

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of September 11, 2012

## IMPORTANT PA NEN LINKS

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

[NEWS NIBBLES](#)

[NEWSLETTERS](#)

[CONTACT PA NEN](#)  
**717.233.1791**



## PA NEN News

### Last Call for 2013 Annual Conference Speaker Submissions

Here's a chance to contribute to PA NEN's Annual Conference. We are seeking session topics and speaker submissions on how to address nutrition issues with the low income populations. Submissions are due on September 28th. The Conference dates are April 30 – May 1, 2013, and it will be held in Harrisburg, PA.

Topics might include:

- Combining physical activity and good nutrition
- Client motivation
- Nutrition and diversity, i.e. age, ethnicity, suburban vs. rural, etc.
- Live cooking demonstrations
- A fresh look at local food movements, i.e. community gardens and farmers markets
- Recent nutrition policy changes and how they impact the low income populations.

Help make the 2013 Annual Conference even more successful than 2012! Don't delay--the deadline is October 1, 2012. For more information and to submit your session ideas, click [here](#).

If you have any questions, please contact Rose at the PA NEN office at 717-233-1791 or e-mail [rcleland@phmc.org](mailto:rcleland@phmc.org).

### The Summer Newsletter is Here!

Embrace health and wellness by venturing through the initiatives highlighted in PA NEN's "[Food For Thought Newsletter](#)." Learn about organizations zooming fresh fruits and vegetables straight to families in need, while others help these same families grow food in their backyard. Browse through more stories, catch yourself raising an eyebrow at one of our titles, and satisfy your curiosity with a posted article! Read on at this [site](#)!

**You're Invited to Attend PA NEN's Board Meeting.**

Sign up to attend the PA NEN Board Meeting on Thursday, October 18, 2012. This year it will be held at the Special Services Building in State College from 10:00-2:30 PM. Make sure to RSVP to Julie at: [jbartol@phmc.org](mailto:jbartol@phmc.org).

For more details, please check out the [PA NEN Board Meeting page](#).

**International and National News:**

[22% of U.S. children were not fed enough in 2011.](#)

[Health advocates reach the public by knocking on doors.](#)

[The largest fast food restaurant decides to label calories on their menus. Will this move become trendy among other national chains?](#)

[Kids go healthy during childhood obesity awareness month!](#) The promotional [website](#) reveals more!

[Slow down, enjoy your food! A study found that this command rings true for participants' satisfaction during meals.](#)

[Purple ketchup and clear cola? Changing the color of our food affects whether consumers like a food product.](#)

[What do you think? Does the low-glycemic diet work? Check out what this term means and the research on it.](#)

[High In...Rich In...Excellent Source of Vitamin D! You'll soon see all these claims on bread packages.](#)

[Is there such thing as being healthy and overweight?](#)

[Kids should feel confident in their bodies, even at a young age!](#)

[People choose a diet through the world that surrounds them.](#)

[Smoking during pregnancy may lead to childhood obesity.](#)

**Local:**

**Pittsburgh:** [Local dietitians name five foods to fend off weight gain.](#)

**Philadelphia:** [It's back to school, and kids are left to care for their food allergies in a new environment.](#)

**Pennsylvania:** [Ricotta salata](#) cheese is recalled in five Whole Foods stores in Pennsylvania. Look [here](#) for more information.

## Resources:

Are you curious about the changes to school lunch policy? Look [here](#)!

The USDA last week released [updated food security data](#) 15% of households declared that they did not always have enough food for an active, healthy life for family members. Key statistics and graphics from this report may be accessed [here](#). And, don't miss the [two-page summary](#).

SNAP national participation in June 2012 rose to 46.67 million people, an increase of nearly 1.5 million compared to a year ago. That means one in seven Americans utilize SNAP benefits. Numbers increased in 40 out of 51 states. Follow this [link](#) to state-by-state trends tables created by the Food Research and Action Center ([FRAC](#)).

School meal programs have made gradual progress in simplifying the enrollment process to enable more children to access free and reduced lunch. [This paper](#) can help schools identify access barriers. Available too is a [two-page checklist](#) to improve access.

This [report](#) is intended as a resource for states and school districts as their personnel hand out materials informing parents about the free and reduced school lunch program. The paper highlights best practices on how schools promote lunch and also reveals where schools fall short. [At the bottom of the website, you can find links to each state's School Meals Program Websites.](#)

This [website](#) shows schools and public facilities how to combine their resources for a safe, healthy play space for kids.

Download [this toolkit](#) to promote National Childhood Obesity Awareness month.

## Webinars:

Gain continuing education credits, Registered Dietitians and Dietetic Technicians, and listen to a webinar about current research on sugar and fat metabolism. [Listen](#) anytime, at any place with a computer!

"Fruved!! The Development of a CBPR Social Marketing Campaign" is a webinar developed the [Society for Nutrition Education and Behavior](#). On September 20th at 2:00 PM (EST). As a University of Tennessee initiative, a social marketing campaign, "FRUVED" was successfully developed, implemented and evaluated. The webinar will present the strategies and benefits this campaign. One continuing education credit is available. This webinar is free for SNEB members and \$10 for ASNNA members. Non-

SNEB members cost \$25. Click [here](#) to register

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](#).

