



## Pod Engagement Suggestions April 2018

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

This month:

- Webinar: "Let's Build Healthier, Sustainable Communities!" - April 25, 7-8 p.m. ET
- Scholarship Application Closes April 9th
- SAVE-THE-DATE: Nov. 1, 2018 PlantPure Communities Party with a Purpose, NYC
- Leadership Awards
- Opening Ice Breaker: Favorite WFPB Documentaries
- Video of the month: Game Changers
- Recipe of the Month: Oil-Free Hash Browns
- Quote of the Month: Dr. Anne Wilson Schaefer
- Introducing PPC's New Regional Managers
- Restaurant Campaign:
- Reminders: Share your Pod News and Pod Growth Update
- Join the PPC Facebook Group for Group Leaders
- Link your Facebook and Other Pages to Your Pod's page

**Webinar:** "Let's Build Healthier, Sustainable Communities!"

Join us for a live virtual event on Wednesday, April 25 from 7- 8 pm EST with the PlantPure Communities team! Everyone's invited!

Find out how you can be part of the latest community initiatives and get your questions answered. We will share updates on the Restaurant Campaign - adding plant-based, oil-free dishes to restaurant menus; the Oasis Program - bringing healthier options to underserved and food desert communities; the "Get Growing" Initiative - starting a sustainable, organic Square Foot Garden to grow your own food; and more!

Register now: [http://bit.ly/ppc\\_apr25](http://bit.ly/ppc_apr25)

**Scholarship Application Closing Soon:** Through a collaboration between PPC and the T. Colin Campbell Center for Nutrition Studies (CNS), Group Leaders are eligible to apply for a limited number of Scholarships for the Plant-Based Nutrition Certificate Program offered through CNS and eCornell. The deadline for submission of a scholarship application is **April 9, 2018**. [Click here](#) for more information.

### Leadership Awards:

The Leadership Award recognizes the extraordinary role Group Leaders play in their communities:

- Amy Tasetano of the SW Florida Healthy Eating Pod in Venice and Port Charlotte, Florida;
- Sharme Ridley of the Plant-based, Whole-food Living Pod in Fayetteville, Georgia; and
- Janel Crooks of the Munising Pod in Munising, Michigan.

Each Pod received a package of gently used support materials (DVDs and recorded lectures), which were donated to PPC, to help build Pod lending libraries. Amy shared this photo of her Pod.



## Engagement Suggestions for Group Leaders to help organize monthly Pod meetings

**Opening Ice Breaker:** Discuss your favorite documentaries promoting the whole food, plant-based lifestyle. Here is a link to an Info Sheet about films with the plant-based message for your reference:

<http://plantpurecommunities.org/wp-content/uploads/2017/04/Info-Sheet-Movie-List.pdf>

**Video of the month:** A trailer to a new documentary about plant-based athletes - Game Changers: <https://www.youtube.com/watch?v=bMQ1rzz9t5w> or from the official website: <http://gamechangersmovie.com>

Discussion Questions:

1. Do you think more athletes have been embracing a plant-based diet in the last several years?
2. There are documentaries showing the benefits of WFPB lifestyle in many areas of our lives now: human health, athletic performance, environment, and animal welfare. Is there an area you think we need a new film about? For example, WFPB diet and academic performance.

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:** Oil-Free Hash Browns

Hash browns are typically fried in oil, but eliminating the oil is easy when you use a quality nonstick pan and know the best way to cut the potatoes. You can grate the potatoes, as is traditional, but using a spiral vegetable cutter is the best way to go. This recipe yields two moderate servings but double the recipe for two large servings (each filling a dinner plate):

<http://www.straightupfood.com/blog/2014/12/22/oil-free-hash-browns/>



**Quote for the month:** *Good health is not something we can buy. However, it can be an extremely valuable savings account. - Dr. Anne Wilson Schaef*

**New Regional Managers:** Help us welcome two new Regional Managers to the PlantPure Communities Team: Kera Linn and Kristen Courage!

