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ACTION SHEET: POD MEETING FOCUSED ON TRANSITIONING TO WFPB

Transitioning to WFPB

This Action Sheet is a resource to support Group Leaders who want to hold a Pod meeting focused on sharing the message of the many health benefits of transitioning to a whole food, plant-based (WFPB) diet. The meeting could be structured so that it is addressed to new members and Pod Members' friends, family, and neighbors who have some interest and openness to learning about the benefits of a WFPB diet, possibly growing the Pod Network in the process. This Action Sheet serves as a suggested outline for the Pod meeting, and contains a list of resources and links to other Info Sheets that will allow group leaders to provide information to newcomers who have questions and/or would like more information.

Preparation:

- It may be useful for Pods to plan to hold a meeting like this twice a year, inviting Pod members to participate by sharing testimonials, experience, potluck dishes, etc.
- Consider inviting a plant-based health care professional to help lead the discussion and answer questions (for example, a dietician or health coach who has completed the Plant-based Nutrition Certificate course at the [T. Colin Campbell Center for Nutrition Studies](#), a [PCRM Food For Life Instructor](#) or a [local plant-based doctor](#)). If you cannot find a healthcare professional, a well-read Pod Member can run the meeting relying on a series of videos and Info sheets (see below).
- How to Market the Pod Meeting - This meeting is a chance to create a welcoming and safe environment for Pod members to bring their family and friends who have varying levels of interest in learning about a whole food, plant-based diet - including those who are ready to make a change but only need the info on how to get started, to those who are generally uninterested but are willing to listen. The underlying message in marketing the meeting is that the Pod intends to meet people wherever they are on their journey, and the Pod is a judgement-free zone. Rather, the Pod is a source of ongoing support and learning for current members as well as newbies, and everyone should always feel welcome. Refer to *Action Sheet: Promoting Events* (VegFest Toolkit) for tips on how to promote your meeting.
- Setting the Tone/Reading material - In crafting the Agenda details, it is worth keeping in mind some of the key tips contained in the *Action Sheet: How to Talk to Your Friends*. Refer to the *Action Sheet: Running Successful Meetings* (Leadership Toolkit) for tips from other group leaders on how to hold a Pod meeting. Specific tips to consider for this meeting are having a sign-in sheet (with email addresses) and nametags.



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- **Printed Materials** - It may be useful to print out these documents prior to the Pod meeting, to be shared with new meeting attendees:
 - PPC's *Info Sheet: Transitioning to Whole Food, Plant-Based (WFPB)*, PPC's *Info Sheet: Our Culinary Philosophy*, PPC's *Info Sheet: WFPB Diet Explained for the Individual*, and PPC's *Info Sheet: Where Do You Get Your Protein?*

Please keep in mind that you are not in the role of health care provider for Pod members and it is recommended that you start the meeting with the following statement: *"The information that is being shared 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."*



Suggested Agenda Guideline - One-Hour Pod Meeting

Group Leader Welcome and Meeting Overview (3 min) : Welcoming newcomers, making time for introductions, and starting on time are a few simple tips to keep in mind when holding your meeting. See the *Action Sheet: Running Successful Meetings (Leadership Toolkit)* for tips on how to organize inclusive, welcoming and fun Pod meetings.

Introductions/Success Stories (5 - 10 min) : each person's name + 1 - 2 sentences explaining reason they are interested/reason they are in attendance. Consider having current Pod members share their success stories (also limited to 2 sentences) on how a plant-based diet has positively impacted their life.



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The Pod Network and PlantPure Communities (PPC) - Who We Are (3 min) : Remind people that the group is part of a global grassroots movement getting underway via the PlantPure Communities Pod Network. Consider bringing a laptop to show people some of the resources on the PPC website, and to demonstrate how to register on the Pod portion of the website to join the group to gain direct access to the growing resources available. Refer to the *Action Sheet: Running Successful Meetings* (Leadership Toolkit) for more information. Refer to *Info Sheet: Our Culinary Philosophy* for summary information on the science that drives the whole food, plant-based movement.

Whole Food, Plant-Based (WFPB) Diets - Overview and Benefits (10 - 15 min): Show a portion, or all this 15 minute video, [What Is the Healthiest Diet?](#), describing how powerful a plant-based diet is. Consider playing the entire video in the background while people are eating a WFPB potluck meal. Refer to the *Info Sheet: WFPB Diet Explained for the Individual* for a breakdown on what the diet includes, excludes and links to more information.

Activity - Addressing Questions and Common Myths (5-10 min): For this activity refer to PPC's *FAQ* section and *Info Sheet: Where Do You Get Your Protein?* Allow meeting attendees to ask questions and express concerns about a whole food, plant-based diet. Use these documents as your guide to answer their questions and consider printing out these documents to share with newbies.

Tips for Transitioning (10 min) - There is a lot of information out there that can help educate newcomers during their transition:

- Invite current Pod members to share tips and experiences from their own transition.
- Refer to the *Info Sheet: Breakfast, Snacks and Meal Tips* for an extensive list of WFPB breakfast and snack ideas.
- Refer to the *Action Sheet: Dining Out-Choosing a Restaurant and Ordering* (Dining Out Toolkit), and the *Info Sheets: Dining at Restaurants and Fast Food Chains, Dining at International and American Cuisine Restaurants, and Dining at People's Homes* (Dining Out Toolkit) for ways to navigate WFPB options while eating out.

People Who Are Ready for Change (10 min):

- Keep in mind that everyone transitions at their own pace, and change often doesn't happen overnight. Consider having a discussion with the newbies at the meeting who have identified they are ready to change, and help them decide how to start. Here are a few suggested next steps and ways of introducing a WFPB diet that have worked well for others:
- Find a buddy and decide to make the transition together. Consider having movie nights each week where you watch a movie from PPC's *Info Sheet: Movie List* located on the PlantPure Communities ["Resources"](#) webpage.
- Invite all the newcomers who attend the Pod meeting to transition together, with a set starting date. Consider creating a mentor program where a veteran Pod member mentors a newbie, or if your Pod is new, you can all make the transition together!



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- One or more Pod members could host a Film & Food night in their home, gently introducing delicious WFPB food tastings while engaging in a discussion about a movie from PPC's *Info Sheet: Movie List* located on the PlantPure Communities "[Resources](#)" webpage. This could turn into a series of Film & Food nights, showing a few different movies and "showcasing" a wide range of tasty dishes to help build knowledge and at the same time dispel the myths in a safe environment for the newbies.
- Transition on your own with support from the Pod. Create reasonable, achievable goals, such as: eating plant-based one day a week, or eating one WFPB meal a day, and slowly increase the number of plant-based meals overtime.
- Play the "Healthy Habits Pod Game" with the Pod and make the transition part of your weekly goals while holding others accountable as well! A few sample goals are: cleaning out your pantry and restocking with plant-based items, eating meals filled with colorful plants, or avoiding oil and/or processed foods. See the *Info Sheet: Healthy Habits Pod Game* for information on how to play.
- Refer to *Info Sheet: Jumping In & Deepening Your Nutrition Education* for options on how to start transitioning to a whole food, plant-based diet, including jumpstarts, immersion programs and ways to deepen your nutrition knowledge.

Meeting Wrap-up (5 min) - Discuss upcoming projects/events, answer questions and schedule your next meeting. Let newcomers know they are able to reach out for help at any time, and thank everyone for attending.