



## Pod Engagement Suggestions August 2017

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

This month:

- Ice Breaker: Farmers Markets and favorite veggies
- Video: Clip from 'What The Health' Documentary film
- Recipe: Mayan Salad
- Quote: C. Everett Koop, MD
- Save-the-date: **Sept. 13th at 7:30 p.m. EDT**
- Final Scholarship Round
- New Webpage: Group Leader Essentials
- Restaurant Campaign
- Pod Growth Report

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

**Opening Ice Breaker:** Ask Pod members if they have a farmers market close to where they live and if they go there to buy local produce. Talk about favorite local farmers, favorite vegetables, and recipes that are especially tasty with fresh veggies.

**Video of the month:** 'What The Health' - This is an 8-minute clip from the movie -- a heated Interview with Robert Ratner the Chief Officer of the American Diabetes Association (8 min): <https://www.youtube.com/watch?v=GZYP9uHC6RA>

Discussion Questions:

1. Did you have a chance to watch the 'What the Health' film? (It is now on Netflix)
2. What do you think about the interview? What are your thoughts about corporate sponsors of medical and nutrition associations?

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:**

Mayan Salad <https://plantpurerecipes.com/recipe/mayan-salad/>



This salad is a sweet Mexican-style blend of quinoa, beans, veggies, and avocados. The sweetness comes from the orange juice. The variety of colors, textures, and flavors makes this a highly requested salad. It also makes a great filling for burritos if you have leftovers.

**Quote for the month:**

*"Your choice of diet can influence your long term health prospects more than any other action you might take."* C. Everett Koop, MD, Former Surgeon General of the U.S.

**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 Lunch 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](mailto:info@plantpurecommunities.org))

**Scholarship Opportunity:** 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. Decisions on the second round of scholarships are expected by the end of August. There will be a final Scholarship round in November and a small number of awards will be made by the end of 2017. For the first time, eligibility for this last round will also be open to new Group Leaders who are leading Pods as of September 1, 2017. For more info, check PPC's website starting in mid August.

**New Webpage - [Group Leader Essentials](http://plantpurecommunities.org/group-leader-essentials/):** We encourage you to check out this webpage to discover everything we think Group Leaders would find essential!  
<http://plantpurecommunities.org/group-leader-essentials/> Most recently, we've added

instructions to the [Group Leader FAQs page](#) on how to add links to your Pod page to Facebook and/or Meetup pages as we recognize many Pods have an existing page on these other platforms that they use.

**Restaurant Campaign:** We need your help to create a name for the Restaurant Campaign! A couple of lucky participants will receive the PlantPure Summit Pack (generously donated by PlantPure, Inc.) in return for offering their name ideas! Whether it's a catchy acronym, fun wordplay or simple slogan, we want to hear from you! Email Kristyn, Digital Marketing & Communications Manager, [khelm@plantpurecommunities.org](mailto:khelm@plantpurecommunities.org) with your ideas or share your suggestions by commenting on the post on our Facebook page: <http://tinyurl.com/WFPBname>.

**Pod Growth Report:** Thanks to everyone who has recently submitted the form or contacted us to provide an updated number of Pod members. This is very helpful for PPC's advocacy campaign, because it reflects the growing grassroots movement. The number should reflect those people who have been involved in the Pod in the last year – including those who occasionally attend Pod events or meetings, those who connect to the Pod via Facebook or Meetup, and those with whom you communicate via email, even if they do not attend many Pod events. (We ask for this because we know that in most cases, the number of Pod members far exceeds the number of Registered Users on the Pod website.) If you have not yet provided PPC with an update on the number of members in your Pod, please do so now, by filling out this very simple form (it should take less than 20 seconds): <https://fastfor.ms/77752>

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.*