

PA NEN - Weekly Food & Nutrition News Nibbles



Week of October 22, 2012

IMPORTANT PA NEN LINKS

SAVE THE DATE!
**PA NEN ANNUAL
CONFERENCE 2013**
APRIL 30TH-MAY 1ST

[NEWS NIBBLES](#)

[NEWSLETTERS](#)

[CONTACT PA NEN](#)
717.233.1791



PA NEN

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:

[Students lead a healthy eating initiative!](#)

[Minneapolis, Minnesota requires their corner stores to sell some healthy foods.](#)

[It happens around the world: food restriction is used as a weapon.](#)

[The battle surges between public health officials fighting for a healthier generation against the food industry.](#)

The US Department of Agriculture ([USDA](#)) supports schools sourcing local

foods for meals. See the article and resources [here](#).

[How can you fend off those food cravings?](#)

[If you know your community, you know what they need. This neighborhood tackles their health issues through community gardening.](#)

[Stand up and move!](#)

[Competition within the food industry makes it challenging to sell healthy options. However, catering to those suffering from food allergies makes it to the top of the priority list.](#)

[A grant funds a project for early detection and novel treatment of childhood obesity!](#)

[The number of people participating in the Supplemental Nutrition Assistance Program \(SNAP\)—formerly known as “food stamps”—continues to rise, even with a the reduction in this program’s fraud rates.](#)

[From 1993-2005, the amount of people, 55 years-old and below, who suffered from a stroke has nearly doubled.](#)

[Latinos are at risk for vitamin D deficiency.](#)

[Unhealthy food companies aggressively market to kids.](#)

[Take some of these cooking resources to make quinoa your own!](#)

[Unhealthy food companies promote products to low-income women.](#)

[11 ways food marketing might persuade you to eat unhealthily](#)

Local:

Philadelphia: [A hospital in North Philly screens patients about their eating habits. They found that 50% of their patients go hungry.](#)

Philadelphia: [A local reporter explains how health campaigns call for good food choices while knocking down soda sales.](#)

Pennsylvania: [In regards to sugar sweetened beverages, local bio-psychologist states that our taste-buds failed us. Our sweet tooth tends to drive us away from healthy food. And, Penn State researcher—Barbara Rolls—agrees. Her research proves that liquid calories \(like soda and other sugary beverages\) lack the ability to keep us full for long.](#)

Resources:

Trick or Treat? [Take some "treat" ideas for a healthier Halloween.](#)

[Seven questions answered about the new school meal standards](#)

Find the MyPlate curriculum and supplemental material for school-age-kids at this [site](#).

Give away FUN rather than candy this Halloween. The American Dental Association ([ADA](#)) and PopCap Games redefines holiday treats by promoting their game "Plants vs. Zombies." It's available for download at this [site](#).

Here is the "[Food Models and My Plate Activity Guide](#)" created by Utah State University Cooperative Extension. It's a toolkit with activities to teach nutrition and physical activity for Kindergarteners through 6th graders.

[Team nutrition presents a healthy kids cookbook for families, childcare, and school foodservice workers.](#)

[Explore trends in food assistance across the world.](#)

[Research shows that voluntary guidelines for food marketers don't stop them from promoting unhealthy foods to kids.](#)

Webinars:

NEW-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](#).

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](#).

Events:

NEW-On November 8, 2012 from 4:00-6:00 PM (EST), check out the Delaware Valley Chapter of the Society for Nutrition Education and Behavior's (DVCSNE) Fall Meeting! Philadelphia's exciting initiatives and collaborations tackling hunger and food insecurity will be highlighted! Click [this link](#) for the meeting date, a location, and more information.

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 placing 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:

NEW-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.

NEW-Team up to tell [Fuel Up to Play 60](#) how your school should serve up an oatmeal breakfast, and you'll have a chance to win a trip for two to this year's Super Bowl! To see the Challenge's guidelines, watch the promo video and more; click [here](#).

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!

© Copyright 2009 PA NEN | www.panen.org | 717.233.1791

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).