



The Villages WFPB Support Group Monthly Digest  
September 2023

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***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, seeds and eliminates oils.***

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*This site and services are for support and informational purposes only and should not be construed as medical advice.*

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## **The Villages WFPB Gatherings**

When: Second Thursday of Each Month

Where: Riverbend Recreation Center 1833 Corbin Trail The Villages, Florida 32162

Time: Noon-1:30

Who: Members of The Villages and those with a Guest Pass.

Bring your own table setting and a compliant WFPB dish to share with the recipe.

Description of Compliance: <https://nutritionstudies.org/what-is-a-whole-food-plant-based-diet/>

**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

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Thank You member Bonnie Kuhnan for typing up August Potluck Recipes:

 August Potluck

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Heard of these Produce Auctions that go on...interesting:

[click here](#)

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Integrative Cancer Conference:

[click here](#)

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Global Danger Interactive Map from EWG:

[click here](#)

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What is Umami?

[click here](#)

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A Cook's Guide to Oats:

[click here](#)

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**Public Health Plant Powerful presents:  
Fascinating Holistic Nutrition (Ayurvedic)**

Saturday, October 14, 3-5pm

WT Bland Library, Mt. Dora

Fascinating approach to whole food plant-based eating according to your Dosha (mind-body constitution) and Ayurvedic Nutrition. Come take a quiz to learn which nutritious foods are best for your body.

Katie Haley who has studied and worked as a holistic, wellness practitioner for over 30 years in the USA and India will be presenting this intriguing information.

Bring your own beverage and a whole plant-based food to share at our delicious pot-luck meal following the presentation. Bring your recipe too!

**Note:** November's meeting will be on the 18th, third Saturday instead of second Saturday due to Veterans Day. Get ready to Health Up your holiday cooking!

Public Health Plant Powerful

[MeetUp.com](#) or Facebook

<https://www.facebook.com/SusanHartsfieldNP/>

<https://fb.me/e/3yyXYuu8M>

<https://meetu.ps/e/HFwSd/1J9vW/i>

352-250-7942

We meet the 2nd Saturday of the month, 3pm, at WT Bland Library in Mt. Dora. Join us!

Susan: [Susanpetit1@hotmail.com](mailto:Susanpetit1@hotmail.com)

Sharon: [Soulitude421@aol.com](mailto:Soulitude421@aol.com)

Thanks Sally H...

**Sugar Top Farm**

Sugar Top Farms is a small scale, organic farm, producing high quality produce for the local community in an environmentally sustainable fashion. The farm was purchased in 2014 and sits on 2.5 acres located on Sugarloaf Mountain in Clermont, FL. At 312 feet above sea level it is also the highest point on the geographic Florida Peninsula. Sugar Top Farms is owned and operated by Jordan and Jessica Cooper.

<https://www.sugartopfarms.com/csa-info>

<https://www.localharvest.org/lady-lake-fl>

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Thanks Linda K...

**Holistic Holiday at Sea**

<https://holisticholidayatsea.com/March2024/>



Thank you, Drew Craven, the Executive Director of The Villages Grown, for speaking to the club about The Villages Grown and future plans.



### **Coming Attractions...**

#### **October**

Are you interested in learning how to use your Instant Pot? If so, please join us Thursday Oct. 12, at 12 noon at Riverbend Rec. Center where we will show you how to use the Instant Pot. We will also have recipes and food for you to try. Don't have an instant pot? No worries—we will also have some oven one pot meals.

#### **November**

Please join us for our first annual Friendsgiving celebration Thursday, Nov. 9, at 12 noon at Riverbend Rec. Center! Bring a plant-based Thanksgiving-type dish to share for our potluck. There will be no speaker this month. Instead, we will all share our stories, questions, and concerns about being plant-based. We look forward to seeing you there!

### **Tunnels for Towers 5K:**

Pam Priddy, the Race Director for 2023 Tunnel to Towers 5K Run & Walk in The Villages, has asked that I share this information with our group! “Our event will be held on the 4th of November at the Villages Polo Club on Buena Vista Boulevard. We will have guest speakers, a vendor village from all our amazing sponsors, and other activities if running in a 5k is not your cup of tea! This will be the first Tunnel to Towers 5K hosted in The Villages”.

