



Pod Engagement Suggestions July 2017

This month:

- Ice Breaker: How long have you been on this health journey?
- Video: Virtual Grocery Store Tour
- Recipe: Lemon Poppy Seed Pancakes
- Quote: T. Colin Campbell, PhD
- July 13th conference call w/Group Leaders - notes and recording
- Restaurant Campaign - Please join! Report Form.
- Save-the-date for Group Leader Conference Call: **Sept. 13th at 7:30 p.m. EDT**
- New: 2nd Round Scholarship Opportunity - Applications now being accepted
- Pod News: Share your Successes!
- Spanish version of CNS website

Here are some engagement suggestions for Group Leaders to help organize monthly Pod meetings.

Opening Ice Breaker: Have everyone introduce themselves and briefly share how they learned about the whole food, plant-based (WFPB) lifestyle. Ask members to share what is most challenging for them at this point in their WFPB journey, and to reflect on the question of whether the challenges stay the same or change over time.

Video of the month: Virtual Grocery Store Tour: PCRM Nutrition Education Curriculum
<https://www.youtube.com/watch?v=DmfwOGpLYt0>

Virtual Grocery Store Tour to help people make healthy plant-based choices at a store with practical tips and ideas. (45 min)

Discussion Questions:

1. What are your favorite plant-based foods to stock up the pantry?
2. What are your tips for plant-based grocery shopping?

Check our Resources page for a list of WFPB Grocery Basics (coming soon!)

If you plan to use the video as the focus for an upcoming meeting, it may be useful to email the video link to members ahead of time and ask everyone to try to watch it before the meeting. Another option is to show the video during the meeting. In that case, a laptop, Internet access and also a screen may be needed.

Recipe of the month: Lemon Poppy Seed Pancakes



<https://plantpurerecipes.com/recipe/lemon-poppy-seed-pancakes/>

Quote for the month:

“The answer to the American health crisis is the food that each of us chooses to put in our mouths each day. It's as simple as that.” – T. Colin Campbell, PhD

Restaurant Campaign/Dining Out Toolkit & July 13th conference call:

PPC is launching a new national Restaurant Campaign and we encourage all Pods to participate. For more information, here is an Overview:

<http://plantpurecommunities.org/wp-content/uploads/2017/07/Action-Sheet-Overview-of-The-Restaurant-Campaign.pdf>

PPC's monthly Conference Call with Group Leaders offered general updates on PPC and the Pod Network; and also introduced the Restaurant Campaign/Dining Out Toolkit. Please find the notes from the call

here: <http://plantpurecommunities.org/wp-content/uploads/2017/07/2017-July-Call-Report.pdf>

. Or, you may listen to the recording here: <https://fccdl.in/ectbH3irf> Pod members are encouraged to participate in this national campaign by filling out this short form to share information about their successes: <https://fastfor.ms/E1E87>

Save the Date: Please pencil into your calendar the next PPC Conference Call with Group Leaders: **Wednesday, September 13th at 7:30 p.m. EDT** - We will discuss the Healthy School Lunches Toolkit that is now under development. (Group Leaders who have experience and would like to offer assistance in the development of this Toolkit should let us know - send an email to info@plantpurecommunities.org)

New Scholarship opportunity: This is the second round of scholarships for the Plant-Based Certificate offered through CNS and eCornell that PPC is administering.

This round has a strong preference for Group Leaders of Pods. The application is now open, and the deadline for submitting applications to PPC is **August 4th, 2017**, 5:00 pm EST. Award decisions are expected in late August 2017. More here:

<http://plantpurecommunities.org/scholarship/>

Pod News: Have you checked out our [Pod News](#) lately to see what other Pods are doing around the country and around the globe? A new searchable function has been added to Pod News that will allow you to find stories by topic - e.g., VegFests, Cooking, Doctors, etc. In addition, all Group Leaders are invited to send us news about their Pod activities. Please take a moment to [fill out this form](#) and submit your Pod News right now!

The Center for Nutrition Studies (CNS) has launched a Spanish version of their website. Here is link to the new Spanish version: <http://nutritionstudies.org/es/> Be sure to share this with Spanish-speaking Pod members!



In health,
Katya Trent
Director of Pod Operations and Development Support
PlantPure Communities
ktrent@plantpurecommunities.org

Disclaimer: The information shared by PPC is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. If you are on medication and are changing to a whole food, plant-based diet, you should discuss with your healthcare provider the changes that you are making in your diet and how these changes may require an adjustment in medication dosage. It is important that you work with your doctor to monitor your condition and medication dosage during your change of dietary practices.