

PA NEN - Weekly Food & Nutrition News Nibbles



Week of September 15, 2014

IMPORTANT PA NEN LINKS

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PA NEN News

Your Invitation to Attend a PANEN Board Meeting

Here's your chance to attend a PA NEN Board Meeting. Learn how the Network operates, about its committees and what plans are on the horizon. The upcoming meeting will take place on October 16th at the Sheraton Harrisburg-Hershey hotel. RSVP by October 1st. For further details, click [here](#). You must be member of PA NEN to attend.

Final Call for Speaker Proposals for PA NEN's 2015 Annual Conference

While we may be a long way off, the planning committee has been hard at work. We have already started the process of soliciting some proposed workshop topics/speakers designed to inspire and educate you based off of the feedback we received from your conference evaluations.

Of the workshop proposals that we have received, there is one expert that we have yet to hear from: You.

To submit a workshop topic, visit the [PA NEN website](#) and complete the workshop call for presentations.

SNAC Vegetable of the Month: Sweet Potatoes

Mash your sweets with fresh or dried thyme, salt, and pepper! Use the recipe on page 4 of [our Newsletter](#). (Pueden encontrar la receta del Puré de Batata en [la página 4](#)).

International and National News:

[The UN reported that 805 million people are going hungry around the world. This article shows how they got to that number.](#)

[Spin the plate](#) to see what people around the world eat!

[Shaming people who are overweight does not lead to weight loss!](#)

[Your decision-making process and behavioral economics affect nutrition choices.](#)

[Fruits and veggies become popular at an elementary school.](#)

[There is a possible connection between increasing rates of rheumatoid arthritis, smoking and salty foods. Much more research is needed to prove the link.](#)

How much activity do kids need? [See the Center of Disease Control and Prevention's recommendations and research.](#)

[Fatty foods are not the enemy!](#)

One dietitian suggests [healthy meal adjustments](#) for the whole family! Another local dietitian suggests fast, easy meals. Take the family meal suggestions from [her video!](#)

[Check out these whole grain options!](#)

[Fruit grows in unbelievable places across the U.S.](#)

[Studies prove it. Social media helps people lose weight.](#)

[New Orleans rich food culture remains amongst widespread food insecurity.](#)

A Place at the Table shares the voices of food insecure families. Read their stories in [this article archive](#).

[Eating fish, twice a week, associated with better eye sight for women. This study prompts more research to prove the connection.](#)

[Figure out what to eat by paying close attention to your hormones, sleep patterns, and your cravings! See one dietitian's outline of this process.](#)

[Changing eating habits isn't easy. Often, we know what is healthy but refuse to eat it!](#)

[Look at these five key moments during a LetsMove campaign to get kids drinking more water.](#)

[Natural terrain makes it on a man-made playground.](#)

[Cuts to food stamps significantly impact four states. Pennsylvania doesn't make the list.](#)

Local:

Pennsylvania: During September, #HungerAction month, you can vote for Pennsylvania food banks to receive \$60,000 by going [here](#). Scroll down to the search bar at the bottom of the page, and type in "PA". Then, vote for one of our state's food banks.

Pennsylvania: [One grocery chain is giving back to hungry Pennsylvanians. Watch the video to find out what they're doing.](#)

Carlisle: [Project Share's farm stand becomes a hot spot in the local community!](#)

Central Pennsylvania: [Throughout the month of September, take a picture of your facility, staff, volunteers and clients with Central PA Food Bank's hungerbites.org yard signs. Agencies who submit photos will be entered to win \\$100 mini-grants!](#)

Hershey: BMI screening letters are tools proven to encourage parents and kids to work toward a healthy lifestyle. You can request a letter template [here](#).

Philadelphia: Watch all the good that comes from the Philadelphia Hunger Coalition in this [video](#)!

Philadelphia: [What goes on behind the scenes at Reading terminal Market?](#)

Philadelphia: [Together - teachers, parents, students and volunteers - drew a mural and planted an orchard to promote healthy eating and physical activity at Austin Meehan in Philadelphia!](#)

Twitter Handles to Follow:

PSU Nutrition Links: [@NutritionLinks](#)

Food Trust: [@thefoodtrust](#)

Greater Pittsburgh Community Food Bank: [@pghFoodBank](#)

Farm to School 2015: [@FarmtoSchool](#)

The Food & Nutrition Conference & Expo is just over a month away. Get prepared for it over social media!

- Follow, the [Academy's Facebook](#) and [@eatrightFNCE on Twitter](#) and the Academy on Facebook.
- You can also post on social media websites with the [#FNCE](#) hashtag!
- Use this social calendar on Facebook, just join the [FNCE event](#).
- Pinterests fans can follow [this board](#) with a map and popular locations, restaurants and hotspots to visit in Atlanta.

- Keep an eye out for the FNCE app (launching in October), during the conference.

Resources:

Penn State Nutrition Links provides [tips](#) for eating healthy on a budget. Check out their healthy, affordable [recipes](#) too!

Get political updates, national anti-hunger movements and nutrition program spotlights in the [Food Research Action Center's \(FRAC's\) Newsletter](#).

The Academy of Nutrition and Dietetics presented this [infographic](#) with nutrition information about a healthy pregnancy.

Are you interested in hosting a taste test for your students? Then, use [these strategies](#) to plan a flawless event!

The Center of Disease Control and Prevention uses social media to spread strategies to reduce sodium in children's diet. Check their infographic [here](#) and a video briefing about it [there](#).

