

PA NEN - Weekly Food & Nutrition News Nibbles



Week of July 18, 2011

PA NEN News

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)

THANK YOU FOR ATENDING PA NEN'S ANNUAL CONFERENCE!



[Stirring Up Change: Supporting Families & Youth to Embrace Food & Cooking as Nourishment Workshop](#)

PA NEN is offering two, one and half day workshops facilitated by Lynn Fredericks, [FamilyCook Productions](#). By attending one of these hands on educational workshop you will be able to:

1. Distinguish between group cooking techniques appropriate for young children, adolescents and families.
2. Identify three hands-on strategies for teaching nutrition fundamentals.
3. Provide engaging, interactive cooking demonstrations to all ages in a variety of settings.
4. Identify three strategies for using puppetry in early childhood environment to encourage young children to try new fruits and vegetables.

To register and learn more [click here](#).

Did you know that PA NEN has an Online Membership Directory?

Are you looking for a colleague? Or would you like to know what TRACKs programs are available in your county? Now you can when you take advantage of PA NEN's Online Membership Directory! To access this member's only benefit, you will need to log in to the members only section of the website, then click on the Member Directory navigation button on the left. You will be able to search by last name, email address, type of organization, populations served, county ...and more!

You will need your password to access this benefit. If you forgot your password please contact Rose or Julie at 717.233.1791 or pa_nen@phmc.org and one of us will be able reset your password.

International and National News:

[Retailers deliver fresh food to low income areas.](#)

[A study shows that school kids throw away their fruits and vegetables during lunch. How can we make healthy eating more appealing? Might kids need more nutrition education, or will industry use better produce marketing tactics?](#)

[The First lady welcomes a new program expanding healthy, affordable food across California.](#) See this [site](#) for more on this initiative.

[A warning to Korean and Korean-American women post-pregnancy: Do not eat too much seaweed in fear of excess iodine for you and your baby.](#)

[Be aware of how the heat could harm your body, so you can fend off heatstroke symptoms.](#)

Local:

Allentown: [Lehigh Valley Hospital trends towards healthy vending machines.](#)

Pittsburgh: [Pitt Medical Institute receives a grant worth \\$67.3 million from NIH.](#)

Resources:

[What fast food joint provides the healthiest meal for children?](#)

Taking your family out to eat? You can go [here](#) to search for yummy, wholesome options near you. With the help of the [Kids Live Well Initiative](#), gone is the expectation of an unhealthy meal away from home.

Webinars:

New Event: Government envisions nutrition as a major player in preventative health within our communities. Bringing this issue to the forefront is a webinar, "Protecting Prevention in the Affordable Care Act: Sharing the Evidence, Putting Leadership & Resources into Action" being held on July 27 from 2:30-4:00 PM. This is a time to learn about the prevention and wellness provisions within the Affordable Care Act, strategies for successful community prevention, and outreach tools and messages that enable you to educate your legislators and decision makers. [Register](#) today.

New Event: There is a webinar called, "New Strategies to Finance Healthy School Meals" on July 26th, 2011 at 1:00 PM. It gives information on the provisions of the Healthy, Hunger Free Kids Act. In the webinar will address paid meals revenue, competitive food revenue, and overhead costs. Click [here](#) to register.

RSS Feeds: Have you heard of an [RSS feed](#)? Basically, you can listen to the [Yale Rudd Center for Food Policy & Obesity's](#) researchers and policy experts. Just subscribe at this [site](#), add it to your online bookmarks, and when curiosity strikes, look to this resource for short audio segments.

Event: On July 28, 2011 at 1:00-2:30 PM a webinar called "Healthier Corner Stores: Finding the Funding" is where you can discover your federal, state, and local assistance for healthy corner store

development. [You can join this informational session.](#)

Events:

Event: The Airlie Foundation is holding a DC conference titled, "The Role of Institutions in the Future of Local Food" on Monday, August 8th, 2011. Presenters across the nation will shed light on local food systems, employee and school gardening, foodservice with a flair for seasonal foods, and conservation efforts. You can click [here](#) for more information about registration and scheduling.

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