

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of December 19, 2011

## IMPORTANT PA NEN LINKS

### [NEWS NIBBLES-PAST ISSUES](#)



## PA NEN News

### Reminder! Win FREE Registration for PA NEN Annual Conference!

Our annual conference is bigger and better than ever; and to think, you could join the festivities for FREE! To enter PA NEN's raffle for this free registration, become a Pal of PA NEN on Facebook. To do so, click the Facebook button on the left sidebar; log-in to your account then press "like" on our Facebook page. You can also type, "Pals with the PA Nutrition Education Network" into the Facebook search bar; once you arrive at our page, click "like".

Are you already a Facebook Pal but not a member of PA NEN? [Join for free](#) today!

### SNAC Vegetable Pamphlets

Are you attending any parties or family gatherings this season? Why not bring some of our vegetable dishes? Delicious, healthy good-eats help start the holiday right. Find buying and selection tips for recipes, along with many other pointers [here!](#)

## International and National News:

[Fast food restaurants limit the variety of foods in people's diet.](#)

The [Cochrane Collaboration](#) initiative reviewed 55 obesity prevention studies mostly targeting children ages six to twelve. Look [here](#) for their findings.

[Congress wants more research on food marketing to children before setting healthy guidelines.](#)

[The Happy Meal evolved since 1979 while competing to be the most popular fast food kid's meal.](#)

[People are requesting more fruits and vegetables, so farmers markets are answering by staying open year-round.](#)

This [report](#) pinpoints vulnerabilities of the [Food and Drug Administration](#) and their food safety inspections.

[We wish you a healthy holiday season!](#)

[Kraft Foods grows their markets in foreign countries like Latin America and India.](#)

[Schools with low-income students are less likely to have recess.](#)

[It's the holidays, and you're kids can help in your busy kitchen.](#)

## Local:

**South Central Pennsylvania:** Are you located in South Central Pennsylvania, and do you want to get involved in food movement? Your food shed needs help from you, your organization or your family and friends! Take this [Action Planning Survey](#) to brainstorm how you might reduce food insecurity and availability within the area. This survey will circulate through the region to develop a comprehensive list of ongoing activities, needs, barriers, opportunities and hopefully new partners to continue the development of a local food system in the South Central PA food shed.

**Philadelphia:** [A medical question-and-answer session addresses potential issues Santa might have at his current weight.](#)

**Pittsburgh:** [A reporter in Pittsburgh warns of the possible repercussions of Bisphenol A \(BPA\) in many different household items including canned goods and water bottles.](#)

## Resources:

The [Yale Rudd Center for Food Policy and Obesity](#) wanted to know how parents think food advertising influences their kids. [Here](#) are their findings.

[You can review these resources for safe food over the holiday.](#)

[People speak up about how the food industry could help reduce childhood obesity.](#)

A [study](#) that posted calories on sugar-sweetened drinks found that kids drank fewer sodas. The [research also shows](#) that signage about the amount of exercise needed to burn off all the calories from soda also reduces consumption.

A [study](#) finds that kids are more willing to eat their vegetables—especially when they're rewarded for this good behavior.

[Policies are allowing the healthy choice to be the easy choice.](#)

## Webinars:

*NEW*-Starvation is often used for weight management, but this approach is a temporary fix. What if people could go diet-free while keeping healthy? It's possible. This webinar on January 24, 2012 will teach about intuitive eating—recognizing your body's cues while experience satisfying eating and maintaining a healthy weight. Click [here](#) for more information.

*NEW*-A webinar called "The New School Meal Patterns: What You Need to Know" will be held on January 11th, 2012 from 2:00-3:15 PM. It will answer any questions you have about the new regulations that increase whole grains and fresh produce while reducing sodium in school meals. This webinar will also detail the difference between new and old requirements. Information provided may vary depending on the final publications of the regulations. Look [here](#) for details.

*NEW*-The [American Academy of Family Physicians](#) is starting a webinar series. [Here](#) is a listing of their 2012 nutrition webinars that will put evidence based guidelines into work.

Are you interested in Farm-to-School programs and school gardens? Then this webinar is for you. [The School Nutrition Foundation](#) and USDA's [Food and Nutrition Service Food Safety Division](#) hosted a webinar entitled "Applying Good Agricultural Practices (GAPs) to Farm-to-School and School Gardens" on October 12. View the recorded

webinar and supporting resources [here](#).

## Grants and Opportunities:

Many people participated in the National Cooking Matters Recipe Contest. Results are posted [here](#). Now it's time for a second recipe submission. This opportunity will run until February 29, 2012. Use this [submission form](#) to sign up. Recipe categories include: homemade food that could replace packaged items like Hamburger Helper, healthy Italian dishes and spring holiday meal suggestions.

The US Surgeon General announced a chance for developers of cell phone applications to tailor their apps towards people who are not tech savvy. Dubbed the [Surgeon General Healthy App Challenge](#), this competition is to create a health-focused smart phone app that encourages nutrition and physical activity. This opportunity will be open until December 30th, 2011. Winners will be announced in January 2012.

Are you looking for funds to begin a school garden? Well you're in luck! [FoodCorps](#) and the [Whole Kids Foundation](#) raised money for up to 1,000 school garden projects in the upcoming school year. Nationwide, \$2000 grants are available for schools and other communities. Applications are due on December 31<sup>st</sup>. Check out [this site](#) for selection criteria and other information.

On January 17, 2012, applications for a \$500 dollar youth grant will be due. The [Youth Service America](#) and the [Sodexo Foundation](#) will provide one hundred grants for community-based, anti-hunger projects planned for America's youth on [Global Youth Service Day](#) (April 20-22, 2012). Look to [this site](#) for more information.

Research is needed in the area of childhood hunger. The [Center for Poverty Research at the University of Kentucky](#) is looking to understand the implications of policy among hungry children in the United States. They will provide \$100,000-\$250,000 grants to participating researchers. Letters of intent are due on December 15, 2011 and full proposals by February 3, 2012. Click [here](#) for more information and to view previous awards.

© Copyright 2009 PA NEN | [www.panen.org](http://www.panen.org) | 717.233.1791

Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, an entity of The Pennsylvania State University's College of Health and Human Development, as part of USDA's Supplemental Nutrition Assistance Program (SNAP).