

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of October 24, 2011

## IMPORTANT PA NEN LINKS

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



## 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: Carrots

The sound of the snap-crackle-crunch echoes as we pop carrots into our mouths. One cup of raw carrots fills any eater up with fiber and a thrifty 50 calories—eat the same amount of calories in five jelly beans.

Their natural sweetness blends beautifully in many dishes from a pureed carrot-dill soup to a salad with carrots in the raw. Accentuate the flavor by roasting them in a toaster oven or oven.

Let's bring the carrot's color orange into focus. Beta carotene regulates our vision center and fends off cancer. New studies also show significant reduction in cardiovascular risk that comes along with eating your daily dose of one ounce of carrots.

Look [here](#) for more on carrots.

## International and National News:

[A must read: Proposed cuts for SNAP in the upcoming Farm Bill](#)

[On Monday, over 2000 Food Day events recognized the need for nutritionally sound, sustainably grown, regionally produced foods to feed the nation.](#)

[Everyone deserves three meals a day, but some institutions in Texas disagree. A prison banned lunch to save money.](#)

[The technology to prevent foodborne illness outbreaks](#)

[An inner-city school squeezes fitness into their curriculum.](#)

[Recommendations to keep a budget-friendly, healthy pantry from a registered dietitian](#)

### Local:

**Bethlehem:** In schools, the [Kellyn Foundation](#) brings local produce, fresh. For details you can look [here](#).

**Pennsylvania:** It takes one day of production to invite hazardous ingredients into the food supply. General Mills recalls their [90 calorie Fiber One Chocolate Granola Bars](#) because of an unidentified allergen. For details, pay attention to the code listed in this article.

**Gettysburg:** Sweet people will not turn down candy on Halloween or on any other day for that matter? According to a [study](#) from Gettysburg College, people with amiable personalities were more likely to eat their sweets!

### Resources:

The [Institute of Medicine](#) pushes their science-based [report on Front-of-Package labeling](#). [Here](#) is information about suggestive phase implementation of such material. [Marion Nestle supports these recommendations](#).

NIH's [National Institute on Aging's](#) "Go 4 Life" Campaign calls out, "America, lets get physically active!" View their website [here](#).

[Study](#): Americans rate their own health behaviors. Data insists that people view family meals as a part of a healthy lifestyle.

[Healthier packaged goods increase company sales](#).

### Webinars:

New-View [this webinar](#) recording from [FRAC](#) that delivers new opportunities for nutrition and health professionals to reach the SNAP-eligible population. Also, register for this [November 3rd webinar](#) (11:00 AM EDT) to learn more about serving meals to children on weekends and holidays by way of school meals programs.

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 from the behavioral health field.

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.

### Events:

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](mailto:kgaskin@wellspan.org); 717-337-4137) or Cheryl Burns ([cburns@capitalrcd.org](mailto: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.

### Awards:

*New-*[You can nominate an exemplary grocer that stands for making sure all customers can feed their family](#). The "Golden Grocer Award" will honor a model grocer who offers nutrition education, hunger advocacy and pleasant customer service.

