

# PA NEN - Weekly Food & Nutrition News Nibbles

Week of September 26, 2011

## 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: RSVP by today!**

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 PA NEN Board meeting is taking 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](mailto:jbartol@phmc.org)) by Today!

### **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, so we hope these topics will win you over! We'll take a well-balanced approach by emphasizing nutrition within the facets 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: Broccoli**

This plant will stay green longer than any leaf this autumn. A hearty vegetable such as broccoli grows strong throughout Pennsylvania's summer and fall. Additionally, modern-day grocery stores provide it fresh or frozen year-round. Frozen broccoli contains the same nutrients as fresh broccoli because it's picked and cooled at its prime ripeness.

Take note of its enticing form—a deep green with a purple tint, firm, without any

yellow on its flowery tips. Place the stalks in the refrigerator, unwashed for three to four days of storage. If you like to eat the leftovers, cooked broccoli keeps for two to three days in a refrigerated, airtight container.

Add broccoli to old-time favorites. Try broccoli in your pasta, puree for a cup of warming soup, or mix into a chicken-cheese-broccoli casserole. Search on this [page](#) for these recipes and more within our "Broccoli Newsletter."

## International and National News:

[Buying processed food on the "cheap" might be just as expensive as purchasing healthy alternatives.](#)

[The UN wants to fight against unhealthy eating patterns and food marketing!](#)

[Can collectable toys promote healthy kids meals?](#)

The food industry released a new title and [website](#) for their front-of-package nutrition labeling. [The Institute of Medicine](#) and many other food advocates frown upon this move. Why is this a problem? Read about IOM's frustration [here](#).

[You can introduce your family to some healthy recipes from around the world.](#)

This week, [CNN's American Morning](#) chronicled [one woman's food stamp challenge](#)—eating on a thirty dollar food budget for a week.

[Benefits of eating as a family extend beyond the dinner table.](#)

[Preventative measure to stop foodborne illnesses](#)

[The Wal-Mart Foundation teams with certain schools to welcome healthy breakfast into the classroom.](#)

## Local:

**Philadelphia:** [Food experts meet in Philly to discuss food insecurity.](#)

**Pennsylvania:** [Rich Products Corporation voluntarily recalls of Seapak Breaded Butterfly Shrimp](#) (product pictured [here](#)) because of an

undeclared milk allergen.

**Pennsylvania:** [Recall! Foreign metal found in Imperial Sysco pureed pork](#). Find the label [here](#).

## Resources:

A [new report](#) released by the [US Public Interest Group](#) outlines the influence of federal subsidies (government financial supports on specific agricultural crops like corn and soybeans) on our food system.

A [commentary](#) on the recent rise in food prices

The [Robert Wood Johnson Foundation](#) and [their take on the soft drink industry](#)

The USDA released a new report, "[SNAP: Guidance on Non-citizen Eligibility](#)." Simple handouts (in Spanish and English) are available [here](#).

## Webinar:

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.

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:

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.

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:

*New-*Are you a chef or someone involved with school gardens, nutrition curriculums or cooking classes? [The Culinary Trust](#) presents a grant for you to implement Michelle Obama's Chefs Move to Schools initiative. Grants are aimed at encouraging individual culinary professionals to volunteer at Title I schools throughout the country. More information and application can be found [here](#).

[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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