

PA NEN - Weekly Food & Nutrition News Nibbles



Week of September 8, 2014

IMPORTANT PA NEN LINKS

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717.233.1791



PA NEN News

Your Invitation to Attend a PANEN Board Meeting

Here's your chance to attend a PA NEN Board Meeting. Learn how the Network operates, about its committees and what plans are on the horizon. The upcoming meeting will take place on October 16th at the Sheraton Harrisburg-Hershey hotel. RSVP by October 1st. For further details, click [here](#). You must be member of PA NEN to attend.

Have a Successful Project Idea and want to Share it?

If your answer is YES then you need to be a part of the 2015 PA NEN Resource area!

The PA Nutrition Education Network invites you to present a poster or materials at the PA NEN Annual Conference on May 4-5.

PA NEN invites you to submit a proposal of original research or a successful project/program you have implemented in your community. Nutrition education efforts in PA regarding the low-income population and other suitable topics will be considered. All accepted abstracts will be invited to share information with conference attendees in the PA NEN's Resource Area.

Click [here](#) for an application and more information.

SNAC Vegetable of the Month: Sweet Potatoes

Mash your sweets with fresh or dried thyme, salt, and pepper! Use the recipe on page 4 of [our Newsletter](#). (Pueden encontrar la receta del Puré de Batata en [la página 4](#)).

International and National News:

[Food inequality prevails.](#)

[Strategies to make you WANT to do your exercise routine](#)

[Protect yourself from foodborne illness during lunch.](#)

[On the Navy's newest ship, healthy foods move onboard.](#)

[A scientist studied the colonies of bacteria in his poop for a year.](#)

[Did you know that public food assistance can boost the entrepreneurial spirit?](#)

[Let's Move lists healthy school nutrition initiatives from the Healthy and Hunger Free Kids Act.](#)

[Though statistics show that food insecurity has decreased, these numbers dismiss the fact that poverty remains.](#)

[Most parents support healthy food policy in schools!](#)

[Even Alaska, with its short growing season, turns to local produce.](#)

[Registered Dietitian Nutritionists - the Evidence Analysis Library is updating 2007 guidelines on food and athletic performance. See the brief about the changes and the research team leading the cause.](#)

[New global trade deals affect the local food system.](#)

[An old but informative article: what do all those terms mean on the egg label?](#)

[Even Registered Dietitians with an independent practice can benefit from electronic medical records.](#)

[#FuelUp with ten reasons why you should eat fruits and vegetables.](#)

[Outdoor activities helps with reading emotions.](#)

[Professionals question te recent research about the low-carb, low-fat diet.](#)

[Baking from scratch in school cafeterias save \\$40,000 per year.](#)

[Research says that it takes practice, but you can start craving healthy foods.](#)

[Food stamp usage is starting to fall.](#)

Local:

Philadelphia: [All Philadelphia school districts give free lunch to their students!](#)

Pittsburgh: [Go orange for the Greater Pittsburgh Community Food Bank!](#)

Pittsburgh: [A Grow Pittsburgh garden interests onlookers with their new solar panels!](#)

Resources:

Feeding America released its 2014 study on the trials facing 46 million Americans who receive charitable food assistance each year. Check the key findings at [this website](#).

The US Department of Agriculture [reports](#) on Food Insecurity among American Households from 2011-2014.

According to this [RTI report](#), SNAP-Ed can improve nutrition of low income participants throughout their lifecycle.

This [infographic](#) packs in support for nutrition education in schools. Kids need to get back in touch with food.

[New School Cuisine](#) is a free, downloadable cookbook for school cooks, by school cooks. It comes from Vermont FEED (Food Education Every Day) and includes 75 seasonal recipes for the school cafeteria. All recipes U.S. Department of Agriculture nutrition guidelines.

"The State of Obesity: Better Policies for a Healthier America" is a report from the Trust for America's Health and the Robert Wood Johnson Foundation. One key finding showed that 50 states did not reduce their adult obesity rates last year. A new website—[stateofobesity.org](#)—features infographics, interactive maps, a series of policy briefs to reduce obesity.

The School Nutrition Association released a report, "State of School Nutrition 2014." It's based off of 2014 national survey results of school meal program operators. Findings show that schools are creating healthier options and initiatives, but school lunch participation has decreased. Though the full research report costs money to download, read the press release, [here](#).

[The Canadian Heart and Stroke foundation publishes their stance on added sugar.](#)

Though this information could change in the near future, read the background behind the US Department of Agriculture's [organic label defections](#).

[Tips to find the best yogurt.](#)

The Academy of Nutrition and Dietetics' Hunger Environmental Nutrition Dietetic Practice Group created this extensive, "[Sustainable, Resilient, Healthy Food and Water System](#)" glossary.

Are you curious about the newer, healthier snacks in school? Find out more about the nutritional requirements at the [USDA's Smart Snack website!](#)

Webinars:

NEW-The Food Safety Inspection Service is putting on a webinar, "Food Safety 101: Everyday Application," on September 17, 2014 from 12:00-1:30 PM (EDT). It will focus on common food safety issues and ways to correct them. Learn more about it [here](#).