Food Forward TV is a new online [video station](#) that shows how agriculture impacts our food system.

National Farm to School Month is almost here! Join the celebration! Check out all [these resources](#) to help plan for October activities!

Webinars:

NEW-The Food Research Action Center (FRAC) and Food and Nutrition Services (FNS) are holding a Coffee Chat Series, "Meals For Kids." It's slated for September 25th, 2014 from 3:00 PM-4:00 PM (ET). Every month a pertinent, nutrition topic will be addressed. During this month, FNS will share information about their nutrition programs, especially the new school meal standards. Additionally, someone working in a school will provide her testimony about the healthier lunch options. More information can be found [here](#).

NEW-National Good Food Network's webinar, "Food Hub Benchmarking Study 2014" will be held on Thursday, September 25, 2014 from 3:30 - 4:45 PM (ET). Learn if food hubs and distribution centers storing locally grown food can support themselves. [Register today!](#)

Healthy people 2020 is putting on a webinar, "Prevention, Treatment, and Care of Diabetes and Chronic Kidney Disease: A Healthy People 2020 Progress Review." It is scheduled for Monday, September 29, 2014 at 12:30 PM (EDT). Learn more at this [website](#).

There was a 12-part web series about US Department of Agriculture's Farm to School finding, buying, and serving local foods in school districts. The entire series is available [here](#).

This Science Friday's [webcast](#) brings to light the new explorations in gut bacteria.

The Nutrition Education for the Public Dietetic Practice Group of the Academy of Nutrition and Dietetics will be hosting this webinar, "Processed Foods: Separating Fact from Myth." It will be held on September 30, 2014 from 2:00-3:00 PM. In the webinar, you will be able to consider a place for processed foods in clients' diets, decipher through health claims on these products, and identify the benefits and drawbacks of these foods. Click [here](#) to register.

Check out the [list of 2014-2015 Journal Club webinars](#) from the Society of Nutrition Education and Behavior. These webinars are based off of current, nutrition research pertinent to people studying dietetics, dietitians in the field, and other health providers.

From procurement, to distribution, to the Department of Defense Fresh Program—the USDA presents a twelve-part-series about opportunities in Farm to School and ordering local foods. [Check the recorded webinars on this list!](#)

Events:

NEW-Save your receipts (for food and gas) from GIANT food stores, and donate to Project SHARE. \$1 for each receipt will be collected throughout the month of October. The goal is to reach the \$5,000 mark. You can drop the receipts off here at Project SHARE between 8:00 AM-4:00 PM on Monday through Friday. Or, mail them to Project Share. Find their address on this [website](#). You can also drop the receipts off at the Carlisle YWCA, Whistlestop Bookshop, Carlisle Chamber of Commerce, Fairground Diner, Dream Maker's Tanning Salon, Kimberly's Cafe or Susquehanna Bank on York Road.

NEW-Grow Pittsburgh's Garden Resource Center, which will loan gardening equipment to the community, opens on Saturday, September 27 from 12:00-5:00 PM. Review the location and other details on [this website](#).

NEW-You can join the Central PA Food Bank in October for their Taste Event on Sunday October 27th. It goes from 1:00-3:30 PM at Strawberry Square in Harrisburg, PA. For more information, [click here](#).

The Institute of Medicine invites you to work across sectors and diverse fields to reduce obesity at their, "Solving Obesity: Everyone's Issue" round table. The workshop is open to the public and is scheduled for September 30, 2014 in Washington, DC. Find out more at [this website](#).

The Allegheny County Health Department is seeking feedback about health issues from Allegheny County residents. This is being done through meetings organized according to County Council districts that will be held throughout Allegheny County. The theme of the public outreach campaign is "Our Health, Our Voice." The goals are to share key information about

the local population's health and to hear from residents about what issues are affecting their community health. Meetings will be held on September 22-November 12. All residents are invited to attend. This [press release](#) provides the details concerning date, time and location for each community meeting.

The EmpowerMENT Challenge runs through September. Have your family join to achieve a different healthy lifestyle goal every week! Find out much more about this opportunity [here!](#)

Tell the Food Recovery Network how you fight food waste to feed the hungry! Share your photo on their [Twitter](#) or [Instagram](#) wall @FoodRecovery. They'll add it to their album.

Check the No Kids Hungry Month [calendar](#) from Greater Pittsburgh Food Bank and what's going on at the [Central PA Food Bank](#) through September.

On Sunday, September 21 from 2:00 PM-5:00 PM at the Pittsburgh Center for the Arts, you can come eat delicious, locally grown food from restaurants around the city. Find ticket information for A Taste of Grow Pittsburgh, [here!](#)

Check out Let's Move! Pennsylvania Conference to be held in State College on October 8th, 2014. It will focus on a call to more physical activity, along with healthier food and beverages to reduce childhood obesity. Find out more, and [register here.](#)

FNCE October 18-21, 2014: Save the date for this years Food and Nutrition Conference & Expo located in Atlanta, Georgia. [Click here](#) for more information regarding the event and speakers.

Mark your calendar for September 23, 2014! [It's time for the 2nd annual Capitol All-Stars Softball Game.](#) Benefits go to Feeding Pennsylvania and Hunger-Free Pennsylvania.

Grants and Opportunities:

\$5.7 million will be made available for Team Nutrition Grants. Money will be given to National School Lunch and Child and Adult Care Food Programs to help them provide healthier lunches to kids. Recipients will focus on [Smart Lunchroom strategies](#). See more about this opportunity at this [website](#).

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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).