



The Villages WFPB Support Group Monthly Digest

December 2022

This group was created to support your interest in a WHOLE FOODS PLANT-BASED (WFPB) way of eating, regardless of where you are on your journey to wellness. This way of eating includes fruits, vegetables, whole grains, legumes, nuts and seeds. We are a Plant Pure Pod which is a network of independent local groups (Pods) and people in a radius. PlantPure Communities advocates a whole food, plant-based diet, without animal products.

The Villages WFPB Gatherings

Second Thursday of Each Month

Riverbend Recreation Center 1833 Corbin Trail The Villages, Florida 32162

From: Noon-1:30

Members of The Villages or those with a Guest Pass.

Bring a compliant WFPB dish to share if you wish and the recipe.

Your own table setting is appreciated.

Save the Dates for 2023 Gatherings

January 12	April 13	July 13	October 12
February 9	May 11	August 10	November 9
March 9	June 8	September 14	December 14

Coming Attractions

December

Lily Stacy with UF Health Precision Research Center spoke about studies that are currently taking place with an aim to improve the lives of community members in the Villages. If you didn't get a chance to sign up to be part of one of her focus groups, Lily can be reached at: 352 247 2493.

January

Keith Wagner - Plant Based Lifestyle for Athletes

February

Debbie Waddell - The Importance of Nitric Oxide on Overall Health

Note: If you have an idea for a presenter—please email thevillages.wfpb@gmail.com

Open Forum

These were some topics discussed during our December open forum:

- ❖ Frontier Coop Has fabulous organic products by mail including Ceylon Cinnamon and organic sesame seeds
https://www.frontiercoop.com/?gclid=CjwKCAiAheacBhB8EiwAltVO2zQYcYJnMyvmYiizc2Vz3XC7efqkwGdWvAvlVd17r6hl5NAslaWW-hoCmDgQAvD_BwE
- ❖ Yes or No to Vitamins—the big debate
- ❖ Daily Dozen Charts are convenient to put on your refrigerator and there is an app
- ❖ Dr. Susan Brown Phd.--all you need to know about better bones
- ❖ Dr. Brook Goldner has YouTube videos of lowering your blood pressure
- ❖ Thomas Tadlock (Brook's husband) also has a podcast and YouTube Channel



Diet and Disease–The Link

February 4, 2023

Join Dr. T. Colin Campbell, Professor Emeritus of Nutritional Biochemistry at Cornell University, author and speaker on the relationship between diet and disease. A pioneer of whole food and plant-based nutrition, Dr. Campbell shares the connection between diet and disease and how to put knowledge into practice. Campbell has conducted original research in laboratory experiments and large-scale human studies and authored more than 300 peer-reviewed research papers. The New York Times has recognized him for one of the most comprehensive health and nutrition studies as the “Grand Prix of epidemiology”.

Note: Tickets can be purchased through the link below.

https://anc.apm.activecommunities.com/districtgov/activity/search/detail/3838?onlineSiteId=0&from_original_cui=true

Mini Cookbooks

Mini Appetizer Cookbook [📖 mini appetizer cookbook](#)

<https://docs.google.com/document/d/1D0oPdwhpF9ujfLyr7N0BSItQsrd-2zyxe9IZVkoWggQ/edit>

Mini Dessert Cookbook [📖 MINI DESSERT COOKBOOK](#)

<https://docs.google.com/document/d/1D0oPdwhpF9ujfLyr7N0BSItQsrd-2zyxe9IZVkoWggQ/edit>

Mini Drink Cookbook [📖 Mini Cookbook Drinks](#)

https://docs.google.com/document/d/1wisGhJlhQVSUoQGYt32EY8v_HPjpEvpB_oPbR5_yXaA/edit

Note: If you want to add a recipe to one of the above cookbooks, please email it to me.

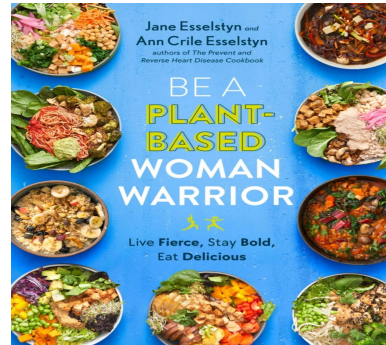
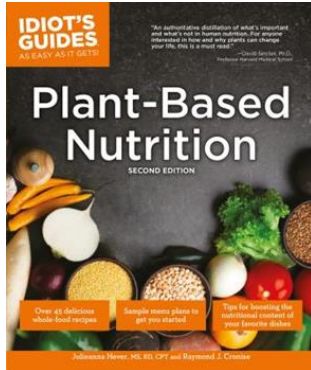
Up For a Good Documentary?



https://www.google.com/search?q=plant+pure+documentary&rlz=1C5CHFA_enUS1027US1033&oq=plant+pure+documentary&aqs=chrome..69i57j0i10i22i30j69i64.4177j0j7&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:8fea822b,vid:A_i_vp9Vfho

This whole food **plant**-based diet **documentary** highlights the significant health changes people will experience when following a WFPB diet.

