

PA NEN - Weekly Food & Nutrition News Nibbles



Week of September 9, 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

PA NEN's Call for Speakers and Speaker/Topic Suggestions

PA NEN's 2014 Annual Conference, "Nutrition Educators: Nourishing Future Generations One Table at a Time," will be held on April 28 - 29, 2014 in Lancaster, PA. We'll be celebrating all the work that nutrition educators have done and are yet to do! Please visit our [website](#) for more information and to submit a speaker proposal.

International and National News:

[Does a healthy breakfast really help with weight maintenance?](#)

[Create ways to add farmers market fruits and vegetables to your table!](#)

The [Paleo diet](#)—a dietitian's look into this fad.

[Students take the lead to feed the hungry, taking advantage of unused kitchens and food!](#)

[It's now possible to translate a food picture into calories.](#)

[Gut bacteria can control metabolism?](#)

[If you put a little effort into counseling minority families to eat healthy, you will learn behavior changes that fit their routine.](#)

[Meatless Monday menus take over California schools.](#)

[Healthy food is still out of reach for many.](#)

[Doctors catch onto the exercise prescription!](#)

[Control your portions by using the right cooking equipment.](#)

[Many people might skip these fad diets, if they saw them up-front and personal.](#)

[Mental health professionals treating eating disorders might be impacted weight bias.](#)

[The step-by-step process of choosing healthy whole grains](#)

[Arsenic levels should not scare you away from rice.](#)

[You can be healthy and overweight.](#)

[One study shows that oral nutrition supplements reduce the amount of time people stay at hospitals.](#)

[What are the repercussions for more expensive school lunches?](#)

[Walk briskly while shopping! Small bursts of exercise keep you healthy!](#)

[Fast food restaurants markets toy and movies over burgers. It works.](#)

[Agave nectar; is it good or bad? What about sugar?](#)

[Purple sweet potatoes become natural food dye.](#)

[China struggles with diabetes.](#)

Local:

Philadelphia: [Some locals spoke to their congressman about the Farm Bill.](#)

Philadelphia: [A local dietitians advocates for a non-perishable school lunch.](#)

Resources:

Dr. Mike Evans holds a [YouTube channel](#) that focuses on preventative medicine. He marries practical tips and research base to provide watchers with easy-to-follow, health promoting videos. Take this one about [exercise!](#)

Different from Celiac disease, doctors struggle to detect gluten sensitivity. [Here](#) is some good information about this problem.

Behavioral interventions could reduce childhood obesity. This action would result in 10 million fewer kids and 2 million adults that are overweight by 2023. It might also save \$25 billion in the long run. [See this report!](#)

[Take away some creative ways to pack school lunch.](#)

It's Hunger Action Month and [Feeding America's Facebook App](#) will help you spread the word!

[This animated mobile phone application takes kids on an adventure while educating about their food allergies.](#)

[Have you noticed the "Prevent Cancer Tomorrow Campaign"?](#)

[School food successes!](#)

Webinars:

NEW-Food systems take over the [2014 TedEx Manhattan line up](#). Watch listed change-makers harness their powers for better food access for all!

NEW-A Core Nutrition Messages Webinar series will take place on Thursday, September 19th and Thursday, October 3rd, from 2:00-3:00 PM (EDT). If you attend, this webinar will offer offline exercises to try out your skills and knowledge from the online sessions. Registration will be available on the [Core Nutrition Messages website](#) soon!

Webinars from the Action For Healthy Kids keeps an ongoing list webinars about school health and wellness. They cover it all: getting kids to eat the healthy at lunch, sharing non-food rewards, even how to set up a school wellness team. Look [here](#) for the webinar listing.

Understanding what "wellness" and "health" means to your listeners will revolutionize your message. Learn tricks from health communication experts with consumer insights. They'll share the best ways to expand your practice in today's community. Join, "The New Wellness Paradigm" webinar on September 18th, from 1:00-2:00 PM (EDT). Pick up more information and register [here](#).

Get excited for the 2015 Dietary Guideline! The Advisory Committee will meet October 3-4, 2013, and you can join them! Register ahead of time to watch a webcast of the meeting. Registration is open [here](#). Click [here](#) for the agenda and more.

The National Association of County and City Health Officials holds podcasts about innovative public health campaigns. Watch the recordings [here](#).

No Kid Hungry wants to end childhood hunger community hunger. They hold Google Hangouts every Friday from 2:00-3:00 PM. Check out [one recording](#) for an example.

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 (EDT), and recordings will be made available at a later date. [You can register to attend.](#)

Events:

Crrrrrrunch into an Apple on October 23. The National Apple Crunch event wants everyone to chomp on apples (fruit, applesauce, juice, and cider) as a healthy snack. See more celebration ideas [here](#).

[Philabundance](#)'s Hunger Symposium will be held on September 17th, 2013. This year, they are bringing together different perspectives on hunger. [Click here](#) for the details!

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. More information will be out soon!

Grants and Opportunities:

NEW-You can still apply for funds from US Department of Agriculture to purchase wireless point-of-sale equipment (also known as EBT equipment) by September 30, 2013. Find out more, [here](#). Previously, the funds were only available to farmers' markets not currently participating in SNAP. That requirement has changed; now, the opportunity applies to certain direct-marketing farmers. To those curious about this chance, you can contact the Pennsylvania's SNAP State Agency. Here is her information:
Lourdes Padilla, Deputy Secretary
Office of Income Maintenance
Department of Public Welfare
Health & Welfare BLDG, RM 432
PO Box 2675
Harrisburg, PA 17105-2675
717-783-3063
717-787-6765 (Fax)
lpadilla@pa.gov

Philabundance Plate Campaign! Snap a picture of heartfelt words on a paper plate for Hunger Action month. Philabundance will match 1 meal per plate. Look [here](#) for more information.

The Department of Agriculture (USDA) recently published a Request for Information and announced a series of public forums to gather feedback from interested parties on opportunities to improve access to healthy food choices for SNAP participants as well as program integrity. They will be hosting listening sessions and gathering written feedback through October

21. See the details [here](#) and [there](#).

There is a challenge around the corner. To all our Pinterest users, you can pin photos on the Fruits and Veggies More Matters' "Freshen Up & Pin Up" Pinterest challenge board from September 1st-30th. Show how you revamped your meal or snack by making half of it fruit and veggies. The challenge board will be live September 1st. Click [here](#) for details.

School breakfast grant opportunities are laid out on the Action For Healthy Kids [resource page](#).

Do you own a restaurant or run a foodservice facility? Then highlight healthy options on your kids menu for this recipe challenge! Applications aren't due until October 1, 2013. Find out more details [here](#).

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