If anyone in this club is interested in heading a committee to create a wfpb team, a wfpb table of information at the Polo field or volunteering for the event, please use the registration link or email [thevillages.wfpb@gmail.com](mailto:thevillages.wfpb@gmail.com). Your support would mean so much to the Tunnel to Towers Foundation, The Villages Community, and for getting our club offerings out there!

<https://runsignup.com/Race/FL/TheVillages/TunneltoTowers5KRunWalkTheVillagesFL>

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#### **Dr. Greger:**

**Club members, Paul and Susie Himes, have worked their magic again! Pencil in your calendar for Dr. Greger speaking in The Villages on January 4, 2024. Anticipated ticket sales will be the second week of October. Members will be the first ones notified through an email. More details to come and we sure could use some volunteers!! Email: [thevillages.wfpb@gmail.com](mailto:thevillages.wfpb@gmail.com)**

## For Sale: Dr. Campbell Books

<i>The Future of Nutrition</i> .....	\$17.00
<i>Whole</i> .....	\$11.00
<i>The China Study</i> .....	\$12.00
<i>Low Carb Fraud</i> .....	\$10.00

*Buy all 4 for a Super Deal of \$44.00*

*Contact: Paul Himes 352 638 0955*

### A Big Shout out Thank You:



Sally Masters and Chris Zingler have donated WFPB books, magazines, and products to our club for members. These were distributed at the September gathering at Riverbend Rec. Center. Thank you so much!!



## Physicians Committee for Responsible Medicine Resources

About Us: <https://www.pcrm.org/about-us>

Barnard Medical Center: <https://www.pcrm.org/barnard-medical-center>

Good Nutrition: <https://www.pcrm.org/news/health-nutrition>

Health Topics: <https://www.pcrm.org/news/health-nutrition>

Ethical Science: <https://www.pcrm.org/news/health-nutrition>

Their Research: <https://www.pcrm.org/news/health-nutrition>

News: <https://www.pcrm.org/news/health-nutrition>

Eating for the Environment: <https://www.pcrm.org/good-nutrition/vegan-diet-environment>

Nutrition Guide for Clinicians:

[https://nutritionguide.pcrm.org/nutritionguide/index/Nutrition\\_Guide\\_for\\_Clinicians/Conditions](https://nutritionguide.pcrm.org/nutritionguide/index/Nutrition_Guide_for_Clinicians/Conditions)

Healthy Communities: <https://www.pcrm.org/good-nutrition/healthy-communities>

Find a Doctor: <https://www.pcrm.org/findadoctor>

Find a Dietician: <https://www.pcrm.org/findadietitian>

The Exam Room Podcast: <https://www.pcrm.org/podcast>

Dr. Barnard's Blog: <https://www.pcrm.org/news/blog>

Health and Nutrition News: <https://www.pcrm.org/news/health-nutrition>

Good Medicine Magazine: <https://www.pcrm.org/news/good-medicine>

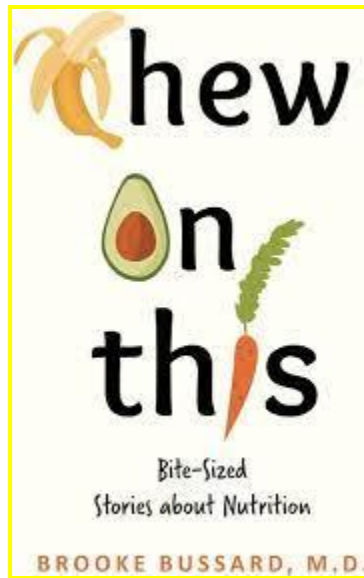
Good Science Digest: <https://www.pcrm.org/news/good-science-digest>

Events: <https://www.pcrm.org/events>



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**Book Recommendation:**



*A fun and refreshing approach to learning how food choices impact our health. Confusion around nutrition leads consumers down a variety of paths in search of optimal health. Dr. Brooke Bussard presents information with clarity and a new down-to-earth approach.*

**Beginners Support:**

*It is hard for beginners of the whole food plant based lifestyle to continue their goals without support. With this in mind, the following are a few ways you can get additional help...*

MEET WITH *DIANE*  
AT THE  
RESOURCE  
TABLE  
DURING THE  
MONTHLY  
GATHERINGS  
(2ND  
THURSDAY  
AT NOON  
RIVERBEND)

MEET WITH *DEBBIE*  
WFPB COOKING CLASSES  
CONTACT:  
ACUPUNCTDEB52@GMAIL.COM  
908-288-2681

MEETINGS AFTER THE  
MEETING  
NEED MORE SUPPORT?  
CHECK THESE OUT!