Book Recommendations



These two cookbooks were displayed at our gathering. The one on the left is great for beginners, the one on the right is written by the sister and mom of Rip Esselstyn.

Recipe Box

Apple Streusel Oats

By Debbie Waddell

Apple streusel oats with rice cauliflower! Great way to add vege's without tasting them and it adds lots of volume! Cooked the 1/2 cup oats and 1/2 cup fresh riced cauliflower with one banana and vanilla extract! At the end I added 1 TBSP minced walnuts and an apple diced! And topped with cinnamon!

Get Your Mocktails Here

Mama Sezz was the site for Mocktails (aka: a non-alcoholic drinks) Click below for safe and healthy holiday options.

<https://www.mamasezz.com/blogs/recipes/10-vegan-mocktails>

Two recommended links: www.buyorganicnuts.com and www.wildernesspoets.com

Volunteers Needed

Don't forget to sign up for our restaurant campaign. "It's going to take a village". The goal of the PlantPure Communities (PPC) Restaurant Campaign is for every restaurant across the nation and across the globe to offer on their menu at least **one** plant-based meal with **no oil**. Please email if you're interested in helping. thevillages.wfpb@gmail.com

***In the future:**

Grocers Campaign - solicit WFPB No Oil Products/labels

Library Campaign - request orders of books, dvd's, magazines

Club Shirts are Available



We now have a logo for our club shirts or other memorabilia you may be interested in purchasing. You can go into the store and choose whatever navy blue shirt you like, and the logo will be placed on it. It takes about two weeks.

Contact:

Custom Apparel & Gifts

3451 Wedgewood Ln ·

The Villages, Florida 32162

In Southern Trace Plaza

(352) 750-1600

Three-7 Day Challenges Coming in January

It's time to get moving! I'm thrilled to announce three- Seven Day Rescue Wellness Challenges kicking off January 5, 2023 - January 29, 2023. You can do one or all three. Participation is voluntary, simple, and **free**. Also, it's for a good cause: Your health! Email: thevillages.wfpb@gmail.com a "Yes, sign me up".

**Our February Challenge will be a 50/50 Plate. More info. to follow.*

Wanna Hear a Joke?

What did the vegan wear to the pool?

A zucchini.

Take One/Give One Table

Cleaning out a kitchen drawer and have some non-needed gadgets you can pass along?

Have an ingredient that you have too much of and you are willing to spread the goodness to someone else?

At a garage sale and see a kitchen appliance or WFPB cookbook at a fabulous price that you already have and can't live without but would love to buy it to pass onto another member?

Feel free to add to or take away from our Take One /Give one Table at the next gathering.

Forks over Knives Ultimate Plant Based Christmas Dinner

https://www.plantbasedpittsburgh.com/_files/ugd/f09674_fa804ae48a8f4b7e9b30a7e21d7e0d5b.pdf

T. Campbell Holiday Favorite Cookbook

<https://drive.google.com/drive/search?q=dinner>

Do You Have Some Spare Change?



Last but certainly not the least. Reminder: Our club does not collect dues. We Knead your Dough. It helps cover paper goods, demonstrations, copies, time and efforts, etc. Even a handful of loose change helps. There will be a tip jar at the gathering. Thank you in advance.

If you have an idea of a fundraiser—please email it to thevillages.wfpb@gmail.com

Newcomers Packets

Are you a new member or know someone who is interested in WFPB? Here's two starter kits...

<https://drive.google.com/drive/search?q=newcomers>

☰ newcomers part 2

<https://docs.google.com/document/d/13LgPRhMqjAEU6WlI5gXXoeQl4WQljtAmqezJUQQ4upY/edit>



HAPPEA

HOLIDAYS

CHARLENE WAGNER



The Villages WFPB Group
The Villages, Florida 32162

Webpage:

<https://thevillageswfpb.wixsite.com/the-villages-wfpb-su>

Copy Me That:

<https://www.copymethat.com/recipebox/wfpb-char-wagner/6533180/?page=2>

<https://www.copymethat.com/>

Facebook:

<https://www.facebook.com/groups/556258004797268>

Nextdoor:

<https://nextdoor.com/g/dm2upp97w/>

Email:

thevillages.wfpb@gmail.com

YouTube: *coming soon*