

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of October 13, 2013

## IMPORTANT PA NEN LINKS

SAVE THE DATE!  
[PA NEN ANNUAL  
CONFERENCE 2014](#)

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## PA NEN News

### Only 7 spots remain for PA NEN's Pittsburgh Workshop!

On November 14th, we'll be holding a one day workshop called, "How to Make Nutrition, Fitness and Cooking Demos Exciting, Fun and Inspirational!" with author, TV host, and dietitian, Zonya Foco! [Find out more information](#) today. Quick, there are only a couple spots are left!

### Job Posting Site:

PA NEN posted two new Pennsylvania job opportunities! See the details at [this site](#).

### 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: Winter Squash

Cuddle-up with a bowl of squash soup, sweet and savory. Roast an autumn veggie mix. Maybe you plan to gobble down winter squash alongside your turkey dinner? Find out how best to cook, choose, grow and eat this tasty treat by searching through these winter squash resources at [this site](#)!

## International and National News:

[A gene has been linked to eating disorders.](#)  
[Social media ensures that unused produce is eaten by the people who](#)

[need it most!](#)

Social media at its best! [“The People’s WIC—Utah” Facebook group](#) formed after the closing of the Utah WIC agencies during the government shutdown. This group pairs mothers-in-need with people donating formula and food.

[A chef turns into a healthy lifestyle and diabetes advocate!](#)

[Seniors worry about their next meal because of the shutdown.](#)

[Five examples of urban gardening around the world](#)

[Ontario places calorie counts on their menus.](#)

[Worldwide, what do grandmas cook?](#)

[Save those carrot tops! How do you use “kitchen scraps” in delicious meals?](#)

[Double check the study that refutes the validity of decades of dietary data-keeping.](#)

[A call to bring back home economics](#)

[Obesity and anorexia are diagnoses with lots of commonalities!](#)

[Natural products and supplements might cause reactions because allergens aren’t always exposed on the label.](#)

[Kids cook right in the classroom!](#)

[It’s National School Lunch Week. Students can try these healthy treats.](#)

[In 17 states, computer outages stopped customers from receiving their Supplemental Nutrition Assistance Program \(SNAP\) benefits.](#)

[Inside and out, what does your body look like when you exercise?](#)

## Local

**Adams Pennsylvania:** [Our state’s Supplemental Nutrition Program for Women, Infants, and Children can continue their services throughout October, but if the shutdown continues, funding is limited.](#)

**Chester to Harrisburg:** [Watch Philabundance](#) on their journey to our capitol to deliver Pennsylvanian’s messages about hunger throughout the state. This [video](#) shares it all!

**Montgomery County:** [Look who signed up for the 2012 Apple Crunch.](#)

[You can join for this year!](#)

**Pittsburgh:** [Fighting obesity starts now!](#)

**York:** [Local children enjoyed their trip to school during National Walk to School Day!](#)

### Resources:

As of November 1st, there could be major reductions in benefits for the Supplemental Nutrition Assistance Program. You can read [this site](#) to learn about the details. On the right-hand-side, some states provided examples of materials that will help describe the reductions recipients.

World Food Day happened on October 16th! Read about it at [this site](#). Watch their [videos](#) about hunger too.

It's National School lunch week. [Here](#) is a resource list of web-based material and tips for teachers, parents, and the business people behind the scenes during school lunch.

DC Central Kitchen cooked up these locally sourced, from-scratch lunches. Pictures that [here!](#)

Nutrition Education in all schools! People support it because of the diets, today. Check out [this infographic](#) to see the poor dietary statistics.

How many calories do you need in a day? Use [this calculator](#) to find out.

This [printable cookbook \(PDF\)](#) will put any kid into the kitchen.

Check out these healthy [school lunch recipes](#) from across the USA.

Figure out what fitting, food portion sizes in [these videos](#).

A [free guide](#) that mixes culture, food, and local sustainability into school lunch practices is here. Maybe you can find helpful tips.

With the Apple Crunch event just around the corner, give [these apple-licious recipes](#) a try!

### Webinars:

"Food Policy 101: Expanding Healthy Food Access on Food Day 2013," is a webinar focused on October 24, at 2:00 PM. It will focus on the power of a community to create healthy food policy change at the local, state, and federal levels. [Learn more, so you can make a move in your community!](#)

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.

Recordings from the Society of Nutrition Education and Behavior (SNEB) are now posted on their site:

- September 11, 2013: "[Statistics for Survey Design: Solutions for Success](#)"
- September 13, 2013: "[Pilot Study of the Effects of Interview Content, Retention Interval and Grade on Accuracy of Dietary Information from Children](#)"

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*-Get set for 93.3 WMMR Philadelphia's annual Camp Out For Hunger. Look [here](#) for details!

*NEW*-You can use the Southeastern Pennsylvania Transportation Authority (SEPTA) to donate to the hungry! They are holding a "Stop Hunger at Your Station"! [Click](#) to read where their bus will be!

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](#).

Crrrrrunch into an Apple on October 23. The National Apple Crunch event wants everyone to chomp on apples (fruit, applesauce, juice, and cider) as a healthy snack. See more celebration ideas [here](#).

In October, Penn State Cooperative Extension in Cumberland County is holding farm tours in the area. [Check out the event details.](#)

[Let's Move Pittsburgh](#) is holding a symposium on November 7. More information will be out soon!

### **Grants and Opportunities:**

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!

Do you want to bring a salad bar into your school? See if you meet this [website's](#) requirements, and apply today!

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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