



Pod Engagement Suggestions March 2018

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

This month:

- Webinar: "Grow Your Own Fruit and Veggies" - March 13, 7-8 p.m. ET
- Special Announcement: Leadership Award
- Restaurant Campaign: Update
- Scholarship Application: Opens this Month
- Opening Ice Breaker: Best Places to get WFPB groceries
- Video of the month: How Smoking in 1958 Is Like Eating in 2018
- Recipe of the Month: Cabbage Rolls
- Quote of the Month: Theodore Roosevelt
- Pod News: Invitation to Share
- Pod Growth Update
- Join our Facebook Group

Webinar: You are invited to join the "Grow Your Own Fruit and Veggies" Webinar March 13th from 7:00 p.m. to 8:00 PM ET. PPC's new Gardening Toolkit will be the main topic. The Toolkit highlights the Square Foot Gardening method to grow fresh fruit and vegetables in a limited space - perfect for your backyard, rooftop, or community spaces! Register for this free webinar here:

<http://plantpurecommunities.org/upcoming-ppc-events/>



PRESENTING
OUR
LEADERSHIP AWARDS!



Special Announcement: Roll out the red carpet! We're pleased to present the winners of the PPC 2018 winter Pod Leadership Award:

- Sharme Ridley - greatest increase in Pod Membership
- Janel Crooks - highest ratio of new Pod Members
- Amy Tase - Pod News stories

Thank you to everyone who participated. And congratulations to Sharme, Janel, and Amy!

Restaurant Campaign Update: Winter Wave Challenge - Ends March 31st!



Pods across the globe are making waves in their communities! There is still time to participate in this fun Challenge where prizes are earned for the most activity. This Challenge involves multiple 'waves' of people seeking plant-based, oil-free meals at the same restaurant, with the ultimate goal of getting the meal added to the menu. The Vail Valley Plant Based Living Pod in Colorado is currently in the lead. Check out the *Action Sheet: 2018 Winter Wave* for more information & Join the Challenge!

http://plantpurecommunities.org/wp-content/uploads/2018/02/ActionSheet_WinterWave.pdf

Scholarship Application: 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 new Scholarship round that will open in March 2018 for Group Leaders who have been active in their local Pod as of January 15, 2018. For more info, check PPC's website:<http://plantpurecommunities.org/scholarship/>

Here are some Engagement Suggestions for Group Leaders to help organize monthly Pod meetings.

Opening Ice Breaker: Discuss the best places to get good and affordable produce in your area. What stores carry your favorite whole food, plant-based products?

Video of the month: How Smoking in 1958 Is Like Eating in 2018
<https://nutritionfacts.org/video/how-smoking-in-the-50s-is-like-eating-today/> (5 min 56 sec)

Discussion Questions:

1. Do you agree with with title of the video?
2. What can we do as a society to improve our eating habits?

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: Cabbage Rolls
<https://gerson.org/gerpress/cabbage-rolls/>



Quote for the month: *Believe you can and you're halfway there.* - Theodore Roosevelt

Pod News: All Group Leaders are encouraged to submit stories about their activities, which may be featured on the PPC website and social media. Fill out this form to get started: <http://plantpurecommunities.org/submit-your-pods-news/>

Is Your Pod Included?: Reports received to date reflect a growing Pod Network - now over 50,000 people in the Pods that are connected to the PPC Pod Network. Please be sure to submit info on the # of members in your Pod, including any increase in your membership. Fill out a quick form here: <https://formstack.io/77752>



Join the Facebook Group for Group Leaders: 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. <https://www.facebook.com/groups/PPCpodleaders/>

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.