

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)

PA NEN News

Fall One Day Workshop - Fast Food on a Skinny Budget

Using time-saving equipment and simple cooking ideas to create nourishing meals in affordable ways, this one-day-culinary-nutrition-workshop focuses on preparing healthy dishes using a variety of available equipment, affordable familiar ingredients and basic cooking techniques. Click [here](#) to learn more and register.

Upcoming PA NEN Board Meeting:

The PA NEN Board, face-to-face meeting, is being held on Thursday, October 20, 2011 from 10:00 AM to 2:30 PM. The meeting is taken place at the [Holiday Inn Harrisburg-East](#). This meeting is scheduled at the same hotel as the Pennsylvania Nutrition Education TRACKS fall training.

To find out more details regarding this meeting, please visit the [PA NEN Board Meeting page](#) located on PA NEN's website. Board meetings are open to all PA NEN members.

Special room rates are available. Make sure to reserve your room before October 3, 2011. See [PA NEN's website](#) for more details.

If you are interested in attending, please RSVP to Julie Davis Bartol (jbartol@phmc.org) by Friday, September 30, 2011.

Vegetable of the Week: Cabbage

Try curly Savoy, lengthy-white-stemmed Bok Choy, or a deep red or green heads of...do you know what kind of vegetable I'm referring to (Don't let the title give it away.)?

Cabbage! A cruciferous leaf vegetable bursts with Vitamin K, C, and fiber. Dynamic as this veggie is, one bite will not suffice. Stir-fry cabbage for 1-2 minutes with soy-sauce, ground ginger, and a little orange juice. Cut it into 3 inch chunks to boil with cubed ham and potatoes. Peel whole leaves away from the cabbage head; and roll to house a mix of rice, onions, garlic, and meat of your choice.

All cabbage varieties, though different in form, should be kept refrigerated, firm and compact for 1-2 weeks in a loose plastic bag. Any cabbage with leaf discoloration or separation from the core can be discarded.

Look to this [page](#) for more cabbage activities and educational material.

International and National News:

[Reports reveal more foodborne illnesses and deaths after eating Cantaloupe.](#)

[Food Assistance aids hurricane disaster relief victims.](#)

[A conflict of interest halts a student-run community supported agriculture program.](#)

[Study predicts that one out of two adults will be obese by 2030](#)

[Here is a new rule of thumb for losing weight.](#)

[To raise the price or not to raise the price of school meals? This is an uneasy question for most academic lunch facilities.](#)
[The USDA starts talks-up MyPlate message.](#)

[Packaged foods with small serving sizes might fool Americans into thinking they're eating less.](#)

Local:

Pittsburgh: [A spick-and-span kitchen adds to a healthy meal.](#)

Philadelphia: [Check in on Philly Food Bucks, a successful pilot program to encourage fresh produce for SNAP recipients!](#)

Pennsylvania: [On the week starting on October 27, anti-hunger advocates across Pennsylvania will eat on the budget of a food stamp participant to make a stand against hunger.](#) Here is the [website](#) with a toolkit and other important tools to guide those who want to support the cause.

Resources:

[A parent can advocate for better school lunches. To learn the ins-and-outs, they can view this website for helpful hints and direction.](#)

Webinar:

NEW-The [Beverage Association](#) sponsors webinars throughout October and November. First, "[A Nutritional Odyssey: From Famine to Feast](#)" concentrates on process food implication on 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.

NEW-The First Lady kept been busy developing partnerships for the "Lets Move Campaign". Her goal was to increase access to healthier food options at partner stores like Walmart, SuperValu, and Walgreens. A webinar, "[Food Justice or Junk Food: Will more supermarkets equal more access to healthy food in underserved communities?](#)" will elucidate on the positives and negative public health issues of such a affiliations. Information and registration is available [here](#).

[The Society for Nutrition Education \(SNE\)](#) presents a webinar called, "Children and Weight: First Do No Harm" on September 30 from 2:00-3:00 PM EDT. The issue is a consequence of the "obesity epidemic"; more children are now falling victim to poor self-esteem, failure-to-thrive, or eating disorders. SNE will strategize the best ways to improve body image and health in large children. If this webinar is of interest, [register today](#). SNE members' attendance is free, while it is \$25 for non-members.

Hispanics hold unique food and health beliefs. To learn more about respectfully integrating wholesome cooking tips into authentic Spanish cuisine, click [here](#). View a recording, "Cultural Competency: From Counseling to Kitchen" to obtain 1 Continuing Education Credit for RDs and DTRs.

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:

NEW-On September 24 from 9:30 AM-4:00 PM, parents and educators can join a free workshop in Washington DC named, "Learning and Growing through Healthy Habits Workshop." It concentrates health, wellness and sustainability based programs for school kids like "HealthierUS School Challenge", "Comer saludable, Vivir saludable", "Girls on the Run®", and more. For further information, go to this [link](#) or email this address, healthyhabitsconf@gmail.com

NEW-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 to [here](#) for promotional resources and your state's contact person.

The 34th Annual National Food Policy Conference is taking place on October 3-4 at the Capital Hilton Hotel in downtown Washington, DC. Exciting issues include digital messaging, analyzing the impact of reduced government funding for nutrition programs, feeding a growing population on a global food supply, the influence of nutrition advertisements and food marketing, safety of imported foodstuff, and the priorities of reshaping a healthier Farm Bill. [Register now](#). For a full-listing of this year's discussion panels click [here](#).

Grants and Other Opportunities:

[If 80% of the school students at your school qualify for the federal foods program and desire a wholesome lifestyle change, then you could couple with grant providers to enhance the health of the current and future students.](#) Look [here](#) to see how 2012 government funds within this arena are allocated for each state.

The [AARP Foundation](#) supports sustainable food systems, community outreach, and advocacy to nourish and inform people above 50 years of age. Look [here](#) for more information.

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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