

PA NEN - Weekly Food & Nutrition News Nibbles



Week of October 8, 2012

IMPORTANT PA NEN LINKS

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

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PA NEN Newsletter

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 veggie fresh for longer!

International and National News:

What is a dad to do? His daughter blew through \$120 on junk food instead of choosing a healthy school lunch. Watch the video [here](#).

[Eat fruits and veggies and be happy!](#)

[Super-tasters catch bitterness but not infection.](#)

Do you buy an apple with a brown spot on it? Where does it go if no one purchases it? No really—[what are grocery stores doing about their food waste?](#)

[Picky-eating-kids challenge parents. See some professionals' suggestions to overcome this issue.](#)

There has been some [push back](#) on the New School Standards. [Some people think the law needs protected.](#)

[Minority children are more likely to be overweight.](#)

[What parts of your brain cause the tendency to overeat?](#)

[Some kids really enjoy school lunch, especially when it's the only "real meal" for the day.](#)

[We live in a society where bullying individuals about their weight has become socially acceptable, and efforts must be taken to stop this unfair treatment. This TV anchor takes a commendable stance against weight-based bullying.](#)

[Halloween sweets and treats!](#)

[Do food cravings indicate nutritional deficiency?](#)

[Congress wants to limit our rice consumption because the arsenic found in it.](#)

[In New York, even vending machines will remind you to drink healthy.](#)

[Can people be overweight yet fit?](#)

[What's so good about Omega-3s in fish?](#)

[Change is hard, even when it comes to school lunch. In this article, a parent calls out to her kin to ease the transition toward a healthier school lunch.](#)

A pilot program lets the people involved in Supplemental Nutrition Assistance Program ([SNAP](#)) purchase their groceries online. See more [here](#).

Resources:

[Follow recommended storage temperatures for storing fresh vegetables over the winter.](#)

[Here's a campaign that's "dunking the junk food" for healthy alternatives.](#)

The "[After school Get Moving" toolkit](#)" was created for those who work with kids after school hours. The program promotes affordable ideas to get children moving. Look [here](#) for more details and [here](#) to apply for a free toolkit.

[Read and share your healthy school lunch stories.](#)

Webinars:

NEW-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](#).

NEW-Let kids move during the school day! This webinar recording, "Just Move It! Infusing Physical Activity in the Classroom," encourages physical activity breaks, creating a school fitness trail and more, all the while connecting movement to core content areas. Register [here](#).

NEW-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](#).

Each year, the Trust for America's Health ([TFAH](#)) and the Robert Wood Johnson Foundation ([RWJF](#)) issue a report on America's obesity epidemic to examine strategies for addressing the crisis. In this ninth edition of the report, TFAH and RWJF also commissioned a new study to look at how obesity could impact the future health and wealth of our nation. See it [here](#). A webinar on the report is slated for October 22 at 3:00 PM (EST). Click [here](#) to register.

The Society of Nutrition Education and Behavior ([SNEB](#)) [lists upcoming webinars and previous recordings](#). Continuing education credits are available to dietitians and dietetic technicians. Members of SNEB can listen for free, but if you are not a member of SNEB, webinars cost \$25.

As part of its "[The School Day just got Healthier](#)" campaign, FNS will host an informational webinar every Tuesday at 3:00 PM (EST) until October 23rd. [Learn more, see the schedule](#) and [register here](#).

Events:

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 creativity, 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-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!](#)

NEW-NEW-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.

NEW-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.

NEW-[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!

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