

PA NEN - Weekly Food & Nutrition News Nibbles



Week of September 23, 2013

IMPORTANT PA NEN LINKS

SAVE THE DATE!
[PA NEN ANNUAL
CONFERENCE 2014](#)

[NEWS NIBBLES](#)

[NEWSLETTERS](#)

[CONTACT PA NEN](#)
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.

Spots are filling up quickly for PA NEN's Pittsburgh Workshop!

On November 14th, we'll be holding a one day workshop called, "How to Make Nutrition, Fitness and Cooking Demos Exciting, Fun and Inspirational!" with author, TV host, and dietitian, Zonya Foco! [Find out more information](#) today. Quick, there are only 19 spots left!

Job Posting Site:

PA NEN posted two new Pennsylvania job opportunities! See the details at [this site](#).

Annual Conference Vendor Application:

Does your organization want to be a vendor at the PA NEN 2014 Annual Conference? Do you have any suggestions for possible vendors? Look [here](#) for more information!

Eat Together PA: We want your food stories!

No matter where you're from or how different you are from the next person, we can all reconnect around food, family and friends. People can join together to share a meal, some laughs, and honest conversation— whether it's every day or only during

holidays. That's what PA NEN's Eat Together PA campaign is about!

Can you remember a heartwarming family meal moment? Might you be chock full of time-saving & meal-prepping tips? What gets you and your family around the table? Do you have a funny, "remember when" mealtime moment tucked away? Soon, we will be featuring your stories on our website, www.EatTogetherPA.org. Just email Amanda your story. We can all join in the cause to fight hunger and malnutrition one meal at a time!

SNAC Vegetable of the Month: Winter Squash

Cuddle-up with a bowl of squash soup, sweet and savory. Roast an autumn veggie mix. Maybe you plan to gobble down winter squash alongside your turkey dinner? Find out how best to cook, choose, grow and eat this tasty treat by searching through these winter squash resources at [this site!](#)

International and National News:

[Childhood hunger pervades rural areas.](#)

[It's time to change the nutrition fact panel.](#) Glance over the [food labeling act](#) in motion.

Honey laundering: Is your "honey" really honey? [Listen in.](#)

[A woman tells her story about being labeled the "fat girl."](#)

[Are you confused by the "expiration," "sell by," and "best by" dates? Misreading these labels might lead people to throwing away your food too early?](#)

Family ideas to get healthy! Watch the [slide show](#).

People bring farmers markets to the urban poor. [See how the process works!](#)

[You can eat out the healthy way.](#)

[Should we address sustainability in the Dietary Guidelines?](#)

What the difference between shopping at the farmers market compared to the super market? [Food experts weigh in.](#)

Latino students in rural societies work hard to get healthy. [The proof is in](#)

[their teacher's research!](#)

[Our long history with sugar](#)

[How might carbonation relate to obesity?](#)

[Follow up with the First Lady after she led a discussion on food marketing toward kids.](#)

[Teens get active and chomp on fruits and vegetables.](#)

Local:

Pittsburgh: [Water filling stations are here for those trying to be active throughout the city!](#)

Philadelphia: [Philly is on a roll! Look at the workings of their successful, comprehensive plan to reduce childhood obesity.](#)

Resources:

In light of October's Big Apple Crunch Day, here is a [banapple pancake recipe video](#) from [Let's Move Pittsburgh's](#) partner, Wilkinsburg High School students and the Youth Media Advocacy Project.

Food Day posted a web app, "[14 questions that could save your life or the planet.](#)"

Food. It's how kids grasp their ABC's! [Just use this tool as your guide!](#)

[Puerto Rican flavors shine in this dish!](#)

The USDA Economic Research Services collected [75 charts and maps](#) covering key information about the farm and food sectors. You can see visuals about [food security](#) and [food prices](#).

The Food Research Action Coalition (FRAC) printed [their food hardship with data from 2008-2012](#). The report analysis can be seen [here](#).

Webinars:

NEW-"Using Consumer-Tested Nutrition Messages and Content to Design Motivational Resources for Your Target Audience" is a webinar being held on Thursday, October 3 at 2:00 PM (ET). This is a second part of a 2 webinar series. [You can join today.](#)

NEW-On October 2 at 2:00 PM (ET), you can register for "Multicultural Community Engagement: Putting Childhood Obesity Prevention Strategies to Work in Diverse Communities." [Find out more](#), and [sign up today!](#)

NEW-Recordings from the Society of Nutrition Education and Behavior (SNEB) are now posted on their site.

- September 11, 2013: "[Statistics for Survey Design: Solutions for Success](#)"
- September 13, 2013: "[Pilot Study of the Effects of Interview Content, Retention Interval and Grade on Accuracy of Dietary Information from Children](#)"

The "[Food Hubs and Farm to School](#)" webinar will happen on Thursday, October 17 from 3:30 PM - 4:45 PM (EDT). Farm to school programs bring healthy foods to students across America. See these schools aggregate enough of their produce to feed the entire school. Food hubs hold great promise in the process. In this webinar you'll learn about some schools utilizing these resources. [See more](#).

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

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.

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.

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:

NEW-The National Farm to School Network released a Request for Proposals (RFP) for the 7th National Farm to Cafeteria Conference: Powering Up. The conference is being held on April 15-18, 2014 in Austin, Texas. Download the official RFP [here](#).

[You can watch as your legislature takes to the softball field at Harrisburg's Metro Park!](#) They'll be playing to bring food to Pennsylvanian's tables. The

game begins on September 30, 2013 at 5:30 PM. Your capitol all-stars will playyyy ball for hunger relief!

Crrrrrunch 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](#).

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-Are you a dietitian who is a part of [Kids Eat Right](#) Then you can apply for this mini-grant opportunity! To promote their "Hunger in Our Community. What We Can Do." toolkit, twenty five, \$200 grants are available. Recipients of the mini-grants agree to give two presentations to adults or teens between October 28 and December 27, 2013 See [more details](#) and apply by October 18, 2013. The toolkit contains two ready-made presentations, suggested activities, and handouts for adults and teens.

The Academy of Nutrition and Dietetics will offer nine scholarships of \$4,500 for college students who want to be a food safety advocate across their campus. Applicants will also spread messages outlined by the Academy's "Home Food Safety" campaign. Learn more about the application and further opportunities at [this site](#). The application deadline is February 1, 2014.

Grow Pittsburgh offers funding, provides equipment, and further opportunities for people to join in the urban gardening movement. [Look here](#), connect, and see how you or your organization can get involved.

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

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](#).

© Copyright 2009 PA NEN | www.panen.org | 717.233.1791

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).