PA NEN News

PA NEN's Call for Speakers and Speaker/Topic Suggestions
PA NEN's 2014 Annual Conference, “Nutrition Educators: Nourishing Future Generations One Table at a Time,” will be held on April 28 - 29, 2014 in Lancaster, PA. We'll be celebrating all the work that nutrition educators have done and are yet to do! Please visit our website for more information and to submit a speaker proposal.

International and National News:

Pull veggies fresh from the farm and into schools.

Kids act, talk and eat like you!

Fiber-rich, spicy, and other healthy foods can hurt some people with these conditions.

Party with more than a cupcake! Celebrate birthdays by bringing these healthy alternatives.

Lactation stations in airports ease breast feeding mamas worries during travel.

People would drink less soda with smaller sized containers.

A study refutes sodium restrictions.

Some teachers spend at least $37 a month on food for students.

A peanut allergy victim’s parents want to pass on this message: food allergies are serious!

This year, see how school meals and snacks look different.

Make these healthy choices before and after exercise.

As nutrition professionals, we must be culturally sensitive.

Restaurant workers can’t put food on their own tables.
What does the “Natural” food label mean?

How can we get kids accepting new foods?

Did you know about Salmonella in dried spices?

Is food a drug?

Obesity kills more than we think.


What foods contain pre- and probiotics?

This month is hunger action month, read over these myths about hunger.

Kids need more time at lunch.

A Connecticut representative introduces a Bill that strikes down marketing unhealthy foods to children.

Does drinking soda affect behavior?

Have you purchased “Naked Juice”? You can receive money for their misleading “Natural” claims.

Success! School farms work! Here’s the data to prove it.

School lunch, what a novel culinary experience!

In Australia, an unhealthy cereal cannot showcase ads on TV.

A health insurance company takes on nutrition education as a preventative approach.

What does health have to do with our gut bacteria?

One study says, "It's okay to be fit and overweight."

Fight the afternoon sleepies.

Do antibiotics used on farm livestock affect people who eat those animals?

Government takes a deeper look at the health affects of fortified snacks.

How twitter can “research” food habits and trends. Here’s the study.

Behavioral scientist want to control your mind in the grocery store! See how they do it!

Industrial agriculture is good for the food system.
Food companies get kids’ using their imaginations to promote their products.

Local:
Pennsylvania: Schools around the country serve a new kind of school lunch! Pennsylvania is highlighted!

Pennsylvania: Chobani pulls some of their Greek yogurt from store shelves because of mold. Look here for product details.

Hershey: A dietitian packs in facts about a healthy school lunch.

Philly: What healthy heroes are marching around Philly?

Philadelphia: A Philly based gardening program needs your vote! They’re in the running for a grant for urban agriculture!

Philadelphia: Those living in & around Philly, here is a Hunger Action Month event calendar!

Resources:
Nutrition educators, parents and kids; check these nutrition resources from the Canned Food Alliance.

The US Department of Agriculture released new hunger statistics.

The New York City Health Department has launched a free mobile app, "CalCutter." It counts calories in recipes you make and finds ways to reduce those counts.

Learn more about healthy types of fat by meeting the American Heart Association’s animations.

Use this picture to see the reach of fast food advertising to children.

Healthier schools popped up across the country. To move your school in this direction; use tips, policy ideas, communication materials and much more from this website.

Do you garden and teach healthy nutrition? Then you might want to join the “Edible School Yard” online forum.

School gardening can improve health outcomes for kids. This study proves it.

Webinars:
NEW-Webinars from the Action For Healthy Kids keeps an ongoing list webinars about school health and wellness. They cover it all: getting kids to eat the healthy at lunch, sharing non-food rewards, even how to set up a school wellness team. Look here for the webinar listing.

Understanding what “wellness” and “health” means to your listeners will revolutionize your message. Learn tricks from health communication experts with consumer insights. They’ll share the best ways to expand your practice in today’s community. Join, “The New Wellness Paradigm” webinar on September 18th, from 1:00-2:00 PM (EDT). Pick up more information and register here.

Get excited for the 2015 Dietary Guideline! The Advisory Committee will meet October 3-4, 2013, and you can join them! Register ahead of time to watch a webcast of the meeting. Registration is open here. Click here for the agenda and more.

The US Department of Education is planning a session with the Food Day campaign to discuss how schools (like yours!) can participate in Food Day this October. Come to the session on Wednesday, September 4th at 4:00 PM (EDT). Click here to pre-register and to learn how Food Day can help your school.

The National Association of County and City Health Officials holds podcasts about innovative public health campaigns. Watch the recordings here.

No Kid Hungry wants to end childhood hunger community hunger. They hold Google Hangouts every Friday from 2:00-3:00 PM. Check out one recording for an example.

Are you a member of the Society of Nutrition Education and Behavior (SNEB)? If so, September begins their second go-around of the JNEB Journal Club. This means free, weekly webinars will be held featuring authors from the latest issue of Journal of Nutrition Education and Behavior. Hear about research articles, and you can ask questions directly to the researcher. Each one-hour webinar will be broadcasted at 1:00 PM (EDT), and recordings will be made available at a later date. You can register to attend.

How do you design a nutrition and behavior change evaluation for success? On September 11 at 3:00-4:00 PM (EDT), an SNEB webinar will outline the survey development process from analytical methods to more advanced procedures. The webinar is free for SNEB members and non-members. Register today.

Events:
NEW-Crrrrrrunch into an Apple on October 23. The National Apple Crunch event wants everyone to chomp on apples (fruit, applesauce, juice, and cider) as a healthy snack. See more celebration ideas here.
Penn State Extension Nutrition Links Annual Conference is just around the bend. Titled, "Motivating for Lifestyle Change," it's all happening on September 9, 2013 at the Penn Stater Conference Center Hotel, State College, PA. Come see, "You Gotta Have Heart...But Is It Enough?" by Dr. Joye Norris, a nationally known expert and trainer on the dialogue based approach to group learning. She will be conducting this all day workshop. For more information go to this site.

Philabundance's Hunger Symposium will be held on September 17th, 2013. This year, they are bringing together different perspectives on hunger. Click here for the details!

In October, Penn State Cooperative Extension in Cumberland County is holding farm tours in the area. Check out the event details.

Let’s Move Pittsburgh is holding a symposium on November 7. More information will be out soon!

Grants and Opportunities:

Philabundance Plate Campaign! Snap a picture of heartfelt words on a paper plate for Hunger Action month. Philabundance will match 1 meal per plate. Look here for more information.

The Department of Agriculture (USDA) recently published a Request for Information and announced a series of public forums to gather feedback from interested parties on opportunities to improve access to healthy food choices for SNAP participants as well as program integrity. They will be hosting listening sessions and gathering written feedback through October 21. See the details here and there.

There is a challenge around the corner. To all our Pinterest users, you can pin photos on the Fruits and Veggies More Matters’ “Freshen Up & Pin Up” Pinterest challenge board from September 1st-30th. Show how you revamped your meal or snack by making half of it fruit and veggies. The challenge board will be live September 1st. Click here for details.

The Pennsylvania Hunger Garden located on capitol grounds in Harrisburg, PA? They’re looking for garden volunteers. See more here.

School breakfast grant opportunities are laid out on the Action For Healthy Kids resource page.

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.