

PA NEN - Weekly Food & Nutrition News Nibbles

Week of November 21, 2011

IMPORTANT PA NEN LINKS [NEWS NIBBLES-PAST ISSUES](#)

PA NEN News:

Win a FREE Registration for PA NEN 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 to the left and then press "like" on our actual Facebook page.

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

SNAC Vegetable Pamphlets

Holidays! Try mixing vegetables as sides and main dishes during your celebration with family and friends. A healthy, tasty bite will never go unappreciated! Look [here](#) for veggie recipes!

Update: PA NEN Social Marketing Committee's Family Meals Campaign

The Social Marketing Committee is busy planning for their family meals campaign.

What is it?

This campaign is well on its way to promoting family dinners, eating together and nutrition for the SNAP-eligible populations. It will do so through a variety of different social marketing venues (i.e. direct mailings, posters, text messaging, the internet, billboards and much more). This is a 2012 pilot project in the Allegheny, Lancaster and Tioga counties.

Campaign Update:

- Photography is in full-gear with two of four featured families pictured.
- In each target area (Lancaster, Tioga, and Allegheny counties), we continue developing community connections to spread the word about the campaign. We hope to continue networking with County Assistance Offices, Food Pantries, WIC offices and other services for SNAP-eligible Pennsylvania families.
- A meeting was held with PA NEN, Public Health Management Corporation and Steege/Thomson about the campaign branding. Pennsylvania State University's considerations were included in our discussion.
- Future goals include completion of photography, supplemental materials and a text message campaign thereafter.

How can you help promote family meals?

Do you work for a WIC office, County Assistance Office, food pantry or another nutrition program within Allegheny, Tioga or Lancaster counties? Would you be interested in promoting PA NEN family meals materials in the near future? Please call PA NEN office at 717-233-1791 or email Amanda, our community nutritionist, at afrankeney@phmc.org for more information.

International and National News:

[A food pantry located in a hospital may reduce medical risk by feeding healthy meals to those in need.](#)

[A bill proposed in previous weeks unraveled healthy school nutrition standards posed earlier this year.](#) I encourage you to take a look at a [positive take on the matter.](#) Interesting stuff!

[Healthy snacking is taught throughout this school district.](#)

[There are fewer turkeys to go around...especially for food bank attendees.](#)

[McDonalds rids of one of their major egg producers because of health concerns.](#)

[Would you rather have your child playing make-believe outdoors or on a smart phone app?](#)

Research on physical activity proves that [Head Start](#) gets kids moving. Look [here](#) for details.

[Have you seen the word "Natural" on food packages? What does it mean?](#)

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

fight food insecurity and availability within the area. The hope is to circulate this survey through the region to develop the most comprehensive list of ongoing activities, needs, barriers, opportunities and hopefully new partners to continue the development of a local food system within the South Central PA food shed.

Philadelphia: The [Robert Wood Johnson Foundation](#) donates \$800,000 to [Philabundance](#). Look [here](#) for details.

Pennsylvania: GFS Sugar Canisters are recalled because of undeclared milk allergen. Look [here](#) for product picture and other details.

Resources:

USDA has recently updated its SNAP-Ed connection website with some [new materials](#).

Are you interested in the workings of the current food system? Do you want to have more say in the quality of food available to everyone? Then, you can inform yourself by flipping through [these books](#) on food recommended by Marion Nestle.

[American Dietetic Association](#) members, registered dietitians and dietetic technicians; be in-the-know by looking to the [nutrition trends of 2011](#).

[Oldways](#), a non-profit with professionals who focus on the cultural barriers of the [Dietary Guidelines](#), just released the "[African Heritage Diet Pyramid](#)."

SNAP household characteristics are broken down on a [national](#), [state-wide](#), and [local](#) level.

Do you support local agriculture? Are you the farmer that dirties their hands? Then you might want to know that the [Environmental Quality Incentives Program was updated with new certification requirements and stipulations for organic \(both certified or uncertified\) farms](#).

[Mark Bittman's list of thank yous](#)

[Sugary drink advertising targets minorities and children.](#)

Because of their long working hours, many SNAP-eligible parents cannot spend enough time with their children. Add this onto the fact that healthy food preferences and motor skills develop throughout kids' preschool years. This means that non-parental care units—like child-care settings—provide opportunities to promote healthy habits. The [Robert Wood Johnson Foundation](#) programs created [a document](#) displaying

opportunities and successful interventions to make for healthier preschool children.

Webinars:

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](#).

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 13th at 2:00 PM EDT as an irreplaceable learning opportunity. Click [here](#) for details.

“Listening to the Audience-Iowa Nutrition Network Social Marketing for 2012 and Beyond” is a webinar on December 6th, 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.

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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