

PA NEN - Weekly Food & Nutrition News Nibbles



Week of October 1, 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](#).

You're Invited to Attend PA NEN's Board Meeting.

Sign up to attend the PA NEN Board Meeting on Thursday, October 18, 2012. This year it will be held at the Special Services Building in State College from 10:00-2:30 PM. Make sure to RSVP to Julie at: jbartol@phmc.org.

For more details, please check out the [PA NEN Board Meeting page](#).

International and National News:

[Definitions for tricky food labels](#)

[How much does diet influence the development of Alzheimer's? Preliminary research connects the two factors!](#)

[Anti-obesity ads might be more bad than good. Hear about what researchers have to say.](#)

[Should city corner stores be required to sell healthy food?](#)

The [American Dental Association](#) rethinks Halloween by asking kids to play games instead of eating all their candy. Look for spooky details [here](#).

The [Federal Trade Commission](#) cracks down on online advertising toward kids. [See more!](#)

[For most eaters, calorie labels on McDonalds' menus don't change their food choices.](#)

[To address childhood obesity, a school created a calorie counter for public health officials, foodservice workers and policymakers.](#)

[Should kids be weighed at school? Australia answers, "Yes!"](#)

[What do the kids eat?](#)

We consume a lot of sugar, whether we mean to or not. [Do you even know all the terms for sugar on the nutrition label?](#) Test your sugar knowledge [here](#).

[NYC wants junk food out of hospitals.](#)

[In 2013, Europe and the World Health Organization make marketing to children, salt reduction and nutrition reformulation high-priority areas. Already, Canada initiated some of this reform with success.](#)

[Make sure your leftovers are safe!](#)

[Active video games help kids lose weight.](#)

[Community nutrition outreach teaches nutrition on a budget for people with diabetes!](#)

[A child with autism could not receive school lunch.](#)

Local:

Pennsylvania: [Project Share](#), a food bank in Carlisle, is holding an October donation opportunity. For every grocery store receipt collected from you, \$1 will be donated to them! Just keep, deliver or give Project Share your receipts from participating grocery stores. For Project Share's address and other details, look to the [flyer!](#)

Pennsylvania: Peanut butter causes foodborne illness outbreaks! See all of the contaminated products and more at this [site](#).

Philadelphia: [The nation's first non-profit supermarket will open in Philadelphia!](#)

Resources:

Do you need Spanish resources about [demystifying sugary cereals](#) and more health topics?

[Research shows that African-Americans may be less likely to change their eating habits. Registered dietitians and health providers should look for creative strategies to address disparities for diverse populations.](#)

Take the "[Eat Real Quiz.](#)"

[The NY Times highlights alternative sweeteners.](#)

About 25 percent of 17- to 24-year-olds are too overweight for military service. Also, the Department of Defense estimates \$1 billion per year in medical care spending on weight-related health problems. That's why retired military leaders call for the removal of junk food from schools in this report, "[Still Too Fat to Fight.](#)"

It's national Farm to School month! Let [this website](#) spur ideas on how you want to celebrate it!

A recent study suggests that the increase in federal nutrition assistance is temporary as the researchers compare these rates to the rise in unemployment. See the [report!](#)

Webinars:

NEW-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, they 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.

NEW-How do you promote your school breakfast program? Learn more strategies at "Breakfast Matters Conference Call - Effective Messaging: Getting Positive Press in your Community," a conference call to be held on Thursday October 11, 3:00-4:00 PM (EST). Register [here](#)

The Society of Nutrition Education and Behavior ([SNEB](#)) [lists upcoming webinars and previous recordings](#). Continuing education credits are available to dietitians and dietetic technicians. Members of SNEB can listen for free, but if you are not a member of SNEB, webinars cost \$25.

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](#).

"Exploring Solutions to increase access to nutritious food in 'food deserts'" will show on September 25th, 2012 at 2:00 PM (EST). During the webinar, learn the definition of "food dessert"; discover barriers and benefits to making healthy food available to everyone; and get creative with their affordable, nutritious foods in all forms (fresh, frozen, canned and dried). For a Society of Nutrition Education and Behavior ([SNEB](#)) member this webinar is free, and non-members must pay \$25. 1 Continuing Education Credit will be awarded to dietitians and dietetic technicians. [You can register today!](#)

Events:

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](#).

On October 6th, 2012 at 9:30 AM, Step Out: Walk to Stop Diabetes will begin at the Philadelphia Museum of Art. Registration starts at 8:00 AM. The event will feature opening ceremony, food, music, a Health Fest and a Kids' Zone. For more information and online registration, click [here](#).

Registered Dietitians, dietetic students and Dietetic Technicians: eat, greet and talk nutrition at this year's National Food Nutrition and Conference Expo. It runs from October 6-9th in Philadelphia, PA. Find out everything at [this site](#), and [register today!](#)

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:

NEW-"[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!

The [Pediatric Nutrition Practice Group](#) of the [Academy of Nutrition and Dietetics](#) is looking for approaches to treat childhood obesity for a showcase at our 2013 symposium, Nourish Our Future, on March 21-23rd in Nashville, Tennessee. The ideal candidate will take an innovative, cost-effective approach to carry the message to children, families, and communities. A \$500 honorarium will be offered to the selected speaker, travel expenses are covered up to \$450, so are two days per diem for meals, along with one day's complimentary attendance to the symposium. For more information and to apply, go [here](#). For any additional questions email Jill Castle (Jill@JillCastle.com) or Dana Vieselmeyer (dmvies@gmail.com). Proposals are due October 5, 2012.

The Pennsylvania Chapter, American Academy of Pediatrics ([PA AAP](#)) is seeking Registered Dietitians throughout Pennsylvania to co-present with physicians for a CME/CEU obesity prevention program as part of the [EPIC® Obesity: Evaluation, Treatment and Prevention in Community Settings program](#). The chosen speaker will focus on primary care practices, updates on research and practical ways to work with patients and families to address childhood obesity. An honorarium of \$150 is provided to presenters for each program. The PA AAP makes program arrangements and provides the power point, speaker's notes, training for speakers, and handout packets for host sites. If you are interested in this opportunity, kindly send your CV to Program Director Amy Wishner, MSN, RN at awishner@paaap.org.

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