NEW-The 2015 Dietary Guidelines Advisory Committee meeting is slated for September 16-17, 2014. It is open to the public, so you can join the webcast and find the information [here](#).

NEW-Healthy people 2020 is putting on a webinar, "Prevention, Treatment, and Care of Diabetes and Chronic Kidney Disease: A Healthy People 2020 Progress Review." It is scheduled for Monday, September 29, 2014 at 12:30 PM (EDT). Learn more at this [website](#).

Scientists showed promising results of their research about the powerful effect of food and nutrition (i.e. isoflavones, mushrooms, and other bioactive food components) on boosting the immune system and reduction of cancer risk. This webinar will expand on these findings on September 16th at 12:30-1:30 PM. [Register today](#).

There was a 12-part web series about US Department of Agriculture's Farm to School finding, buying, and serving local foods in school districts. The entire series is available [here](#).

This Science Friday's [webcast](#) brings to light the new explorations in gut bacteria.

The Nutrition Education for the Public Dietetic Practice Group of the Academy of Nutrition and Dietetics will be hosting this webinar, "Processed Foods: Separating Fact from Myth." It will be held on September 30, 2014 from 2:00-3:00 PM. In the webinar, you will be able to consider a place for processed foods in clients' diets, decipher through health claims on these products, and identify the benefits and drawbacks of these foods. Click [here](#) to register.

This segment of the Ted Med series questions the perceived link between diabetes and obesity. Watch the recording of Peter Attia, [here](#).

[SNAP-Ed Connection keeps a list of recorded nutrition webinars!](#)

Check out the [list of 2014-2015 Journal Club webinars](#) from the Society of Nutrition Education and Behavior. These webinars are based off of current, nutrition research pertinent to people studying dietetics, dietitians in the field, and other health providers.

From procurement, to distribution, to the Department of Defense Fresh Program—the USDA presents a twelve-part-series about opportunities in Farm to School and ordering local foods. [Check the recorded webinars on this list!](#)

Events:

NEW-The Institute of Medicine invites you to work across sectors and diverse fields to reduce obesity at their, “Solving Obesity: Everyone's Issue” round table. The workshop is open to the public and is scheduled for September 30, 2014 in Washington, DC. Find out more at [this website](#).

NEW-The Allegheny County Health Department is seeking feedback about health issues from Allegheny County residents. This is being done through meetings organized according to County Council districts that will be held throughout Allegheny County. The theme of the public outreach campaign is “Our Health, Our Voice.” The goals are to share key information about the local population’s health and to hear from residents about what issues are affecting their community health. Meetings will be held on September 22-November 12. All residents are invited to attend. This [press release](#) provides the details concerning date, time and location for each community meeting.

The EmpowerMENT Challenge runs through September. Have your family join to achieve a different healthy lifestyle goal every week! Find out much more about this opportunity [here!](#)

Tell the Food Recovery Network how you fight food waste to feed the hungry! Share your photo on their [Twitter](#) or [Instagram](#) wall @FoodRecovery. They'll add it to their album.

Check the No Kids Hungry Month [calendar](#) from Greater Pittsburgh Food Bank and what’s going on at the [Central PA Food Bank](#) through September.

On Sunday, September 21 from 2:00 PM-5:00 PM at the Pittsburgh Center for the Arts, you can come eat delicious, locally grown food from restaurants around the city. Find ticket information for A Taste of Grow Pittsburgh, [here!](#)

Check out Let’s Move! Pennsylvania Conference to be held in State College on October 8th, 2014. It will focus on a call to more physical activity, along with healthier food and beverages to reduce childhood obesity. Find out more, and [register here](#).

FNCE October 18-21, 2014: Save the date for this years Food and

Nutrition Conference & Expo located in Atlanta, Georgia. [Click here](#) for more information regarding the event and speakers.

Mark your calendar for September 23, 2014! [It's time for the 2nd annual Capitol All-Stars Softball Game](#). Benefits go to Feeding Pennsylvania and Hunger-Free Pennsylvania.

Grants and Opportunities:

The Department of Health and Tuscarora Intermediate Unit partnered with various agencies to offer the opportunity to participate in the PA Nutrition and Physical Activity Self-Assessment for Child Care (PA NAP SACC). This web-based, quality improvement tool assesses current practice, develops an action plan and accesses valuable professional development activities. Along with this tool, a \$500 grant is available for Early Childhood Education centers to improve nutrition, physical activity and policies in licensed centers. Applications are due by Sept. 12, 2014. Read more, [here](#).

\$5.7 million will be made available for Team Nutrition Grants. Money will be given to National School Lunch and Child and Adult Care Food Programs to help them provide healthier lunches to kids. Recipients will focus on [Smart Lunchroom strategies](#). See more about this opportunity at this [website](#).

Do you live in an area surrounding Pittsburgh? Are interested in getting involved in a gardening community? Then you could join Grow Pittsburgh! Find out more, [here](#).

\$2000 grants from Action for Healthy Kids School are still open 2014-2015 school year. To promote your school breakfast program, you could receive the funds listed above, Every Kid Healthy toolkits, technical assistance, webinars, and year-round support. See more information by going to this [website](#) under the "Tools for Schools" tab. Look to the right and click, "School Grants." Email the Pennsylvania contact, [here](#).

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