

PA NEN - Weekly Food & Nutrition News Nibbles



Week of October 10, 2011

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)



PA NEN News

Fall One-day Workshop: Fast Food on a Skinny Budget 12 more spots remaining. You can register today!

When: November 8, 2011

Time: 9:00 am - 2:30 pm

Where: Adams County Extension Office

Our upcoming workshop is designed to put some quick and easy family favorites onto the dinner table. Using budget-friendly, convenient kitchen tools, we will cook one-pot meals, soups, stews and mix dips for snacking. And, who could forget dessert? All recipes can be adjusted for ingredient substitution, seasonal produce availability and tight budgets.

Click [here](#) to learn more.

Please contact Rose at 717.233.1791 or rcleland@phmc.org if you have any questions regarding the workshop or survey.

PA NEN's Annual Conference

Planning for our 2012 Conference is in full gear! In anticipation of our best one yet, we strive to meet our members' needs, and we know these topics will win you over! We'll take a well-balanced approach by emphasizing nutrition in the contexts of physical fitness, farm-to-school programs, motivating and counseling clients, disease management and so much more! Click [here](#) to view the agenda and confirmed speakers.

Vegetable of the Week: Beets

October parades varieties of knobby, colorful and oddly-shaped pumpkins in the markets. These, however, are not the only seasonal delights available! Round, ripe and ruby—beets root at the base of their green-salad tops.

Like many bright colored vegetables, beets' brilliant red glow eludes to cancer-fighting antioxidants. Beets and the green leaves can boost your folate (for a developing fetus' health) and vitamin C (for cold-fighting power).

Their sweet, distinct flavor is the perfect addition to the autumn table. You can boil

them with vinegar and sugar for a sweet-and-sour kick. Slow-roasting deepens their smoky, apple taste. Try a sauté with the greens, garlic and olive oil.

Shorten preparation time by buying canned beets. Whatever the variety, beets store longer than your average vegetable. Check the expiration date labeled on the beet can, and refrigerated raw beets keep for up to three weeks.

Dig deep into the beet materials on our [website!](#)

International and National News:

Mrs. Q.—an undercover detective kept a blog (with 1 million followers) chronicling her startlingly unhealthy school lunch experience. In the heat of her blogging, she kept her identity under wraps until [now](#).

[Denmark and their fatty-foods tax](#)

Marion Nestle amassed [data](#) from around the world on marketing unhealthy foods to kids.

Fearing the negative effects of consuming animal meat from livestock fed sub-therapeutic antibiotics, [China moves to ban them](#).

Canada lays out [stipulations](#) on the production, ingredients and labeling of energy drinks.

[Ciclvia brings diverse communities onto the streets for games and fellowship for exercise.](#)

If we try to make healthier environments for school kids, they will begin to enjoy healthier lifestyles. [Then, why are fast-food trucks competing with healthy foodservice?](#)

The FTC released [proposed rulemaking](#) to restrict unhealthy, attention-getting TV, mobile and internet ads for kids under 13 years-old.

[Kids ride mountain bikes on the trails in hopes that gym class will bring them back to nature.](#)

[Here is a perfect example of teens grabbing a quick, healthy breakfast before the start of school.](#)

Arby's adds healthy options onto their menu and partners with [Share Our Strength](#) for the [No Kids Hungry Campaign](#). Click [here](#) to find out more.

[\\$350,000 is awarded to the new National Resource Center on Nutrition and Aging.](#)

Local:

Philadelphia: Philadelphia Home Grown lists events leading up to Food Day (October 24); learn about the events at this [site!](#)

Philadelphia: A study from [Temple University's Center for Obesity Research](#) shows that [texting and other social media might help kids lose weight](#).

Pennsylvania: [A Penn State student outlines successful Farm-to-School programs and resources](#).

North East Pennsylvania: [Regions in Pennsylvania report a rise in poverty rates throughout 2011](#).

Resources:

By December 15, the final report from the committee fighting unhealthy food marketing to children will be handed over to the senate for negotiation. Read the legislation by clicking [here](#) and search by bill number S. 1573.

Planning a meal for the family? Don't let the supermarket intimidate you. [Here are some helpful tips while grocery shopping!](#)

["We're Not Buying It"](#) is a YouTube video campaign by the [Prevention Institute](#). It reveals issues on unhealthy food marketing to kids.

Webinars:

*New-*As a public health advocate or specialist, you can learn about health equity for all populations. View this, ["Health Equity Prevention Primer" for all the details](#).

Available during the month of October, a free, downloadable webinar on the "good" and "bad" fat debate is available. You can learn about consumer perceptions of fat, then how you might address any of their confusion as a nutrition professional. Registered Dietitians who participate can earn 1 continuing education credit. See more information and register [here](#).

From 1:00-2:00 PM EDT on October 25, you can enjoy an [SNE](#) webinar sponsored by their Food & Nutrition Extension Education Division. It's called, "My Plate: Make Half Your Plate Fruits and Vegetables" and is targeted towards nutrition educators who teach low-income populations. So, listen in for recipes using commonly eaten, affordable fruit and

vegetables. Register [here](#).

The [Beverage Association](#) sponsors webinars throughout October and November. First, "[A Nutritional Odyssey: From Famine to Feast](#)" concentrates on the implications of eating process food within a healthy diet—the good and the bad. Registry can be completed [here](#). Next, on November 17, 2011 at 9:00-10:30 AM (EDT) and again at 1:00-2:30 PM, (EDT) they'll concentrate on non-nutritive sweeteners—Aspartame and Stevia—regarded as safe since their creation. Look to the title, "[Addressing Questions about Aspartame and Stevia Sweeteners: Facts Health Professionals Need to Know](#)" for a webinar summary.

Start off the school year, all you anti-hunger advocates, parents and nutrition professionals, by attending the [Food Research and Action Center](#) conference call about "[Breakfast Matters](#)" on [October 27th](#) at 3:00 PM. It focuses on promotional strategies of the breakfast campaign. Click the date above for more information.

Events:

On [Food Day](#) (October 24), you can take the [\\$5 dollar Challenge](#).

At Wilson College on November 10, 2011, "Closing the Food Gap; Connecting Community & Local Food," is a symposium that will be held by Healthy Adams County, Wilson College, the Capital Resource Conservation & Development Council and South Mountain Partnership. This event focuses on the local, South Central Pennsylvania food system, nutrition education and the low-income audience. An event write-up can be found [here](#). Further questions about participating or providing event sponsorship, can be directed to Kathy Gaskin (kgaskin@wellspan.org; 717-337-4137) or Cheryl Burns (cburns@capitalrcd.org; 717-241-4361).

You can join the nation to celebrate "National Farm to School Month" in October! Try some special events to lead the school children towards better health. Let's make this year's events something to brag about! Look [here](#) for promotional resources and your state's contact person.

Grants and Other Opportunities:

Do you teach, raise children, or keep in touch with tech savvy school students? You can team together to join the anti-hunger campaign. The USDA requests student-created and directed videos that promote healthy living. Look [here](#) for details.

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