestle recalls their NESQUIK Chocolate Powder due to a possible presence of *Salmonella*.](#)

Pennsylvania: [Pennsylvania researchers note that obesity might influence bodily functions like sleep and smell. Follow-up studies are needed.](#)

Hershey: [Chocolate fits into a healthy diet.](#)

Philadelphia: [A researcher finds new genes associated with weight.](#)

Philadelphia: [A community moves towards obesity reduction.](#)

Philadelphia: [The Haverford school district integrates healthy lunches and practices.](#)

State College: [A Penn State researcher calls-out fad diets.](#)

Resources:

[Make sure your words are heard; write them on these obesity discussion boards.](#)

On November 5, 2012 at 9:30 AM (EST), the Institute of Medicine Standing Committee on Childhood Obesity Prevention hosted a public workshop called, "New Challenges and Opportunities in Food Marketing to Children and Youth. " It explored emerging issues, innovative initiatives, and communication strategies in the realm of food marketing to children. Check out the workshop summary [here](#). A recorded video webcast of the workshop will be available on this [page](#).

Here are the [USDA](#) policies regarding eligibility for free school meals for certain homeless, migrant, runaway, and foster students. Check out the report called, "[Access to Food for Homeless and Highly Mobile Students](#)," by the National Center for Homeless Education ([NCHE](#)) in collaboration with other anti-hunger groups. The paper addresses the public's questions and offers tools to ensure that students can always eat. You can also find your local resource for more information by typing your zip code into the box on page 11.

The Healthy Schools Program from the [Alliance for a Healthier Generation](#) enables schools to set up eat-healthy-environments for their students. This [evaluation](#) proves this programs success.

["I Speak for the People," a compelling YouTube video](#), shows off the skills of poets from Richmond who share their talents to educate their community about sugary drinks and the soda tax.

[Children can play with their food! Try this simple, kid-friendly \(easy cleanup\) food activity.](#)

During October, candies pile high which makes a scene from dentists' nightmares. That's why there is the "[Halloween Candy Buyback](#)" program.

Nutrition educators should be careful about their obesity prevention message. Some kids are vulnerable to eating disorders and become very conscious of their weight. [Here](#) are lots of articles on weight-based biases.

[Survey results](#) prove that participating parents support the reduction of food and beverage advertising targeting children.

This month, [MyPlate](#) promotes the “Make half your grains whole,” message. Look to [this website](#) for further tips for eating more whole grains and talking points for nutrition educators!

The [Center of Disease Control and Prevention](#) wants people to lose weight with fruits and vegetables. See their brochure in [PDF](#) or [website](#) format.

Webinars:

NEW-Register dietitians and dietetic technicians, who are a part of the [Kids Eat Right Campaign](#) and the [Academy of Nutrition and Dietetics](#), listen in to this webinar, “Nourishing a Hungry Nation on a Budget.” It occurs on Tuesday, November 13th, 2012 from 1:00-2:00 PM (EST). You will hear nutrition experts address the tension that exists between eating enough versus providing healthy sources of nutritious foods for low-income families. Other hot topics include trends in current consumption patterns and new food insecurity resources. You can [register here](#).

NEW-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!](#)

Local communities throughout the United States march forward to pursue collaborative approaches to improving health in their communities. This webinar, “Intersectoral Collaboration for Health: Reports from Local Health Departments,” highlights successful initiatives that integrate health back into the communal, political, and personal spectrums. Hear more about their strategies on Thursday, November 15th from 2:30-4:00 PM (EST). [Register today!](#)

On November 14, 2012, The Society of Nutrition Education and Behavior ([SNEB](#)) presents, “Best Practices for Providing Nutrition Education for Religious and Cultural Competency.” Tune in at 2:00 PM (EST) for ways to serve an ever-changing demographic. It’s imperative that food and nutrition professionals understand the food culture to provide the most fitting nutrition messaging. SNEB Members can participate for free. Non-members must pay \$25 dollars. For more information look [here](#).

Events:

NEW-Are you and your family in Pittsburgh? Then, you can sign the family Meals Pledge [here](#). For more details look [here](#).

NEW-The Susquehanna Food Bank is giving free meals through their “[Tweet to Feed](#)” promotion.

Come to the [Tri-County Regional Planning Commission's Food System Planning Forum](#) meeting on November 14th from 6:00-9:00 PM (EST) to learn about South Central PA's local food system, to discuss a preliminary food systems planning study of Cumberland, Dauphin and Perry counties; and to strategize pathways to make this system more efficient. To see the meeting location, ticket pricing, and more information, click [here](#).

Grants and Opportunities:

NEW-Partnership for Healthy America wants you to bring your ideas to end childhood obesity for their "End Childhood Obesity Innovation Challenge." Enter this online contest by November 16th 2012 for the chance \$10,000 to help turn your ideas into a reality. [See more details, and enter now!](#)

NEW-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.

Through the Champions for [Healthy Kids program the General Mills Foundation](#) will award 50 grants of \$10,000 to organizations working to improve nutrition and physical fitness behaviors for youth (ages 2-18). Schools, after school programs, daycares, community-based organizations and government agencies are all eligible for this grant. The application deadline is December 3, 2012. Click [here](#) for the grant application. Contact SPARK at 1-800-SPARK PE or spark@sparkpe.org for a Program Consultant to answer your questions and listen to your vision to encourage nutrition and physical fitness.

The [Wal-Mart Foundation](#) gives back to your town through their Community Grants. \$250-5,000 dollars goes to applicants who fit [these criteria](#). Whether you're a non-profit group, a state or federal agency, a faith based organization or a school; you can [apply](#) by December 1, 2012.

Are you a school or community organization with a youth garden? Then, by December 3rd, you can apply for an NGA Youth Garden Grant. Go to [this site](#) for program and eligibility criteria and funding information.

"[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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