IMPORTANT PA NEN LINKS

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

NEWS NIBBLES

NEWSLETTERS

CONTACT PA NEN
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PA NEN News

Discounted Registration Rates End March 30th
$ave money and be sure to get into the sessions you want by registering for PA NEN's Annual Conference before March 30th! Late registration rates begin on April 1st.

Many sessions are already full! Review the list of available sessions at this site.

Waiting on your payment? You can register today, and select the 'Bill Me' option when you register online. If you are registering using the printed our PDF form, simply write ‘Bill Me’ in the credit card information area.

Take Part and Vote for the PA NEN Board of Directors!
Vote Now! The PA NEN Board of Directors has several vacancies to fill for the 2013-2016 term. Please click this link to vote for who you would like to see serve on the board (or go to: http://www.surveymonkey.com/s/JLR798D). All PA NEN members are encouraged to vote. If you have any questions, email jbartol@phmc.org.

SNAC VEGETABLE of the Month: Spinach
Greens mark the turn of spring! Spinach's hardy leaves inch their way to the soil surface in the chillier months. Farmers take advantage of this cold-resistant crop by growing it in green houses without heating. Keep a pack of frozen or fresh spinach in the fridge to remind you of the growing season around the corner! Check out what you can do with this lovely vegetable in this SNAC Newsletter!

Archive Nutrition News and More!
It's busy season for PA NEN! Annual Conference promotions and other email-blasts have taken the place of our Thursday News Nibble emails. However, you haven't missed anything. Just go to the News Nibbles Archive to find the weekly resources, news, and
International and National News:

Truth in food labeling: You might want to know if flavored milk contains artificial sweeteners. However, the dairy industry wants to pull “artificially sweetened” off the food label. Find more information here.

Iowa holds itself to healthier standards in its proposed food bill.

Sometimes the elderly need a boost! A study showed that eating more often combined with memory training were linked to a reduction in memory loss and depression for the elderly. Because it was such a small study, more proof and research is needed!

Nutrition education cannot be a “one-size-fits-all” approach.

Move, grove, jump and get running toward a healthier school. You can join the movement at www.letsmoveschools.org. Learn more about this here!

Sell the “business case” for healthier foods to the food industry and families alike!

Nutrition professionals, take note of specific details about the new Mediterranean diet study.

Milk formula companies breech the code of ethics when promoting formula worldwide.

Cross-cultural physical activity is different for everyone!

It’s a tough job, but how can you sell kids on veggies?

Experts desire more studies on the link between diet’s role in heart health.

The food industry uses sugar and fat to adjust our taste buds.

Preliminary studies show that bone marrow cells might help curb obesity.

1 in 8 Americans are diagnosed with diabetes.

Can you teach your kids to say, “No thank you!” to sugary foods?

No meet? Check out some benefits of becoming a vegetarian.

Work on an environmentally sustainable fitness plan for springtime!
A chef teaches healthy meal preparation in the hospital.

The meat industry and our food supply may be affected by the Sequester.

School lunch, family-style, brings teachers and students around the same lunch table! Watch the news briefing now!

Here’s a new idea: sugar mist for vegetables.

Do parents really know what their kids are eating?

The Let’s Move initiative turns three!

Food banks address obesity with their own nutrition policy!

My Plate gets on Pinterest.

Check out community health leaders across America!

Even teens need healthy grocery shopping tips.

Think twice before using food as punishment or reward!

I’m not sure that sugar is toxic. But, there is at least a relation between sugar availability and diabetes risk.

Do you enjoy the versatile (cheap) lentil?

Treating a milk allergy might be more complicated than we once thought.

Listen in about family exercise.

California childcare providers will take nutrition classes.

To treat obesity, parents must recognize their child as overweight.

Reducing meat consumption helps the environment and our health. Listen here.

Here is all you want to know about fats in the diet.

Students want to reduce food waste in their cafeteria.

Local:

Delaware Valley: A school holds a food drive for their local food bank!

Altoona: People fill backpacks to the brim with food for hungry kids.

Philadelphia: The Food Trust takes part in the development of a new resource, the Healthy Food Access Portal.
Philadelphia: A new truck brings fresh, local produce to Philadelphia!

Resources:
Share a picture of your family dinner at this site.

In this report, Oxfam assesses the social and environmental policies of the world’s ten largest food and beverage companies and calls on them to take the critical next steps to create a just food system. Download the summary and full report here.

Obesity is taxing on the body and has a cumulative effect. Here is the research.

Global food security depends on equitable land rights. Read this report for details.

Weight based bullying and victimization is too common. This research paper shows the numbers.

