PA NEN News

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.

SNAC's Vegetable of the Month: Winter Squash
I adore autumn food—Mmmm! It's so bright, sweet, belly-warming good! What's one vegetable bringing my favorite dishes to life? Sure, pumpkin, but have you tried its relatives—the winter squash? Push these richly flavored veggies my direction, and my hands start chopping with excitement! Join me, and try them sweet in acorn squash honey soup or warmed in a fall casserole. Just look to our Newsletter for recipes, handling and cooking instruction, and nutrition information. Click here for separate kids' activities, recipe cards and more.

International and National News:

Tougher regulations of US food imports are predicted.

Being aware of hunger and satiety could reduce diabetes risk.

Watch a video by the American Heart Association about low-fat dairy potentially reducing the risk of heart disease.

The odds stack-up against obese people.

Fruits are not a bad thing to eat on an empty stomach!

Kids adjust to healthy school lunches.
A teacher curbs bullying through a kid-friendly runners club.

Everyone must take responsibility for kids and their health.

Fast-food or full-service restaurants: Which one is worse for you? Look to the full study on the matter.

Work hard to feed hungry children.

School lunch, the kids weigh in.

Children bring the food movement to life during “Food Day 2012.” See why this issue struck a chord with many students across America. Maybe, it will do the same for you.

The USDA coordinates food assistance in 13 states affected by Hurricane Sandy.

Alaska moves to make kids healthy through local food promotion.

Healthy snacks rank second to chips, chocolate, and other junk.

Give the kids more time to eat!

Plus size modeling might curtail weight stigmas.

Many parents don’t feel comfortable talking to their kids about their weight.

Restaurants receive incentives for serving healthier foods.

Runners—on your mark, get set, get hydrated!

Vending machines will dispense healthy meals.

More foodborne illnesses spread throughout 2012 compared to the year before.

The soda tax fails, but sugary drinks remain a problem.

Swap Halloween candy for fruit? It can be done. See the success story here.

Local: Pennsylvania: Frito-Lay issues a voluntary recall on GRANDMA'S Peanut Butter Sandwich Crème Cookies and GRANDMA's Peanut Butter Mini Sandwich Crème Cookies because of unlabeled milk and egg ingredients.
Philadelphia: Some kids outgrow egg allergies.

Philadelphia: CNN highlighted the Food Trust’s Healthy Corner Store Initiative in this video.

Resources:
This Urban Institute report points to the Supplemental Nutrition Assistance Program’s (SNAP) ability to reduce food insecurity among children and lists other factors associated with it. Learn more by reading their six page report.

The Institute of Medicine released a report entitled, “An Integrated Framework for Assessing the Value of Community-Based Prevention,” which calls for a framework to capture the full value of community-based prevention programs and policies. The framework should include the benefits and harms on social or emotional health, statistics on community well-being, and the intervention’s cost/benefit analysis. More information can be reviewed in the actual report or the four page summary document.

Our food system creates significant environmental, public health, and other costs that cannot be denoted by the food prices. This Institute of Medicine (IOM) Workshop Summary focuses on the need for a more accurate understanding and cost reform of our food system to help decision makers, researchers, and practitioners make future business and management decisions.

In the midst of National Diabetes Month, you can find this site helpful, describing the path from gaining weight to diabetes.

Is your school having trouble meeting the new nutrition guidelines at mealt ime? Then search this “best practice” list of highly-rated, school foodservice tools and resources from state agencies and other school food authorities.

Look to this school cooking lesson for kids in second and third grade.

Do you serve your holiday meal buffet style? Can you find chips or veggies and dip at your holiday spread? Might your stuffing be cooking within the turkey? Find tips for your Thanksgiving food safety here!

“Kids Don’t Need Kid’s Food,” reports by Marion Nestle. In this paper, she interviewed one of Childhood Obesity’s featured editors about the obesity in the States.

