

PA NEN - Weekly Food & Nutrition News Nibbles



Week of July 25, 2011

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)



PA NEN News

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

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

[Eating location factors into the diet of American children.](#)

[McDonald's pledges to reduce the amount of fries and add fruits or vegetables to every Happy Meal.](#)

[Hospitals teach their staff about cultural sensitivity.](#)

[USDA predicts a slight fall in food prices for 2012.](#)

[Federal budget cuts might limit food pantry accessibility.](#)

[What if "bad-for-you" food was taxed to subsidize fruits and vegetables? Would this mean cheaper produce for everyone?](#)

[Heart disease prevention is a must to save billions of dollars.](#)

[A survey concludes that Americans drink fewer sugar sweetened beverages.](#)

[Chronic diseases hit U.S. minorities the hardest.](#)

Local:

Pennsylvania: [Reductions in federal aid wreak havoc for hospitals in Pennsylvania.](#)

Resources:

PolicyLink released the new report, "[Healthy Food, Healthy Communities: Promising Strategies to Improve Access to Fresh, Healthy Food and Transform Communities](#)". It discusses the integration of healthy food choices into new and existing grocery stores, farmers' markets, bodegas, and corner stores.

F.R.I.D.G.E., Penn State Cooperative Extension's brainchild, received national recognition from the [American Dietetic Association](#) and the [Society for Nutrition Education](#). This program harmonizes family, friends and food. [You can read more about it here!](#)

Webinars:

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.

You can attend a webinar on August 2, 2011 from 2:00-3:30 PM. It addresses low-income community development initiatives: Sustainable Communities, Promise Neighborhoods, Choice Neighborhoods, the Healthy Food Financing Initiative, and the Neighborhood Revitalization Initiative. [Registry is still available.](#)

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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