



**PLANTPURE**  
COMMUNITIES

PlantPureCommunities.org

## Pod Engagement Suggestions January 2018

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

This month:

- Webinar: Call with Dr. T Colin Campbell on January 18, 1pm - 2:30pm ET
- Mentor Program: Sign up to connect with a Mentor or to become a Mentor
- Gardening Toolkit: Community Garden initiatives
- Opening Ice Breaker: Meet and greet after the holidays
- Video of the month: Vegan Fast Food Restaurants
- Recipe of the Month: Braised Red Cabbage with Beans
- Quote of the Month: Mother Teresa
- PPC is hiring: Part-time Digital Marketing Manager
- Support PPC: Vitamix Crowdfundraiser

**Call with Dr. T Colin Campbell:** Remember to register for our free educational interactive Webinar with Dr. T. Colin Campbell on **Thursday, January 18, 2018 from 1:00 p.m. to 2:30 p.m. ET.** To reserve your virtual seat, click on this link to register: <https://tinyurl.com/WFPBwebinar> Registration is now open to Pod members. Please forward the information about the webinar and the registration link to the members who might be interested.

## PPC Webinar with Dr. T. Colin Campbell

**Who: Everyone!**  
**When: January 18th,**  
**from 1:00 - 2:30pm**  
**Register now!**

**THE CHINA STUDY**  
THE MOST COMPREHENSIVE STUDY OF NUTRITION EVER CONDUCTED  
STARTLING IMPLICATIONS FOR DIET, WEIGHT LOSS AND LONG-TERM HEALTH  
T. COLIN CAMPBELL, PhD AND THOMAS M. CAMPBELL, II, MD  
Foreword by John Robbins, author, *Diet for a New America*

**WHOLE**  
Rethinking the Science of Nutrition  
Co-author of international bestseller *The China Study*  
T. COLIN CAMPBELL, PhD with HOWARD JACOBSON, PhD

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**Mentor Program:** We are excited to announce the Mentor Program for Group Leaders! Connect with experienced “mentor” Group Leaders to help grow your Pod, or volunteer to be a Mentor to other Group Leaders. Are you interested in working with a Mentor or becoming a Mentor? If the answer is yes, please complete one of the following forms: For Group Leaders Seeking a Mentor: <https://formstack.io/C1CFA>  
For Group Leaders who want to become a Mentor: <https://fastfor.ms/AAFCEB>

**Gardening Toolkit:** We are looking for Group Leaders who have expertise about Community Garden initiatives. Please email Ella Stephens <[estephens@plantpurecommunities.org](mailto:estephens@plantpurecommunities.org)> if you have knowledge and/or experience that you would like to contribute to the new Gardening toolkit that is currently under development.

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

**Opening Ice Breaker:** Meet and greet after the holidays. Set up an informal meeting where members can invite new attendees who are interested in whole food, plant-based lifestyle. Have a potluck and do not ask new members to bring any food, but to come and try new dishes.

**Video of the month:** All Vegan Drive-Thru & Fast Food Restaurant  
[https://www.youtube.com/watch?v=\\_kM0cC6-yfU](https://www.youtube.com/watch?v=_kM0cC6-yfU) (2 min 19 sec)

Discussion Questions:

1. Do you think fast food vegan restaurants are helping the WFPB movement?
2. Would you like to have a place like the one featured in the video in your city?

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:** Braised Red Cabbage with Beans  
Braised red cabbage can turn from a side dish into a main course when cooked with beans. This recipe allows you to substitute any kind of white beans and your favorite type of apple, but make sure you pick a tart variety; the apples and red wine are what give the dish its pleasant sweet-and-sour flavor:  
<https://www.forksoverknives.com/recipes/braised-red-cabbage-beans/>



**Quote for the month:** *I alone cannot change the world, but I can cast a stone across the water to create many ripples. —Mother Teresa*

**We are hiring:** PPC is looking for a part-time Digital Marketing Manager! The job involves the design, implementation, and management of a wide range of digital communications strategies and content advancing and amplifying the PPC agenda. Please submit your applications by the end of Sunday January 14th! Here is more information:

<http://plantpurecommunities.org/wp-content/uploads/2017/12/Now-Hiring-Digital-Marketing-Manager.pdf>



**Special Opportunity to Support PPC: Vitamix Crowdfundraiser**

Please consider donating via our [crowdfundraiser](#)! This is a great opportunity to give to a cause that matters and receive rewards sponsored by Vitamix, and especially for those

transitioning to a plant-based diet!



In health,  
Katya Trent  
Director of Pod Operations and Development Support  
PlantPure Communities  
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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.*