



Pod Engagement Suggestions October 2017

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

This month:

- Ice Breaker: T-shirt with a Plant-Based Support Message
- Video: The Marshall Plan Documentary
- Restaurant Campaign: Become a Pilot Pod!
- Recipe: Guacamole Potato Skins
- Quote: Dr. Wayne Dyer
- Leadership Award: Recognition and a Set of Materials for a Lending Library
- Advocacy/Call-to-Action: Prioritize Healthy Food for SNAP (aka Food Stamps) Expenditures
- Save the Date: Call with PPC on November 1st at 7:30 p.m. ET
- September 13th call recording and notes

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

Opening Ice Breaker: Ask your members to wear a t-shirt with a plant-based support message (if they have one) to your next meeting. Take a picture and post it on your Pod and FB pages.

Video of the month: The Marshall Plan documentary full version: When Texas Mayor Ed Smith III was diagnosed with prostate cancer, he elected to forego conventional treatment in favor of a whole food, plant-based diet. The results were nothing short of miraculous: his cancer disappeared. He and his wife embarked on a mission to help their town and community adopt a healthier lifestyle based on plant foods.

<https://www.youtube.com/watch?v=DIEBb3hyzdl> (1 hour)

Discussion Questions:

1. Have you ever heard about the Marshall Plan?
2. What do you think about the Mayor's cooperation with local restaurants? Could this work in your community?
3. Do you know any plant-based athletes?

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.

Restaurant Campaign Pilot Phase: The PlantPure Communities Restaurant Campaign will officially launch on November 30, but until then, we are looking for enthusiastic Pilot Pods that would like to test the Campaign in their communities! Please request to join our Pilot Tester Facebook Group:

<https://www.facebook.com/groups/PPCrestaurantcampaignpilot/>

Find out more at the **Pilot Kickoff Call on Thursday, October 5 at 7pm ET**, where you will learn how to:

- use the Restaurant Campaign Toolkit,
- mobilize your Pod
- reach out to restaurants,
- report back on your results,
- have a big impact on your community!

RSVP on Facebook: <https://www.facebook.com/events/985902188227333/> - In order to view the event, first become a member of the PPC Group Leader's Facebook group (<https://www.facebook.com/groups/PPCpodleaders/>)



Recipe of the month: Guacamole Potato Skins

A great idea for the lighter-but-rich-tasting party food.

<http://blog.fatfreevegan.com/2016/02/guacamole-potato-skins.html>



Quote for the month: *If You Change the Way You Look at Things, the Things You Look at Change – Dr. Wayne Dyer.*

Leadership Award: To recognize and show appreciation for the leadership role Group Leaders play in their communities, PPC will be giving away a number of 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 November 3, 2017 with your current Pod membership number 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

Advocacy: The PPC Advocacy Council has posted a call-to-action for SNAP (aka food stamps). PPC supports PCRM's efforts to improve SNAP so that it prioritizes healthful

foods to address both hunger and malnutrition while saving both money and lives. SNAP should empower economically disadvantaged Americans to be healthy while also improving the national food market, rather than continue to subsidize the junk food profits of massive companies. Reauthorization of the Farm Bill, which contains SNAP, is due September 2018. Discussions and groundwork for what will be in that legislation are now underway: <http://plantpurecommunities.org/wp-content/uploads/2017/09/Snap.pdf>

Save the Date: Please pencil into your calendar the next PPC Conference Call with Group Leaders -- **Wednesday, November 1st at 7:30 p.m. ET.** We will discuss the “Transitioning to Whole Food Plant-Based Diet” Toolkit that is now under development.

September 13th call recording and notes: You can listen to the recording of the September call with Group Leaders about the recently released School Lunch Toolkit [here](#) and you can access the call notes [here](#).

In health,
Katya Trent
Director of Pod Operations and Development Support
PlantPure Communities
ktrent@plantpurecommunities.org

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.