

PA NEN - Weekly Food & Nutrition News Nibbles

Week of October 3, 2011

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)

PA NEN News

Fall One-day Workshop: Fast Food on a Skinny Budget

When: November 8, 2011

Time: 9:00 am - 2:30 pm

Where: Adams County Extension Office

Our upcoming workshop is designed to put some quick and easy family favorites onto the dinner table. Using budget-friendly, convenient kitchen tools, we will cook one-pot meals, soups, stews and mix dips for snacking. And, who could forget desert? All recipes can be adjusted for ingredient substitution, seasonal produce availability and tight budgets.

Click [here](#) to learn more.

Please contact Rose, 717.233.1791 or rcleland@phmc.org, if you have any questions regarding the workshop or survey.

PA NEN's Annual Conference

Planning for our 2012 Conference is in full gear! In anticipation of our best one yet, we strive to meet our members' needs, and we know these topics will win you over! We'll take a well-balanced approach by emphasizing nutrition within the facets of physical fitness, farm-to-school programs, motivating and counseling clients, disease management and so much more! Click [here](#) to view the agenda and confirmed speakers.

Vegetable of the Week: Sweet Potato

Open your mouth wide, "Ahhhh" for a healthy bite of sweet potatoes. Its orange flesh screams beta carotene and anthocyanins (both a cancer-fighting and anti-inflammatory nutrients), while its course skin fills you with fiber. Anyone can boast of the better-for-you components!

Great nutrition also comes with a dose of delicious flavor! Steam or boil your sweet potato for the healthiest benefits. Then mash them like any regular potato. Add a savory note with a little bit of parmesan cheese and diced, fresh chives; or, go sweet with a tablespoon of brown sugar and a small pat (1 and ½ teaspoon) of salty butter. No matter how you might prepare your potatoes, incorporating butter or oils into your dish increases your body's uptake of beta carotene.

Delve into recipes, activities, and nutrition information on the sweet potato vegetables [here](#).

International and National News:

The Agriculture Appropriation Bill for 2012 was passed on September 7. On [FRAC's website](#), you can see how this applies to nutrition program funding. See more of information the potential for SNAP budget cuts [here](#).

[Family mealtime looks different for everyone. Such diversity makes this article so colorful.](#)

[Social media—blogs, text messaging and Facebook—announce the SNAP Food Challenge.](#)

[DC Kitchen](#) is a forward thinking foodservice organization looking to build their local community by training the homeless in the kitchen, providing meal delivery to food banks and inner city schools, and supporting local food system. Take two small examples of their broad-reaching initiatives. Recently, they've opened their brand new [Nutrition Lab](#) further extending their meal delivery system. Also, they continue donating healthy snacks for their "[Healthy Returns](#)" program.

[The great soda debate: Members of the American Dietetic Association argue for and against the SNAP soda tax.](#)

[Why family meals are important and a photo gallery to boot](#)

[\\$3.6 million was granted to Michigan University to augment physical activities within middle-school-age-girls, especially targeting urban, low-income population.](#)

[Healthy vending machines reinforce healthy practices within schools; however, do the children eat from them?](#)

[Pregnant women with a well-rounded diet will not only make themselves healthier but their baby too.](#)

[How do Americans view their current food system?](#)

[The Government pays for crops like corn, soybeans and wheat \(these crops being interchangeable with many of our unhealthy, processed, boxed food items\); do they negate the dietary guidelines?](#)

[The Marine Corp fuels their minds and bodies on their healthier diet plan.](#)

Local:

Pennsylvania: [Dwight Evans \(PA State Representative\)](#) appeared at the [34th National Annual Food Policy Conference](#) to spread the word about Philadelphia's astute ability to reduce a number of food desserts.

Pennsylvania: [After disastrous flooding, people demand the extension of disaster relief and food aid.](#)

Pennsylvania: Velveeta Cheese Shells in Microwavable single cups were recalled because of the potential to find metal wire bristles within the product. To see recalled products and their "Best When Used By" dates, click [here](#).

Resources:

In the coming week, Alan Bjerga releases a cynical yet humorous take on the economics of food. Read more about his book and launch event [here](#).

[Research study: The evidence is in; location does affect school foodservice costs across the United States.](#)

Researcher attests that our tax dollars subsidizes a lot of food—junk food that is. Click [here](#) for the summary and [here](#) for the full report.

Webinars:

New—Available during the month of October, a free, downloadable webinar on the "good" and "bad" fat debate is available. You can learn about consumer perceptions of fat, then how you might address any of their confusion as a nutrition professional. Registered Dietitians who participate can earn 1 continuing education credit. See more information and register [here](#).

New—From 1:00-2:00 PM EDT on October 25, you can enjoy an [SNE](#) webinar sponsored by their Food & Nutrition Extension Education Division. It's called, "My Plate: Make Half Your Plate Fruits and Vegetables" and is targeted towards nutrition educators who teach low-income populations. So, listen in for recipes using commonly eaten, affordable fruit and vegetables. Register [here](#).

The [Beverage Association](#) sponsors webinars throughout October and November. First, "[A Nutritional Odyssey: From Famine to Feast](#)" concentrates on the implications of eating process food within a healthy diet—the good and the bad. Registry can be completed [here](#). Next, on November 17, 2011 at 9:00-10:30 AM (EDT) and again at 1:00-2:30 PM, (EDT) they'll concentrate on non-nutritive sweeteners—Aspartame and Stevia—regarded as safe since their creation. Look to the title, "[Addressing Questions about Aspartame and Stevia Sweeteners: Facts](#)

[Health Professionals Need to Know](#)" for a webinar summary.

Start off the school year, all you anti-hunger advocates, parents and nutrition professionals, by attending the [Food Research and Action Center](#) conference call about "[Breakfast Matters](#)" on [October 27th](#) at 3:00 PM. It focuses on promotional strategies of the breakfast campaign. Click the date above for more information.

Events:

New-On [Food Day](#) (October 24th), you can take the [\\$5 dollar Challenge](#).

At Wilson College on November 10, 2011, "Closing the Food Gap; Connecting Community & Local Food," is a symposium that will be held by Healthy Adams County, Wilson College, the Capital Resource Conservation & Development Council and South Mountain Partnership. This event focuses on the local, South Central Pennsylvania food system, nutrition education and the low-income audience. An event write-up can be found [here](#). Further questions about participating or providing event sponsorship, can be directed to Kathy Gaskin (kgaskin@wellspan.org; 717-337-4137) or Cheryl Burns (cburns@capitalrcd.org; 717-241-4361).

You can join the nation to celebrate "National Farm to School Month" in October! Try some special events to lead the school children towards better health. Let's make this year's events something to brag about! Look [here](#) for promotional resources and your state's contact person.

Grants and Other Opportunities:

Are you a chef or someone involved with school gardens, nutrition curriculums or cooking classes? [The Culinary Trust](#) presents a grant for you to Michelle Obama's Chefs Move to Schools initiative. Grants are aimed at encouraging individual culinary professionals to volunteer at Title I schools throughout the country. More information and application can be found [here](#).

Do you teach, raise children, or keep in touch with tech savvy school students? You can team together to join the anti-hunger campaign. The USDA requests student-created and directed videos that promote healthy living. Look [here](#) for details.

Supplemental Nutrition Assistance Program (SNAP).