

# PA NEN - Weekly Food & Nutrition News Nibbles

Week of November 13, 2011

## IMPORTANT PA NEN LINKS

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



## PA NEN News

### Win a FREE Registration for PA NEN's Annual Conference

Just think. You could be the lucky member who attends our conference for free. To enter the PA NEN's raffle for a free registration become a Pal of PA NEN on Facebook! To do so, click the Facebook button on the left panel and then press "like" on our actual Facebook page.

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

### SNAC Vegetable Pamphlets

It's close to the end of growing season, and yet, all of PA NEN's vegetable pamphlets are up for grabs! Even with the biting winter chill, Pennsylvania farms can keep produce growing. Take a glance at the hearty root crops that can bear through the cold: winter squash, kale, carrots and sweet potatoes to name a few. Too, onions and other vegetables can be stored in root cellars; not to forget all the canned and frozen varieties that are available year-round, affordable and nutritious. Again, don't miss out on all our [vegetable handouts](#) have to offer. They're ripe and ready for pickin'!

## International and National News:

[Obesity therapy for one person can influence their entire family's eating patterns.](#)

Families can eat right by using [MyPlate](#). These [recipes](#) and healthy tips lure everyone to the dinner table.

[You name it: local farms, grocers, farmers markets and other resources declare that they're here to stay! The USDA reported on the benefits of these venues give the economy.](#)

[Teens lose weight while using a web-based diet intervention.](#)

[Smucker's Chunky Natural Peanut Butter is recalled.](#)

[The "Healthy Kids, Healthy Community Project" picked nine communities as exemplary models that reduce childhood obesity.](#)

[New Hampshire's action against hunger is awarded with \\$500,000 from the USDA.](#)

[The meat industry will delay the utilization of the required nutrition label until March of 2012.](#)

## Local:

**Pennsylvania:** Are you registered dietitian or dietetic technician in Pennsylvania? If so, are you a member of the [Pennsylvania Dietetic Association](#)? This year elections for the PADA will occur from February 1-March 3, 2012. All candidate information will be public by late December at this [site](#). You can join and be ready for 2012!

**Lancaster:** Are you leading a program called, "StrongWomen" in your area? Then this event is for you. At the Farm and Home Center, part of the Lancaster County Cooperative Extension Office, there will be "StrongWomen Booster Pack Training" which will supplement exercises from the original StrongWomen program toolkit. Variations in exercise help pique interest and maintain participants. For a new challenge, come to see what the booster pack has to offer on December 5, 2011 from 8:30 AM-12:30 PM EDT. Check out the Cooperative Extension [calendar](#) for more events and information.

## Resources:

The [Community Food Security Coalition](#) lists links related to food insecurity, urban agriculture, nutrition, hunger advocacy and many more resources. See the cumulative list [here](#)! Also, Mark Winne, a participant of our 2012 PA NEN conference, is the National Food Policy Council Program Director for the coalition.

The [Pennsylvania Dietetic Association](#) has printed their quarterly newsletter. If you are a member, log into [their website](#) and click the Newsletter tab on the left-hand side.

New York City recently published a report with tips for promoting healthier eating and physical activity throughout the city. It's called, "[Preventing Non-Communicable Diseases and Injuries: Innovative Solutions.](#)" Look to Pages 9 -12 for promotional efforts on healthier eating and pages 13-15 for the city's efforts to encourage physical

activity.

Fight hunger by learning more about the "[Virtual Advocacy Tool Kit](#)" available through [Feeding America](#).

## Webinars:

*New*-Vitamin D caters to a wide array of health benefits—cancer prevention being one of them. "Frontiers in Nutrition and Cancer Prevention: Online CME Series" clearly describes emerging research on this subject. On December 2, 2011, 12:00 –1:30 PM EDT, listen to current nutrition experts debate on values of Vitamin D in the dietary guidelines, researchers interpret the strength of current studies, and clinicians outline the potential mechanisms by which vitamin D may influence cancer. Continuing education credits are available for physicians, dietitians and nurses. For further information and registration, look [here](#).

On Wednesday, November 16, 2011, from 2:00-3:15 PM EDT in a webinar titled, "Addressing Food Safety in School Produce Purchases," the USDA will address procurement requirements, including the geographic preference rule; some states will layout their basic food safety plans, including GAPs and liability insurance; and a local foodservice director will discuss the district's food safety requirements for local farms and distributors. For more information and registration visit this [site](#).

*New*-Local food systems have permanently influenced foodservice. During a web forum titled, "Planning for Food and Agriculture: Taking a Systems Approach," model programs will share successes in food system creation on a local and county level. If this sparks your interest, mark December 13<sup>th</sup> at 2:00 PM EDT as an irreplaceable learning opportunity. Click [here](#) for details.

*New*-On November 22 at 1:00 PM EDT, you can find a webinar called "School Food Transformation at the Los Angeles Unifies School District." See how this school district made money while obtaining local foods for all in the LA school community. Join the webinar by registering [here](#).

*New*-"Listening to the Audience-Iowa Nutrition Network Social Marketing for 2012 and Beyond" is a webinar on December 6<sup>th</sup>, 2011 from 1:00-2:00 PM EDT. In this presentation the strategies, updates, strengths and weaknesses of the low-fat milk campaign will be discussed. For members of the [Society for Nutrition Education and Behavior](#) this webinar is free; non-members must pay a \$25 fee. Listeners will be provided one continuing education credit. Click this [link](#) to register.

Limited transportation and low-income housing have deep implications on health equity. In this 3-part web forum, "Healthy People Live in Healthy Places" you can review why this statement is true. Listen and learn from leaders of the housing, transportation, political, funding, advocacy and other pertinent sectors. The first forum was held on Wednesday November 9th from 11:30-1:00 PM, but look for follow-up listening opportunities at this [site](#).

## Awards and Grants:

Contributing to women's health takes a special person or organization! Today, there is a \$1,000 award for people excelling in this area. Are you a registered dietitian involved with women's nutrition education, services or research? Then apply for the ADA Foundation's Abbott Nutrition Award in Women's Health! The application deadline is December 1, 2011. For more information or access to the application, please visit this [site](#). Direct your questions to Beth Labrador, Senior Development Manager at 800/877-1600, ext. 4821 or [blabrador@eatright.org](mailto:blabrador@eatright.org).

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 four large, \$250,000 grants and small \$100,000 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.

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