

## PA NEN - Weekly Food & Nutrition News Nibbles



Week of October 28, 2013

### IMPORTANT PA NEN LINKS

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

[NEWS NIBBLES](#)

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717.233.1791



### PA NEN News

#### **The 2014 Call for Abstracts/Local Projects is back for 2014!**

PA NEN invites you to [submit a proposal](#) of original research or a project/program you have implemented that has been a success in your community. Topics that are applicable to the nutrition education efforts in PA regarding the low-income population and other suitable topics will be considered. All accepted abstracts will be invited to share your information with conference attendees in the Resource Area.

#### **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 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](mailto:jbartol@phmc.org) by Friday, November 1, 2013. Articles should touch on nutrition and health outreach for the low-income population.

#### **SNAC Vegetable of the month: Cauliflower**

What vegetable purple, yellow, or white? Cauliflower! Let's dig into recipes, kids' activities, cooking, selecting, and other healthy-for-you-tips in our [Cauliflower Newsletter \(En Español\)](#).

### International and National News:

[Elmo and friends will be lining the fruits and vegetable aisle near you!](#) Talk about great marketing for kids!

What is healthy? When should we eat that food, and why? Sometimes food brands and nutrition labels complicate healthy eating. [That's why people](#)

[want a correct nutrition references on food packages to compare to the nutrition facts panel.](#)

[Grants move corner stores into areas that need them.](#)

[Give me the research: Do bottle fed babies have more stomach issues?](#)

[Restaurants make the healthy choice, the easy choice.](#)

[Local farming, world-wide, keeps everyone healthy.](#)

[Swapping sweets for these treats on Halloween!](#)

[A beautiful word about parents who deal with the challenges of a picky eater.](#)

[Weight-based bullying and stigma become recognized by teachers in school.](#)

[Peer pressure influences what people choose when they're out to eat.](#)

[Native Americans get empowered to reinvigorate their food system!](#)

[Because gluten-free is such a hot trend, the next wave of these foods is expected to be healthier.](#)

Communities that qualify for school lunch keep more kids fed. Listen in fore more on [this radio station](#). You can look at the report [here](#).

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[How can the US Save \\$11 trillion? Eat more fruits and veggies!](#)

[College campuses across the country used their creativity to join in on Food Day 2013!](#)

## **Local**

**Pennsylvania:** [Considering the impending reduction for food stamps, the governor reconsiders of asset testing for current food stamps recipients.](#)

**Harrisburg:** The Central PA Food Bank puts their demonstration kitchen to good use as a local chef shares her cooking skills with kids! This inspiring [video](#) highlights it all!

**Lancaster:** [Dressing up and being active brings this community together!](#)

**Montgomery County:** Guess it's that time of year. November brings National Diabetes Month! [Here is an article about keeping healthy during the holiday!](#)

**Philadelphia:** [Local families will be affected by Supplemental Nutrition Assistance benefits reductions, see the data!](#)

## Resources:

Keep Halloween active and healthy! [Send a Health-E-Card to your friend.](#)

Keep an eye out for these fabulous Newsletters share the healthy word!

- [Let's Move Pittsburgh](#)
- Ellyn Satter's Family meal focus [English](#) and [Spanish](#)

Supplemental Nutrition Assistance Program benefits are set to decrease on Nov. 1st, pass around this [informational video](#) about how it might affect clients.

[How do independent living seniors who receive food assistance help the economy?](#)

This [awesome infographic](#) shows what SNAP-Education does for their communities. You can share it on Facebook, Twitter, even Pinterest.

[Pediatricians take a role in weight management.](#)

The Food Safety Modernization Act affects the safety of our food system. It contains goals to reduce foodborne illness. Learn more about it [here](#). Look to the tabs on the left for more information, webinars and speeches, even fact sheets about it.

Did you know cuts of meats got new names? At the top of [this page](#), you will see the picture of the cuts and their new/old names. The tabs on the left-hand-side let you switch through meat from pig to cow.

Do you want to learn about registered dietitian nutritionist and dietetic technician credentialing? Click [here!](#)

## Webinars:

*NEW*-Figure out how to get physical activity in your schools and communities? Just check [this webinar on November 7, at 3:00 PM \(EDT\)](#) through the Robert Wood Johnson Foundation!

*NEW*-[¡Pláticas de Salud! Prioritizing Health in the Latino Community](#) is a webinar scheduled for December 4th at 4:00 PM (EDT). The Latino

Coalition for a Healthy California (LCHC) has completed a round of conversations focused on health issues facing the Latino community. This webinar will discuss two of them: sugar sweetened beverages, obesity and diabetes and the Latino community and the Affordable Care Act's impact on Latinos.

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.

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*-Save the date for the Central Pennsylvania Food Bank's event, Soup and a Bowl. It's in Williamsport on Friday, February 21st and in Harrisburg on Monday, March 17th. For more information, visit this [link](#).

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](#).

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](#).

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

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:**

*NEW*-Develop your story, and grab a camera! This contest is searching for a short film on food, farming and sustainability due on February 14, 2014. Check out the details at [this site](#).

*NEW*-[Bring the family to the kitchen, and share a photo of your experience during this photo contest!](#)

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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