

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of September 4, 2012

## IMPORTANT PA NEN LINKS

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

[NEWS NIBBLES](#)

[NEWSLETTERS](#)

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**717.233.1791**



## PA NEN News

### 2013 Annual Conference Call for Speakers and Topics

Here's your chance to contribute to PA NEN's Annual Conference. We are seeking session topic and speaker submissions related to nutrition dealing with the low income population. Conference dates are April 30 – May 1, 2013; and it will be held in Harrisburg, PA.

Some of the topics might include:

- The combination of physical activity and good nutrition
- Client motivation
- The many aspects of 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
- Nutrition policy changes that have been enacted and how they've impacted the low income population

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:**

[Cooking veggies without stripping them of nutrients has never been so easy!](#)

[The food industry tries to reduce salt-intake by sharing innovative ideas.](#)

[A new low-calorie-sweetener gets ready for release.](#)

[Americans drop 40% of their food into the dumpster.](#)

[Why are cantaloupes always getting people sick?](#)

[Some school cafeterias take part in "Meatless Mondays."](#)

[Preliminary studies show that antibiotic usage might alter our digestion, priming people for obesity. Fructose and sugar-substitutes may also alter people's metabolism.](#)

[Students don't want to pay high prices for low-quality school lunches. They take a stand through twitter and other social media sources.](#)

[To cut salt, to not cut salt? Restaurants decide what works for their menu.](#)

[Do government regulations help people eat healthier?](#)

[A researcher predicts what a sugar sweetened beverage tax could accomplish.](#)

[Allowing for less TV time during the week might reduce obesity in children.](#)

[For weight loss, 30-minutes of exercise might benefit just as much as a 60-minute exercise routine.](#)

[Kids eating healthy for better grades.](#)

September starts off "[Hunger Action Month](#)."

### Local:

**Philadelphia:** [Exciting news! Kids lose weight in Philadelphia! I hope this trend continues!](#)

**Pennsylvania:** Fresh-cut mango is recalled because of a potential Salmonella contamination:

- [Taylor Farms in New Jersey recalls any products with Daniella Brand Mangoes.](#)
- [Ready Pac announces voluntary recall of fresh fruit with mangoes.](#)
- [F&S Produce Co., Inc. Recalls fresh-cut mango products.](#)

### Resources:

[Research how the Information Age increases obesity.](#)

Altered eating behaviors are associated with short- and long-term weight change. [Here](#) is a summary of the study. If you are a part of the American Academy of Nutrition and Dietetics ([ACND](#)), you can obtain the article for free.

If kids turn their nose up to healthy snacks, a cartoon character like Elmo could help change their opinion. Slapping a cartoon character sticker onto healthy foods may make them more appealing, according to a study published in the [Archives of Pediatric and Adolescent Medicine](#). Click [here](#) to read a news brief. To view a summary of the study, click [here](#). The full study requires a subscription.

[Garden ABC's Facebook Page](#) contains lots of garden and kid-friendly educational activities.

[One out of five Americans had trouble feeding their family this year.](#) See the [poll](#).

This [report](#) predicts that Supplemental Nutrition Assistance Program ([SNAP](#)) recipients spend longer shopping for and preparing meals.

### Webinars:

*NEW*-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!

*NEW*-“Managing Lactose Intolerance: Understanding the Latest Research and Implementing Practical Solutions for Maintaining a Healthy Diet” is a webinar from the [National Dairy Council](#). On Thursday, September 13,

2012 from 11:30-12:30 PM (EST), you can join to keep up-to-date on current trends in lactose intolerance. Additionally, reinforce the things you might already know! Make your reservation [here](#).

Join the webinar on Wednesday, September 12th. Titled, "Live Long and Prosper: Optimal Nutrition for Today's Aging Realities," you will learn about disease management, community food programming support, and strategies to integrate food and nutrition into diets—all for older adults. [Click](#) to register now.

"Fruved!! The Development of a CBPR Social Marketing Campaign" is a webinar developed by 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 of 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 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:

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 a [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.

Might you want to 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*-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, and 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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