

PA NEN - Weekly Food & Nutrition News Nibbles



Week of November 28, 2011

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)



PA NEN News

Reminder! Win a FREE Registration for PA NEN Annual Conference

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's Facebook page. To do so, click the Facebook button on the left sidebar; 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

Review any of our [free, downloadable resources](#) as you educate Pennsylvanians about veggie basics. Whether you're revisiting or you're a first-time user, all PA NEN members are welcome to utilize these activities, recipes, growing instructions and more! Dig in.

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

What is the campaign?

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, a website, billboards and much more). This is a 2012 pilot project in Allegheny, Lancaster and Tioga counties.

Campaign Update:

- Photography is in full swing 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 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 afranken@phmc.org for more information.

International and National News:

[Medicare agreed to cover nutrition counseling to reduce obesity.](#)

[We all taste food differently, and here's the easy-to-understand science to prove it.](#)

[How does family play a role in reducing childhood obesity?](#)

[A food pantry opens in this Delaware school.](#)

[Exercise may reduce the craving for unhealthy foods.](#)

[A study reveals that 40% of today's kindergartners weigh-in higher than the kindergartners in the 1980's.](#)

[France places a tax on sugary drinks.](#)

[Teaching the "how to" on preparing healthy food for kids and their family is crucial to reducing obesity.](#)

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. The survey will circulate 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.

Pennsylvania: [PA Senator Bob Casey agrees with evidence that reveals the economic benefit of SNAP food stamps](#). Read the report with supporting data [here](#).

Pennsylvania: [Do you shop at Giant Eagle? Then note that TransOCEAN's Wild Alaskan cold smoked Sock-eye Salmon has been recalled throughout Pennsylvania because of a Listeria outbreak.](#)

Pennsylvania: Recall! Ocean Spray Craisin taste bitter and sweet, but now watch out for small metal segments that add some crunch to each chewy mouthful. Retrieve package dates and other details [here](#).

Pennsylvania: [Giant Eagle recalled Valu Brand and Food Club canned pumpkin sold before the Thanksgiving holiday. Look here for select purchase dates and current media statement.](#)

Allegheny County: [Food stamps users increase by over 40% in the past year.](#)

Philadelphia: With potential funding cuts for the SNAP program, the [Children's Healthwatch](#) released a [report](#) to prove that even the maximum SNAP benefits are not enough to pay for a family's healthy diet. Here is [shorter report briefing](#).

Resources:

[Here](#) is a correction from last weeks News Nibbles. Mark Bittman wrote an article with fabulous resources up-to-date. However, in the last News Nibbles, his article connected to the wrong webpage.

How much time do Americans spend on food? Look to [this report](#) released by the [Economic Research Service](#).

[Food Play Productions](#) enralls kids to move and eat healthy through

theatrical productions and skits. [See what they do in schools across America.](#)

Nationwide, more people are using [SNAP](#) benefits over those provided by the Temporary Assistance for Needy Families ([TANF](#)) See the data [here](#).

The [Illinois Alliance to Prevent Obesity](#) released a [report](#) on taxing sugary sweetened beverages with numbers on reduction of consumption and healthcare costs.

Webinars:

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.

Events:

December 8th brings the "Policy Implementation Workshop" in Washington DC. You can join researchers, non-profits, anti-hunger advocates and other food policy professionals to collaborate on novel programs, upcoming grants and research opportunities. Register [today!](#)

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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