"Exploring Solutions to increase access to nutritious food in 'food deserts'" will show on September 25th, 2012 at 2:00 PM (EST). During the webinar, learn the definition of "food desert"; discover barriers and benefits to making healthy food available to everyone; and get creative with their affordable, nutritious foods in all forms (fresh, frozen, canned and dried). For a Society of Nutrition Education and Behavior ([SNEB](#)) member this webinar is free, and non-members must pay \$25. 1 Continuing Education Credit will be awarded to dietitians and dietetic technicians. [You can register today!](#)

### Events:

On October 6th, 2012 at 9:30 AM, Step Out: Walk to Stop Diabetes will begin at the Philadelphia Museum of Art. Registration starts at 8:00 AM. The event will feature opening ceremony, food, music, a Health Fest and a Kids' Zone. For more information and online registration, click [here](#).

Penn State Cooperative Extension is excited for their Spot Light Farm Tours! On September 17th from 6:00-7:00 PM (EST) the Brent's Berry Farm will showcase their fruits, vegetables, and hydroponic operations. For more information and more events click [here](#).

Registered Dietitians, dietetic students and Dietetic Technicians: eat, greet and talk nutrition at this year's National Food Nutrition and Conference Expo. It runs from October 6-9th in Philadelphia, PA. Find out everything at [this site](#), and [register today!](#)

Penn State Extension Nutrition Link's annual conference, "Reaching and Teaching Today's Diverse Families," will be held at State College, PA on September 18th from 8:00 AM-4:45 PM. Look [here](#) for more information and registration.

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](mailto:rodrigr@juniata.edu) or (814) 641-3125 for the details.

### **Grants and Opportunities:**

*NEW*-The [Pediatric Nutrition Practice Group](#) of the [Academy of Nutrition and Dietetics](#) is looking for approaches to treat childhood obesity for a showcase at our 2013 symposium, Nourish Our Future, on March 21-23rd in Nashville, Tennessee. The ideal candidate will take an innovative, cost-effective approach to carry the message to children, families, and communities. A \$500 honorarium will be offered to the selected speaker, travel expenses are covered up to \$450, so are two days per diem for meals, along with one day's complimentary attendance to the symposium. For more information and to apply, go [here](#). For any additional questions email Jill Castle ([Jill@JillCastle.com](mailto:Jill@JillCastle.com)) or Dana Vieselmeyer ([dmvies@gmail.com](mailto:dmvies@gmail.com)). Proposals are due October 5, 2012.

*NEW*-[Tell ABC how school lunch has changed your kids.](#)

*NEW*-Are you a student wishing to attend the national nutrition conference in Philadelphia, PA? Nutrition Educators for the Public dietetic practice group ([NEP](#)) of the [Academy of Nutrition and Dietetics](#) is offering scholarships for \$250 to help current NEP student members attend the stimulating event! Applications are due by September 21, 2012 at 5:00 PM (EST). The application with instructions can be found in the members' only section of the [NEP website](#).

To support the use of Kids Eat Right's toolkit, "Healthy Snacking In a Nutshell," 35 mini-grants (worth \$200) are available. Recipients will present twice utilizing the teen athlete, adult athlete and coach presentations from the toolkit. Applications are due September 14, 2012. Look [here](#) for more information.

The Pennsylvania Chapter, American Academy of Pediatrics ([PA AAP](#)) is seeking Registered Dietitians throughout Pennsylvania to co-present with physicians for a CME/CEU obesity prevention program as part of the [EPIC® Obesity: Evaluation, Treatment and Prevention in Community Settings program](#). The chosen speaker will focus on primary care practices, updates on research and practical ways to work with patients and families to address childhood obesity. An honorarium of \$150 is provided to presenters for each program. The PA AAP makes program arrangements and provides the power point, speaker's notes, training for speakers, and handout packets for host sites. If you are interested in this opportunity, kindly send your CV to Program Director Amy Wishner, MSN, RN at [awishner@paaap.org](mailto:awishner@paaap.org).

[NIH's "Obesity and Research Opportunities"](#) are listed [here](#).

Chop-Chop Magazine is running a recipe challenge. Bring fruits and vegetables to life by creating recipes with fresh, seasonal produce from your garden, a community garden, your grocery store or farmers market. Submit your recipe before September 21st. Look [here](#) for more information and to check out the prizes! Official rules and eligibility criteria

can be found [here](#).

On August 15, [USDA's Rural Development Agency](#) released a [Notice of Funds Available](#) for the Value Added Producer Grant Program ([VAPG](#)). VAPG is a competitive program that provides money to producers to help them develop farm-related businesses that add value to basic agricultural products through branding, processing, product differentiation, labeling and certification, and marketing. The main goals are new product generation, expansion of marketing opportunities, and an increase in income. The estimated funding available is \$14 million and applications are due October 15, 2012. Learn [more](#).

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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).