*Kera Linn, RD*

*Kera began working for PlantPure Communities in January 2018. Kera completed both her Bachelors of Science in dietetics and a dietetic internship at Iowa State University to become a Registered Dietitian. She is passionate about educating children and adults about the benefits of a whole-food, plant-based lifestyle. Kera, who lives in Iowa, supports Pods in the West and Midwest and also manages the Scholarship program.*



*Kristen Courage*

*Kristen joined PPC in February 2018. Kristen lives in Chicago and supports Pods in Illinois, Pennsylvania, and a number of Southern states. Kristen founded and led a grassroots organization that worked to fight food insecurity by recovering and redistributing surplus meals to underserved communities. She looks forward to a career where she can inspire and lead partnerships to foster a more sustainable food system, and she hopes to help people take control of their health through a plant-based lifestyle.*





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### Restaurant Campaign

The Pure Sprouts Pod in Athens Georgia, and the Powered By Plants Rhode Island Pod are our March Wave Challenge winners! Pure Sprouts completed the Wave at three different restaurants and secured a Certificate of Participation in the Restaurant Campaign. The Powered By Plants Rhode Island Pod received an award for “most creative effort” by hosting a series of private events, and the Pod was also successful in securing a Certificate of Participation for a Providence restaurant. Way to go!

The Winter Wave has been extended and is now a monthly challenge! Submit your photos to [jarnold@plantpurecommunities.org](mailto:jarnold@plantpurecommunities.org) for the chance to win prizes and the social media spotlight. For more information please visit the [Action Sheet](#), and don't forget to use the hashtag #PPCWave.

**Wave Challenge Prizes**

Have you dined out recently? Turn that conversation with the waiter into prizes!

**PLANTPURE NATION COOKBOOK**  
Kim Campbell

**WHOLE**  
Building the Science of Nutrition  
T. COLIN CAMPBELL, PH.D.  
with DONALD HAMILTON, M.D.

**A Leaf Guide To Vibrant Health**  
KERRY GRAFF, M.D.  
AND  
J. HOWARD FICKS

**NATIONAL BESTSELLER**  
THE MOST COMPREHENSIVE STUDY ON NUTRITION EVER CONDUCTED  
**THE CHINA STUDY**  
SHARING IMPLICATIONS FOR DIET, WEIGHT LOSS AND LONG-TERM HEALTH  
T. COLIN CAMPBELL, PH.D.  
AND THOMAS M. CAMPBELL, II, M.D.

**PlantPure Communities**  
RESTAURANT CAMPAIGN

**Pod News:** All Group Leaders are encouraged to submit stories about their activities, which may be featured on the PPC website and social media. Fill out this form to get started: <http://plantpurecommunities.org/submit-your-pods-news/>

**Is Your Pod Included?:** Reports received to date reflect a growing Pod Network. There are now over 60,000 people in Pods that are connected to the PPC Pod Network. Please be sure to submit info on the # of members in your Pod, including any increase in your membership. Take 30 seconds to fill out the form here: <https://formstack.io/77752>

**Join the Facebook Group for Group Leaders:** Created specifically for Group Leaders in the Pod Network, you can use this private group to interact with other Group Leaders and stay up-to-date on resources and happenings at PPC specific to the Pod Network. All Group Leaders are encouraged to join and collaborate on ideas and find a sense of connection with those united in the plant-based movement in their local communities. <https://www.facebook.com/groups/PPCpodleaders/>

**Link your Facebook Page to Your Pod page:** All Group Leaders are encouraged to add a link to to their Pod Page so that Pod members can easily find their Facebook page or Meetup page. This will help new members to interact with Pod members on other platforms. For instructions, click [here](#) and look for the question: 'How to add a link to my Facebook Page or MeetUp page to my Pod's page.' This will help new members to navigate and find your Pod on other platforms.

In health,  
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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.*