

PA NEN - Weekly Food & Nutrition News Nibbles



Week of October 15, 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 Newsletters!

The seasons turn with no hesitation. As leaves brighten and garden goodies stop growing, make sure to use our [SNAC Newsletters](#) when you encourage clients to freeze their fresh farmers market buys for later. Saving veggies in the freezer lowers winter's grocery bill and is yet another chance for people to serve vegetables for longer!

International and National News:

[Dance, dance, dance! That's one way to get kids moving!](#)

[The rejection of new school lunch nutrition standards continues.](#) On the other side, [a dietitian supports the changes](#) and [some parents do too.](#)

[New Jersey strategizes for a healthier community. See if you can use any of their ideas for your community!](#)

[The "Join for Me" program gets families involved in lifestyle and behavior changes helping children lose weight.](#)

[North Carolina initiatives continue at the forefront of childhood obesity prevention.](#)

[Yum! Have your hand at healthy, fun and festive Halloween treats—perfect for a school snack!](#)

[In England, some people support free meals that help kids shed pounds.](#)

Growing the local food movement takes time, energy, and costs money to incorporate into our hospital and school food. [This article](#) hales people spearheading this new frontier. [Here's another success story in the healthcare setting.](#)

Have you heard of the "[Traffic Light system](#)" to color code food ingredients—the healthy and unhealthy rated with the red, yellow, and green colors of a stop-light? The color red warns of increased amounts of an unhealthy ingredient and green means healthy. [This system is gaining momentum in Europe.](#)

Chile accuses food marketers of promoting unhealthy foods to children. A [lawsuit now unfolds.](#)

[Simple as that! A dietitian outlines strategies for a gluten-free diet.](#)

[Because of smaller portion sizes, bariatric patients can receive discounts when ordering foods at restaurants.](#)

[Impulse buys at the register cause obesity?](#)

Find healthy food trends for 2013 [here](#) and [there](#).

[What do dietitians think of calorie labeling on menus?](#)

Local:

Hershey: [The Hershey's Chocolate sets a goal to obtain 100% fair trade cocoa by 2020.](#)

Pennsylvania: [How are the new nutrition standards being received across the mid-state, you ask?](#)

Pennsylvania: [The Raymond-Hadley Corporation issues an allergy alert because of an undeclared milk allergen in Wegmans' 17.2 Gluten Free Double Chocolate Brownie Mix.](#)

Pennsylvania: [Purefit Inc. voluntarily recalls Purefit Peanut Butter Crunch Bars because of a possible Salmonella contamination.](#) For a picture of the label, look [here](#).

Resources:

Media savvy kids might be less susceptible to junk food ads. That's why Washington State University's Center for Media and Health Promotion is leading a [campaign](#) to help the cause.

[Beans and 30 of the healthiest foods](#)

[Do genetic mutations play a role in obesity?](#)

[A study calls for super-heroes to save the public health crisis.](#) The cartoon monster, [Choosy](#), exemplifies this idea.

[Ultrasounds to assess pregnant women's abdominal fat could be the best way to identify the risks of being overweight.](#)

[Group-based weight loss therapy proves successful.](#)

During October, make sure to check this website for information about "[Vegetarian Awareness Month](#)."

[This movie discusses the detriments of too much sugar.](#)

[We could all use a worksheet with 10 ways to make half your grains whole!](#)

In the past week, we celebrated "National School Lunch Week." Continue celebrating your healthier school lunch by reviewing and using the following resources!

- The School Nutrition Association's "[School Lunch -- What's Cooking?](#)" [campaign](#) champions those who've made school meals healthier. You could be next!
- The Earth Day Network's "[National School Lunch Week](#)" [campaign](#) holds [curriculum ideas](#) and a [video](#) with a support-your-school-lunch message from the Harlem Globetrotters basketball team.
- Continue to use the materials and resources available at [this site](#), which includes tip sheets, infographics, social media posts, and more.

Los Angeles' health department officials unveiled a new healthy eating advertisement campaign. Learn more about [here](#). The campaign, "[Choose Less, Weigh Less](#)" aims to raise awareness about recommended calories and encourage limiting portion sizes. The overall campaign includes billboards along with television, radio, and social media commercials.

