



PLANTPURE
COMMUNITIES

PlantPureCommunities.org

Pod Engagement Suggestions November 2017

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

This month:

- Party with a Purpose: November 30, 2017 - NYC
- Special Announcement: Award in Recognition of Leadership
- Ice Breaker: Holidays recipe exchange
- Video: Sweet Potato Flatbread
- Recipe: Beanie Loaf
- Quote: Hippocrates
- Call with PPC on November 1st at 7:30 p.m. ET
- New Search Feature on the Pods site
- Scholarship Opportunity: Round 3 opens on November 3, 2017

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

Party with a Purpose: Get to know Dr. T. Colin Campbell at the PlantPure Communities NYC party this November! Support a great cause and celebrate PPC's 1st year anniversary while you network with plant-based professionals at this intimate event. Food, wine, book signings, and more! Register now—seating is limited!
www.plantpurecommunities.org/ppcevents #PlantPureCommunities
#PPCpartywithapurpose

PARTY WITH A PURPOSE
One Year Anniversary Celebration

Featuring **Dr. T. Colin Campbell**
Nov 30, 2017 • NYC

Register
now
online!

THE WHOLE
Rethinking the Science of Nutrition
T. COLIN CAMPBELL, PhD
with HOWARD JACOBSON, PhD

THE CHINA STUDY
STARTLING IMPLICATIONS FOR DIET,
WEIGHT LOSS AND LONG-TERM HEALTH
T. COLIN CAMPBELL, PhD
and THOMAS M. CAMPBELL, II, MD

Special Announcement: Award in recognition of Leadership.

To recognize and show appreciation for the leadership role Group Leaders play in their communities, PPC will be giving away a number of gently used sets of leadership support material to help GLs build a Pod lending library. This material includes a wide variety of DVDs and CDs on the subject of health and wellness.

To participate, fill out the [Pod Growth Report form](#) by **midnight November 3rd** with the current number of members in your Pod and again by January 8, 2018 (we'll remind you)! PPC will give the Leadership Award to the Pods with the highest number of new Pod members as well as the highest ratio of new Pod members over approximately 2 months. Also, the submission of a recent [Pod News](#) story will be considered an entry for the Leadership Award. Get ideas about ways to grow and engage your Pod from the [Leadership Toolkit](#).

If you have any questions, please email Katya Trent at ktrent@plantpurecommunities.org

Opening Ice Breaker: With the Thanksgiving and winter holidays approaching ask your pod members to share their favorite whole food, plant-based holiday recipes.

Video of the month: Vegan Sweet Potato Flat Bread: The Whole Food Plant Based Recipes. Learn how to make whole food, plant-based flat bread.

<https://www.youtube.com/watch?v=xNgj5HAafPU> (11 min)

Here is a link to the recipe and description:

<https://plantbasedcookingshow.com/2017/09/17/vegan-sweet-potato-flat-bread/>

Discussion Questions:

1. Do you use videos to find whole food, plant-based recipes?
2. What are some of your favorite videos/recipes?
3. Do you miss any food from before you transitioned to WFPB lifestyle? Have you found healthy substitutes?

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: Beanie Loaf



The chickpeas and walnuts help the texture of this dish approximate real meatloaf. Try experimenting with other types of beans to find your perfect combination. This dish is rich in flavors and full of veggies and fiber.

<https://plantpurerecipes.com/recipe/beanie-loaf/>

Quote for the month: *"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."* Hippocrates

Conference Call with PlantPure Communities Team: Please join the next PPC Conference Call with Group Leaders on **Wednesday, November 1st at 7:30 p.m. ET.** We will highlight the "Transitioning to WFPB" Toolkit. We invite you to explore the new toolkit and let us know your thoughts: <http://plantpurecommunities.org/wfpb-toolkit/>

To join the conference call, please use this information:

Dial-In Number: (267) 930-4000

Participant ID: 447-945-290

*(To mute or unmute your line, press *#6 on your keypad.)*

New Search Feature: The Pod Network search page now includes the option to search by location, using country, state, and/or city. It is also still possible to search by the Pod's name. Check it out! <https://www.plantpurepods.com/find-a-pod/>

Scholarship Opportunity: Through a collaboration between PlantPure Communities (PPC) and the T. Colin Campbell Center for Nutrition Studies (CNS), Group Leaders in the PlantPure Communities Pod Network are eligible to apply for a limited number of

Scholarships for the Plant-Based Nutrition Certificate Program offered through CNS and eCornell. This scholarship opportunity is intended to ensure that the educational benefits of plant-based nutrition are shared with leaders in communities across the country who are working to improve their lives, the lives of their neighbors and their community.

The application process for round 3 opens on November 3, 2017, and the deadline for submitting an application to PPC is November 24, 2017, 5:00 pm EST. It is anticipated that the PPC Board will make scholarship award decisions by late December 2017, but that may change, depending on the volume of submissions.

IMPORTANT!! This Scholarship Opportunity is **administered exclusively by PlantPure Communities**. Any questions about this scholarship opportunity should be directed to PPC at: info@plantpurecommunities.org. PLEASE DO NOT CONTACT eCornell or CNS with respect to this scholarship opportunity.

In health,
Katya Trent
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PlantPure Communities
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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.