Webinars: NEW-Learn the influential environmental factors that contribute to childhood obesity on Nov. 29th from 2:00-3:00 PM (EST). Review the
NEW-A webinar, "Market-Based Models for Increasing Access to Healthy Food: Defining What Works" will be presented on Thursday, November 29 at 3:30 - 5:00 PM (EST). With the growth of food justice, food access and nutrition education; non-traditional food enterprises across the U.S. innovated market-based approaches to encourage nutritious behaviors for underserved, limited-resource consumers. The presenters for this webinar are a part of the Wallace Center’s Healthy Urban Food Enterprise Development (HUFED) program. Learn from top-notch strategies in supply chain, on the consumer level and beyond to incorporate healthier behaviors while boosting food purchases. Learn more about the webinar [here](#).

The webinar, "How to Create a Healthier School Food Culture," on Tuesday, December 11th at 2:00 PM (EST), focuses on school food choices that go way beyond the cafeteria. This webinar provides ideas and resources for healthier fundraisers, snacks, birthdays, celebrations, family events, non-food rewards and other ways to encourage nutrition in the schools. The webinar recording will be made available after the premier showing. Register today!

**Events:**

NEW-On December 7, 2012 from 8:00 AM-5:00 PM (EST), "Woman to Woman: Pay It Forward" will be taking place in State College, PA. The Pennsylvania Women's Agricultural Network hosts this one-day networking symposium, an opportunity for mentoring and shared learning for beginner to expert farmers alike. Review more information by clicking [here](#).

NEW-Every Friday, you can [Tweet about school food! Prevent Obesity](#) joined forces with [MomsRising](#) to talk about the importance of healthy school meals. Just tweet about your model school food, your opinion about the new school meal standards, news stories, blog posts and more by using the hashtag #SchoolFoodsRule. If you’re not an avid Twitter-user but want to follow the conversation, just go to [www.Twitter.com](http://www.Twitter.com). Type in "#SchoolFoodsRule” into the Twitter search box, and you’ll find tweets from the people partaking in the chat.

Are you and your family in Pittsburgh? Then, you can sign the family Meals Pledge [here](#). For more details look [here](#).

The Susquehanna Food Bank is giving free meals through their “Tweet to Feed” promotion.

**Grants and Opportunities:**

[Partnership for Healthy America](#) wants you to bring your ideas to end childhood obesity for their “End Childhood Obesity Innovation Challenge.”
Enter this online contest by November 16th 2012 for the chance $10,000 to help turn your ideas into a reality. See more details, and enter now!

Kids Eat Right wants to select fifty registered dietitians for a $200 grant to present Kids Eat Right toolkits. The presentations must occur twice, between January 1 to February 28, 2013. If you’re interested, you can select from a variety of toolkits: Healthy Breakfast, Healthy Snacking, Family Champions, Family Meals, or Myth Busters. Consider signing up to be a part of Kids Eat Right and download any of the toolkits here. Please see the full application at this site (You must have a log-in and password to view this website.). Applications are due December 7, 2012, and mini-grantees will be announced December 17, 2012.

Through the Champions for Healthy Kids program the General Mills Foundation will award 50 grants of $10,000 to organizations working to improve nutrition and physical fitness behaviors for youth (ages 2-18). Schools, after school programs, daycares, community-based organizations and government agencies are all eligible for this grant. The application deadline is December 3, 2012. Click here for the grant application. Contact SPARK at 1-800-SPARK PE or spark@sparkpe.org for a Program Consultant to answer your questions and listen to your vision to encourage nutrition and physical fitness.

The Wal-Mart Foundation gives back to your town through their Community Grants. $250-5,000 dollars goes to applicants who fit these criteria. Whether you’re a non-profit group, a state or federal agency, a faith based organization or a school; you can apply by December 1, 2012.

Are you a school or community organization with a youth garden? Then, by December 3rd, you can apply for an NGA Youth Garden Grant. Go to this site for program and eligibility criteria and funding information.

"Fuel Up to Play 60" is a program founded by the National Dairy Council and NFL that encourages students to take charge in making small changes at school. Students can win cool prizes, like an NFL player visit or Super Bowl tickets, for making healthy choices. Is your school interested in making these good-for-you changes? Then look here for funding opportunities to boost you along!