

PA NEN - Weekly Food & Nutrition News Nibbles



Week of September 17, 2012

IMPORTANT PA NEN LINKS

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

[NEWS NIBBLES](#)

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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 28. 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.

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](#).

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.

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

International and National News:

[Who should take part in obesity reduction? Government? Industry? The public?](#)

[Students strike back against healthy alterations to their school lunch.](#)

[Go Picnic! Autumn makes for the perfect time and temperature to bring the family outside to eat!](#)

[People from rural areas outweigh those from cities.](#)

[Texas started a no-soda challenge.](#)

["Anti-obesity" campaigns might thwart the target audience. Other campaigns that promote healthy alternatives prove better.](#)

[2 billion federal dollars' worth of sugary drinks are bought by Supplemental Nutrition Assistance Program \(SNAP\) participants.](#) Yet, the intended goal of the federal program is nutrition promotion. [Here](#) is another article from the people who did the research.

[Some hunger advocates say federal nutrition programs boost people above the poverty line.](#)

[Anti-tobacco lawyers target the marketing of big food companies.](#)

[What does "organic" mean anyways? The USDA answers!](#)

[Healthy food gets a new look in school cafeterias.](#)

"[Shopping Matters](#)" will now be taught in a national grocery store chain so shoppers can buy healthy foods on a budget. Look [here](#) for more information on the initiative.

[Why should we label calories on menus? Does it really help us pick healthy options?](#)

[At this school, breakfast is free for all!](#)

[Look at twenty school meals from around the world.](#)

[Schools divvy out more fruits and veggies at lunch.](#)

Local:

Philadelphia: [Temple University reaches the community through an obesity prevention program targeting families.](#)

Resources:

[Here](#) is a food label fact sheet about organic and sustainable labeling.

[Muscle loss in older adults can be managed through nutrition.](#)

"[Maps and Meal Gaps](#)" displays food insecurity statistics across the nation.

The [USDA summarized new household food availability data](#). [Here](#) is where you can find the actual report.

[Can a cartoon sticker on healthy school lunch items motivate kids to choose them?](#) Note: you may need to click "View large" on the left-hand, bottom corner and zoom in on the article to see it clearly.

[Check out a lengthy timeline explaining the history of "lean finely textured beef."](#)

The [Academy of Nutrition and Dietetics](#) wants to [address hunger and malnutrition!](#) Review their position paper on the topic [here](#).

Webinars:

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 dessert"; 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:

[NEW-Hunger-Free Pennsylvania](#) is paying close attention to the issue of poverty and foods available to families throughout PA. The [Legislative Hunger Caucus](#) is holding a food drive Monday, September 24th in Harrisburg at the East Wing Rotunda of the Main Capitol where individuals can drop off non-perishable items from 10:30 AM to 3:30 PM.

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](#).

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!](#)

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 or (814) 641-3125 for the details.

Grants and Opportunities:

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) or Dana Vieselmeyer (dmvies@gmail.com). Proposals are due October 5, 2012.

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.

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