



## Pod Engagement Suggestions September 2017

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

This month:

- Ice Breaker: Recent presentations or VegFests
- Video: Raising Healthy Vegan Kids with Dr. Michael Greger
- Invitation: **Sept. 13th at 7:30 p.m. EDT**
- Recipe: White Bean Chili
- Quote: Mahatma Gandhi
- New Facebook Group for Group Leaders: Please join!
- Scholarship Opportunity
- Pod Growth Report

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

**Opening Ice Breaker:** Ask your members if they have ever been to a VegFest and/or attended any recent presentations on plant-based related topics. What was their reaction? What did they find interesting?

**Video of the month:** Raising Healthy Vegan Kids with Dr. Michael Greger

<https://www.youtube.com/watch?v=Y-sxcoNBnxc> (27 min)

Discussion Questions:

1. Do you know any parents who are raising children on a plant-based diet?
2. Have you met any vegan children? Did they feel comfortable speaking with you about what they eat?

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.

**Invitation:** The next PPC Conference Call with Group Leaders is on **Wednesday, September 13th at 7:30 p.m. EDT**. We will discuss the Healthy School Lunch Toolkit that

will soon be posted on PPC's website. We are honored to have two wonderful people joining us for the call:

- Karla Dumas, Registered Dietician with the Humane Society of the United States (HSUS), will cover the various services HSUS and Forward Food offer to help improve school lunches.

- Scott Muller, a high school assistant principal will discuss how he was successful in getting a non-dairy smoothie bar into the school cafeteria, setting up presentations for students and parents about WFPB eating, and how he was able to get the school to host a VegFest Extravaganza this summer.

**Recipe of the month:** White Bean Chili

This chili is packed with spice and flavor, but for the heat-averse, don't worry: it packs just the right amount of heat. The key to the coziness of this vegan white chili is the luscious addition of homemade cashew cream. It also includes sweet corn, as it just adds another layer of flavor and extra heartiness.

<http://www.onegreenplanet.org/vegan-recipe/oil-free-white-bean-chili/>



**Quote for the month:** I do not regard flesh-food as necessary for us at any stage and under any clime in which it is possible for human beings ordinarily to live. I hold flesh-food to be unsuited to our species. We err in copying the lower animal world - if we are superior to it. - Mahatma Gandhi

**Join PPC's new Facebook Group:** 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 to collaborate on ideas and find a sense of connection

with those united in the plant-based movement in their local communities. You can find the Group here: <https://www.facebook.com/groups/111512189540529/>

**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. There will be a final Scholarship round in November for a small number of scholarship awards that 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 15, 2017. For more info, check PPC's website in late October.

**Pod Growth Report:** Thanks to those Group Leaders who have recently submitted the form or contacted us to provide an updated number of Pod members. Our Network has a reach of over 30,000! Did we count your numbers? Make sure to update the form with your member count, small or big - all numbers contribute and make a difference! Click here to update the Pod members count: <https://fastfor.ms/77752>

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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.*