“A Place at the Table,” a film addressing hunger in the US, was released on March 1st. See the trailer and more details at this site. The webpage also contains facts and interactive tools for those who work with SNAP-eligible populations!

Webinars:
NEW-A webinar, “Are you Legal? Copyright and Intellectual Property Issues in Low-Income Nutrition Education,” was held February 19, 2013. The one-hour recording is now available for you. And, this is a resource mentioned throughout the presentation.

On March 20th at 2:00 PM (EST), you can join a webinar, “Contributors and Effects of Food Insecurity: Nutrition and Beyond.” Afterword, you will better understand the contributing factors associated with food insecurity and its impact. Register now!

To prepare proposals for people interested in Farm to School Grants, the US Department of Agriculture (USDA) is hosting a series of webinars related to the application process. Each webinar presentation will last approximately one hour, with an extra 30 minutes of question and answer time. Information on how to access each webinar is below; please contact Laura Brown (laura.brown@fns.usda.gov) with any questions.

- “Grants.gov” on Wednesday, February 27, 1:00 PM (EST)
  Representatives from grants.gov will walk you through the application process using the submission portal.
  - Access the webinar here.
The Summer Foodservice Program is holding webinars about expanding summer feeding programs. These webinars will be at various times and dates. Please fill out the survey for more information.

Events:

NEW-What new, healthy foods are kids trying at school? What kind of nutrition education have Pennsylvanians received in the past-present-and-future? Answer these questions and more at Delaware Valley Chapter Society of Nutrition Education’s (DVCSNE) Spring Meeting on Tuesday, March 12. Look to this PDF for more information about the meeting. For a reduced price, become a DVCSNE member. Just fill out the form located on our Home Page, posted under "Upcoming Events!"

Check out a listing of food and agriculture conferences happening across the nation. There will be an event held in Philadelphia in August. Look to this site for more details.

The New York Times food journalist, Mark Bittman, is coming to Philadelphia for a free lecture at the Congregation Rodeph Shalom on March 13 at 7:30 PM (EST). He’ll answer the question, “What is Your Food Worth?” While doing so, he will also urge you to recognize that what you eat can affect your community and the environment. This event is free and open to the public. Please RSVP here.

Do you want to learn about farming and talk clinical dietetics in one place? Then come to Lehigh Valley Dietetic Association’s Spring Event called, “Farm to Table, an Organic Farm Tour at Rodale Farm,” on Saturday, April 27th from 10:00 AM-3:00 PM. It’s taking place in Kutztown, PA. Click here for details and the registration flyer. Please fill out your registration form and payment by March 14th.

On March 11-12th, the Institute of Medicine (IOM) will be holding a workshop funded by the US Department of Agriculture’s Food and Nutrition Services (USDA/FNS) to discuss the potential for nutrition standards and learning objectives for elementary and secondary school children. Additionally, they
will address ways to build acceptance of these standards among the educators. Then, they will move into current and promising practices within the field today. Click here to learn more and register.

Both the Nutrition and Prime Time Health Conferences will be held from May 1-3, 2013 in State College, PA. Please phone the Long Term Living Training Institute at (717) 541-4214 for additional information, and registration materials will soon be available here.

How do you cope with natural disasters and food distribution? When will sodium be reduced in our foods? What role does immigration reform play within our food system? Answer these questions and then some at the National Food Policy Conference to be held on April 15-16 in Washington D.C. Review the agenda, and register here.

The Pennsylvania Dietetics Association wants members to lick their chops to get ready for their annual conference, “Setting the Table for Life Long Learning.” Free the dates of April 21st- 23rd for a trip to Monroeville, PA. You can check out their save the date information, here!

The Academy of Nutrition and Dietetics will be holding a nutrition and food policy workshop, “Become the Voice of Nutrition: 2013 Public Policy Workshop,” on March 10-12th, 2013. If you’re a Registered Dietitian, Dietetic Technician, dietetic intern, or a student, you are invited to join the workshop in Washington DC. You can register today.

**Grants and Opportunities:**

Are you a dietitian looking for teaching opportunities? To support the use of the "Kids Eat Right Family Meals toolkit", 36, $200 grants are available. The application deadline is March 15. Look here for details.

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.

This press release reveals grants available for Farm-to-School in 2014. Then, here is the request for applications along with a look at last year’s successful applications.

Discover another grant from Kid’s Eat Right that might fit your organization's mission; just look to this site!

Food Corp relies on service members to plant gardens and teach healthy lifestyles to people in areas with limited resources and high obesity rates. You can become a Food Corp service member too! Applications are due on March
24th. Look here for details.