

PA NEN - Weekly Food & Nutrition News Nibbles



Week of October 17, 2011

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)



PA NEN News

Fall One-day Workshop: Fast Food on a Skinny Budget You can register today!

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 context 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: Onions

Tangy and sweet make onions a perfect bite to eat. Americans would agree. Onions are in the top five fresh vegetables consumed every year!

Use them to spice omelets, dress a salad or caramelize for a sugary accent. But don't stop there! Try them in casseroles, quiche, pasta sauces, soups, stews and atop pizza. Where do you like onion's best?

Not only does their distinct flavor add to any dish, so do their health benefits. Eat them for a boost in vitamin C, fiber and cancer-fighting phytochemicals. Also, studies associated blood pressure reduction to onion consumption.

Look [here](#) for more storage, recipes, activities and nutritional information on

onions.

International and National News:

[About 25% of army recruits are not fit to fight.](#)

[Eating raw fruits and vegetables may alter your genetics to lower your risk for disease.](#)

[Christina Aguilera speaks for the hungry through the World Food Programme?](#)

[The food safety of edible sprouts](#)

[Center For Science and the Public Interest and other interested parties take on a slurry of questionable health claims displayed on General Mill's Gushers, Fruit Roll-Up, and Fruit by the Foot packaging.](#)

[Families can help prevent childhood obesity by following these simple steps.](#)

[The CDC provides a video introduction to their national diabetes prevention campaign.](#)

[A school bans sweets to prevent obesity.](#)

[Representatives of food stores collaborate for ideas on a healthy food system for local communities.](#)

Local:

Philadelphia: [Research shows that autism is more common in low-birth weight children.](#)

Pittsburgh: [The Pittsburgh Post Gazette champions the food writing arena.](#)

Hershey: [Kohl's supports the NRG 12345 campaign to promote healthy choices for healthy families.](#)

Resources:

CSPI released a [report](#) about potential health risks related to food dyes.

The Rural Economic Farm and Ranch Sustainability and Hunger (REFRESH) Act was introduced to congress this past week. In this [legislative summary](#) potential cuts to agricultural programs and nutrition programs were outlined.

The [Center for American Progress](#) released a new report, "Hunger in America: Suffering We All Pay For." Here is the [article](#) to summarize the paper and the [actual report](#).

Webinars:

*New-*On November 9 from 2:00-3:00 PM, you can begin to understand how positivity empowers behavior change in healthcare; listen-in on a webinar titled, "The Role of Optimism on Nutrition and Health Behaviors." Register [here](#). Dietitians and dietetic technicians can earn one continuing education credit while listening to top-notch speakers within the behavioral health field.

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 one 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. 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.

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