

PA NEN - Weekly Food & Nutrition News Nibbles



Week of October 29, 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:

[Watch this video, so you're not fooled by "healthy-for-you" claims on your food!](#)

[Listen to this NPR broadcast with opposing views about school lunch from the parents and the food professional.](#)

Food took center stage on October 24th's Food Day extravaganza. Across the nation, people celebrated the "holiday" by hosting events like [this one](#).

[Why not try out one of these healthy foods?](#)

[Childhood obesity statistic finally fall.](#)

Is organic too expensive? Yes? [Then try some \(more affordable\) foods you can eat with or without the organic seal.](#)

[The UK starts a standard food labeling system next year.](#)

[Let the kids cook!](#)

"Healthy" kid cereals have the same sugar content as chocolate cookies? [Companies set out to reduce sugar and salt of twenty of the leading kid cereals.](#)

[The world needs nutrition professionals!](#)

[Coming soon: A new study will mark how food marketing affects kids' behaviors.](#)

[What will we eat in 2050?](#)

Do you have a high school student's pallet? Most food service directors don't. [That's why some schools rely on kids to pick the healthier menu!](#)

[Roles reverse, and pets whip their owners into shape!](#)

[Gardens takeover cities' under-used lots across the nation.](#)

Don't fall victim to your fatty, salty, sugary food fix. [What are ways to balance irresistible food cravings?](#) Would [these kind of regulations](#) help curb them too?

[Get ready for National Diabetes Month!](#)

Local:

Pennsylvania: [A local reporter notes that obesity could negatively affect boys going through puberty.](#) Additionally, [higher risk of kidney disease can be seen in obese kids.](#)

Philadelphia: [Why does the Farm Bill matter?](#)

Resources:

The Culinary Institute of America fashioned a website campaign on how food service workers can cater to eaters with food allergies. See videos, reports and more on this project at [this site](#).

[Pediatricians request a reduction in pesticides in our food supply.](#)

The [Food Trust](#) developed a [Farm Bill brochure](#), so you can see how funding (or cutting) it might affect hungry families.

[Study: modest physical activity can reduce body mass dramatically in overweight individuals.](#)

A [website](#) dispels myths about obesity.

[Government can play a role in people's weight maintenance.](#)

[Brief yourself on the soda tax.](#)

The "Growing Urban Agriculture" report guides urban communities toward feeding their community healthier, local produce. See links to the full report and summary [here](#). Find further resources about food insecurity at this [site](#).

Webinars:

NEW-Local communities throughout the United States march forward to pursue collaborative approaches to improving health in their communities. This webinar, "Intersectoral Collaboration for Health: Reports from Local Health Departments," highlights successful initiatives that integrate health back into the communal, political, and personal spectrums. Hear more about their strategies on Thursday, November 15th from 2:30-4:00 PM (EST). [Register today!](#)

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 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-The goal of the [York County Local Food Summit](#) is to create a local, sustainable, affordable food system in York County. The day will bring food professionals from across the region—producers, distributors, processors, retailers, wholesalers, agencies, nonprofits, schools, educators, and government representatives—together to address the topic. Planning at this meeting will springboard for further events, policy change, and action. The event takes place on November 7th from 8:00 AM-4:00 PM (EST). Look [here](#) for further information.

NEW-Come to [the Tri-County Regional Planning Commission's Food System Planning Forum](#) meeting on November 14th from 6:00-9:00 PM (EST) to learn about South Central PA's local food system, to discuss a preliminary food systems planning study of Cumberland, Dauphin and Perry counties; and to strategize pathways to make this system more efficient. To see the meeting location, ticket pricing, and more information, click [here](#).

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.

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:

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.

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 [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.

"[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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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).