In this published [report on dietary supplement claims](#), the U.S. Department of Health and Human Services ([DHHS](#)) reviewed structure/function claims on 127 dietary supplements (marketed for weight loss or immune system support). They verified whether the claims were truthful or fabricated. Seven percent of the supplements lacked a required disclaimer stating that they were not reviewed by the Food and

Drug Administration ([FDA](#)) prior to marketing. Twenty percent of the products included prohibited disease claims on their labels.

Webinars:

NEW-The Society of Nutrition Education and Behavior ([SNEB](#)) presents "Getting your Results into JNEB: Insights into Paper Categories, Tables, Figures, and More" on Tuesday, October 30th from 3:00-5:00 PM (EST). Learn how to write a focused, to-the-point journal article that highlights your experimental design, methodology and results. Published professionals will present the dos and don'ts of research too. To register and for more information, click [here](#). It's free!

Not only do students need to take on healthy measures, but school staff does too. See the [SPARK](#) recorded webinar called, "Staff Wellness, YOUR Health Matters Too!" Listen and learn to teach school staff about balancing physical activity, eating well, and stress. This 45-minute webinar recording is directed towards PreK-12 teachers and administrators, after school and early childhood staff. Watch it [here](#). A list of their recorded webinars can be found [here](#).

The gluten-free diet continues to fill the tummies of people everywhere. What are some pros and cons to this diet? Name the alternatives to wheat, barley, oats and rye? Maneuver through more of the ins-and-outs of gluten-free during this webinar, "Behind the Claims: Chasing Down Gluten." It's schedule for Thursday, November 8th at 2:00 PM (EST). Register [here](#).

Each year, the Trust for America's Health ([TFAH](#)) and the Robert Wood Johnson Foundation ([RWJF](#)) issue a report on America's obesity epidemic to examine strategies for addressing the crisis. In this ninth edition of the report, TFAH and RWJF also commissioned a new study to look at how obesity could impact the future health and wealth of our nation. See it [here](#). A webinar on the report is slated for October 22 at 3:00 PM (EST). Click [here](#) to register.

As part of its "[The School Day just got Healthier](#)" campaign, FNS will host an informational webinar every Tuesday at 3:00 PM (EST) until October 23rd. [Learn more, see the schedule](#) and [register here](#).

Events:

NEW-Participate in the "Healthy People 2020" process by putting in your comments. Public Comment opened on October 15, 2012 and closes on November 2, 2012. "Healthy People 2020" addresses current public health priorities. This opportunity allows you to comment on proposed new objectives and topic areas. Review the document and place your input at the [public comment database](#).

On Sunday, October 28, 2012 in Harrisburg, the [Central Pennsylvania Food Bank](#) is holding a fun-filled event. Join their tasting opportunities,

live entertainment, raffle and silent auction! For more information, click [here](#). Also, here's a [list of other future events](#).

Clear your calendar for November 6th at 7:00 PM. Dr. Linda Karges Bone will be giving a talk entitled, "Poverty Stress & the Brain," in the Sill Board Room of the vonLeibig Center for Science on Juniata's campus (find the campus map [here](#) and directions [here](#)). She'll be showing how poverty and stress reduce brain functioning, hamper creativeness, and stunt people's ability to make healthful choices. Begin to understand the physiology behind this process, and leave with ideas to work with low income populations. There's another interesting session titled, "Aging and the Brain" the next morning at 10:00 AM too! Look [here](#) or contact Rosalie Rodriguez at rodrigr@juniata.edu or (814) 641-3125 for the details.

Grants and Opportunities:

The [Aetna Foundation](#) supports healthy communities through their regional and national grants that improve health, wellness, and health care systems for everyone. The application deadline is rolling, so [apply today!](#)

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.

[Pour 1 Out](#)—this is a contest that aims to inspire conversation around sugary drinks and the influence they have on the obesity epidemic. You can take part in it by making a short video that shows a sugary-drink "pour out" in a creative way. Your videos can help promote the message about the impact of drinking too many sugary beverages on our health.

"[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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