



Pod Engagement Suggestions February 2018

This Pod update is sent to Group Leaders in the Pod Network and PPC Board & Council Members.

This month:

- Opening Ice Breaker: Plans for Spring
- Challenge & Restaurant Campaign
- Advocacy - SNAP
- Save-the-Date: GL conference call/unveiling of the Gardening Toolkit
- Video of the month: Square Foot Gardening
- Recipe of the Month: Ethiopian Stew
- Quote of the Month: Aeschylus

Opening Ice Breaker: Discuss with your group the plans for spring. Does anyone in your group like to garden?

Join the Fun! Challenge and Restaurant Campaign

The first official Restaurant Campaign Challenge - The Winter Wave - is now underway and runs through March 31st. Prizes will be awarded to the Pod/group that implements the Wave in the greatest number of restaurants (3 or more visits constitutes a Wave), to the Pod/group who gets the most restaurants to change their menu, and to the Pod/group with the most creative effort. To learn more about this exciting Challenge visit the [Action Sheet: The Restaurant Campaign 2018 Winter Wave Challenge](#).



Join us for a Facebook Live Call on February 6th from 7:00-8:00pm ET where we will discuss the Challenge in details. Everyone is welcome and you do not need to have a

Facebook account in order to participate! Click here to register for the call now: www.bit.ly/ppc_feb6. Join the fun!

Advocacy - SNAP

PPC's first legislative initiative is now underway, and it concerns SNAP (aka food stamps), which is up for reauthorization. Important legislation is now advancing in the US House of Representatives and all Group Leaders are encouraged to ask Pod Members to call their Member of Congress with a very simple message: request that their Rep. support policies that modernize SNAP by prioritizing healthful foods. (Note: A short phone call is much more effective than an email). Here is a link to an Advocacy Action Sheet that contains more context and details:

<http://plantpurecommunities.org/advocacy-reports-action-sheets/>

Save-the-Date: GL conference call/unveiling of the Gardening Toolkit:

Mark you calendars for 7:00-8:00 PM on March 13th to participate in the next GL conference call where we will unveil the new Gardening Toolkit! The Toolkit will highlight the Square Foot Gardening method to grow fresh fruit and vegetables in a limited space - perfect for your backyard, rooftop, or community spaces! Join us to learn more about community gardening, buying sustainable produce, and gardening initiatives your Pod can undertake. If you have used SFG method or are certified in this method, please email Katya Trent to let us know: ktrent@plantpurecommunities.org

Video of the month: Square Foot Gardening (SFG): Growing More in Less Space
<https://www.youtube.com/watch?v=f2FxJimob84> (6 min 06 sec)

If you don't have a lot of time available to weed, water and maintain your vegetable garden, then efficient gardening techniques such as Square Foot Gardening could be the answer.

Discussion Questions:

1. If you like gardening, have you ever tried the Square Foot Gardening method?
2. How did it compare to other methods you tried?
3. Would you recommend this method to your friends?

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: Ethiopian Stew

This is an easy slow-cooked or one-pot dish. It is slightly spicy, sweet, and rich in flavors.
<https://plantpurerecipes.com/recipe/ethiopian-stew/>



Quote for the month: *From a small seed a mighty trunk may grow.* - Aeschylus

In health,
Katya Trent
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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.*