

PA NEN - Weekly Food & Nutrition News Nibbles



Week of October 21, 2013

IMPORTANT PA NEN LINKS

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PA NEN News

Only a couple 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!

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 good 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 the low-income population.

International and National News:

[A new look at how we'll feed the world healthily in the upcoming years](#)

The Farm-to-Table movement in schools grows faster each year. [Watch this video to see the developments!](#)

[Supplemental Nutrition Assistance \(SNAP\) benefits reduce on November 1st.](#)

[A coalition seeks to offer free lunch to all public school students.](#)

[Compare NYC's previous food landscape, past and present.](#)

[Could docs use nutrition education?](#)

[Diet and emotional wellbeing of pregnant mamas affect their unborn child.](#)

Farm to School movements take hold across the US. [Watch them in this video!](#)

The release of a [Food for Thought website](#) brings food, nutrition, and food policy to the forefront.

[Evidence shares that Supplemental Nutrition Assistance Program \(SNAP\) coupons for farmers markets work!](#)

Local

Pennsylvania: Farm-to-School events bring the garden into the classroom and school cafeteria! [Look to see how many schools in PA are enacting these activities.](#) You can also see what's going on across the nation with this [census data!](#) [Here](#) is the press release and pictographic representation of the data.

Chester: Fare and Square is a non-profit grocery store that opened in Chester, PA. Check out their [Facebook page](#) for pictures of their store circulars, community events and other savings too!

Pittsburgh: [A local dietitian and one of our members talks up fruits and veggies.](#)

Resources:

People want fresh fruits and vegetables in the city! This impressive [visual display](#) shows off produce in food stores, corner stores, and bodegas!

Face the [facts about the negative side effects of the "American Diet."](#)

"Global Development Goals and Linkages to Health and Sustainability" is a report from the National Academies Press. It can be [downloaded from this site](#). To do so, you can create a login or skip this step.

Feeding America, member food banks, the National Dairy Council and the Academy of Nutrition and Dietetics have collaborated to launch the [Healthy Food Bank Hub website](#). Still a work in progress, this tool provides resources promoting nutrition and health while fighting hunger.

Celebrate chili this season! You know what that means? Cook it spicy, sweet, tangy, any way you like it with [these recipes](#). You can use [this app](#) to figure out how to best prepare your beans (dried, fresh or frozen

varieties).

A [Sugar Sweetened Beverage Playbook](#) outlines resources and guidelines to lead community away from these products.

Some of our members had questions about promoting health over social media. Here are a couple resources to do just that:

- Use the [CDC's introduction to social media that focuses on healthy eating](#).
- [What are social networking sites?](#)
- [How do you integrate various social media tools together?](#)
- Would you like people to Tweet, share your page on Facebook, or Pin your site? Click on [this site](#) to learn more.

Easy Zucchini Fritters combined with spices and bound with beans make for a protein-filled, vegetarian-friendly meal. [Watch how it's done!](#)

Are you a dietitian in Cooperative Extension and a member of the Academy of Dietetics? Then, look to the October 2013 issue of the Journal of Academy of Nutrition and Dietetics for an article titled, "Dietetics Practitioners in Extension: What is the Current Climate and Future Demand?" on page 1299. To access it online: sign into [EatRight.org](#), go to the Academy's journal website, and search for the title listed above.

Webinars:

NEW-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.

NEW-You can see how the Affordable Care Act applies to Registered Dietitians and Dietetic Technicians in this webinar. In order to access to this recording, you must first join Dietitian Central by filling out [this form](#). Then the webinar along with two Continuing Education Credits is available for purchase. View your options [here](#).

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-Share what you did on Food Day over Facebook & Twitter by using the hashtag, #F3FoodDay. The online event is outlined [here!](#)

NEW-A movie screening and panel discussion of "The Weight of the Nation: Children in Crisis" will be held on November 2, at 6:30 PM, at Milton Hershey School Memorial Hall. Register, and learn more [here.](#)

NEW-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.](#)

NEW-The Central Pennsylvania Food Bank is holding their "26th Annual Taste Event" on October 27th from 11:00 AM- 3:30 PM. You can get your ticket and learn more at [this site.](#)

NEW-Pittsburgh is holding lots of Farm-to-Table, health-focused activities throughout the November. [See a listing on this page.](#)

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

You can use the Southeastern Pennsylvania Transportation Authority (SEPTA) to donate to the hungry! They are holding a "Stop Hunger at Your Station" campaign! [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.](#)

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. Look [here](#) for the details!

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!

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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Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, an entity of The Pennsylvania State University's College of Health and Human Development, as part of USDA's Supplemental Nutrition Assistance Program (SNAP).