

# 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](#)

[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 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](mailto: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](mailto:jbartol@phmc.org).

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

**International and National News:**

[Mission: Readiness](#) brings top-ranked, retired military leaders together to reduce childhood obesity. Watch this [video](#) for more information!

[Trend watch: food hubs connect people with fresh foods from local famers.](#)

[YMCAs bring fitness fun to kids!](#)

[College students learn how to scrape together healthy dishes with limited space, money and time!](#)

[Why should government have a say in how we eat?](#)

[Through September, celebrities commemorate "Hunger Action Month!" Check out how they support the cause, so you can follow suit?](#) Need some more ideas? Look [here](#).

[Overhauling the school lunch program takes time and effort from one and all—kids, parents, foodservice workers, and teachers.](#)

[Bite into a few after-school-snack ideas!](#)

[Five Registered Dietitians think creatively to meet the Healthier US School Challenge.](#) Click this [link](#) to see the Challenge's criteria.

[Some parents fight to take tuna off school lunch menus.](#)

Marketers push their snack brands through smartphone apps and games. [Read on and listen to the audio!](#)

[Breeze past why kids like fruit and veggies with funny names; and at the bottom of the article, look for pictures of healthy meal plates from around the world.](#)

[Parents—dare to take charge! Help make a healthier next generation.](#)

["Community eligibility" is a progressive option that opens free- and reduced-lunches to more kids.](#)

### **Local:**

**Pennsylvania:** [Trader Joe's voluntarily recalls creamy Salted Valencia Peanut Butter.](#) See the label [here](#).

**York:** [At a health summit local organizations rally healthy kids!](#)

**Altoona:** [The Food for Families organization receives a freezer and cooler donated by the Central PA Food Bank!](#)

**Hershey:** [The Central PA Food Bank, the Hershey Food Bank and more Pennsylvania organizations team up to fight hunger and collect donated food during Farm Aid Concert.](#) You can see an update about all the donations on their [Facebook page](#).

### **Resources:**

[A report claims that obesity rates climb.](#)

FREE for teacher and interested readers: The [Center of Disease Control and Prevention](#) provides diabetes [web and print resources!](#)

Get food cheap and healthy! Use [these tips!](#)

This weekend the [New England Journal of Medicine](#) released studies linking sugary drink consumption to obesity. Find articles [one](#), [two](#), [three](#), [four](#), and [five](#).

The [American Institute for Cancer Research](#) challenges America to follow [MyPlate](#) recommendations through their ["American Plate Challenge."](#)

Take [nutrition links and resources](#) from the Society for Nutrition Education and Behavior ([SNEB](#))

[What's a "food dessert"? The Center of disease Control and Prevention writes on the subject.](#)

### **Webinars:**

*NEW*-The Society of Nutrition Education and Behavior ([SNEB](#)) [lists upcoming webinars and previous recordings](#). Continuing education credits are available to dietitians and dietetic technicians. Members of SNEB can listen for free, but if you are not a member of SNEB, webinars cost \$25.

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*-On Sunday, October 28, 2012 in Harrisburg, the [Central Pennsylvania Food Bank](#) is holding a fun-filled event. Join their tasting opportunities, live entertainment, raffle and silent auction! For more information, click [here](#). Also, here's a [list of other future 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](#).

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 [rodriagr@juniata.edu](mailto:rodriagr@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](mailto:Jill@JillCastle.com)) or Dana Vieselmeyer ([dmvies@gmail.com](mailto: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](mailto:awishner@paaap.org).

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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).