MEET WITH *JOE*  
LUNCH AND LEARN  
(4TH TUESDAY - ST. CATHERINE'S -NOON)  
CONTACT:  
JCUNNING08@GMAIL.COM

MEET WITH  
*RICK*  
BY  
FACETIME  
PHONE  
OR  
FACE-TO-FACE  
CONTACT:  
715-577-0515

*Stay tuned to see what else will be offered. Many thanks to all that give back to help others become healthier!*

*We have an anticipated date of yet another Whole Food Plant Based Gathering to take place at the Pinellas Library on the First Saturday of the month beginning in December at noon.*






















READY TO LEARN MORE ABOUT  
THE WFPB LIFESTYLE?

*Come to a lunch  
and learn!*

Bring your lunch and your questions and meet  
up with Joe!

Fourth Thursday of the Month Noon-1:30  
Ezell Recreation Center Picnic Pavilion  
Village of St. Catherine's  
[jcunning08@gmail.com](mailto:jcunning08@gmail.com)

## Resources:

<u>Restaurant Options:</u>	 <a href="#">Restaurant Options</a>
<u>Eateries:</u>	 <a href="#">Restaurants/ Fast Foods</a>
<u>Documentaries:</u>	 <a href="#">documentaries</a>
<u>Meal Kits:</u>	 <a href="#">meal kit delivery</a>
<u>Whole Food Plant Based Restaurant Placard:</u>	 <a href="#">wfpb placard.pdf</a>
<u>Instagrams:</u>	 <a href="#">instagrams</a>
<u>Websites:</u>	 <a href="#">websites</a>
<u>Frequently Asked Questions:</u>	 <a href="#">Q &amp; A</a>
<u>Articles:</u>	 <a href="#">articles</a>
<u>Podcasts:</u>	 <a href="#">podcasts</a>
<u>Telehealth:</u>	 <a href="#">telehealth</a>
<u>Webinar:</u>	 <a href="#">webinars</a>
<u>Courses:</u>	 <a href="#">courses</a>
<u>Vegan Summerfest:</u>	 <a href="#">summerfest</a>
<u>Retreats:</u>	 <a href="#">retreats</a>
<u>NHA Conference:</u>	 <a href="#">conferences</a>
<u>Periodicals:</u>	 <a href="#">periodicals</a>
<u>Apps:</u>	 <a href="#">apps</a>
<u>Books:</u>	 <a href="#">Books</a>
<u>Cooking with Young Adults:</u>	<a href="#">click here</a>
<u>Health Topics:</u>	<a href="#">click here</a>
<u>How To:</u>	<a href="#">click here</a>
<u>Microgreen Starter Kit:</u>	<a href="#">click here</a>
<u>Sprouting Beginners Kit:</u>	<a href="#">click here</a>

## Tools:

<u>Resource Library from Whole Communities</u>	<a href="#">click here</a>
<u>Beginners Packet:</u>	<a href="#">click here</a>
<u>Success Stories:</u>	<a href="#">click here</a>
<u>EWG's Consumer Guides:</u>	<a href="#">click here</a>
<u>Salad Dressings:</u>	<a href="#">click here</a>
<u>Crops in Season in Florida Month to Month:</u>	<a href="#">click here</a>
<u>Seasonal Food Guide</u>	<a href="#">click here</a>
<u>Cooking with Young Adults:</u>	<a href="#">click here</a>
<u>52-Week Transition to WFPB:</u>	<a href="#">click here</a>
<u>Chefs and their Websites</u>	<a href="#">click here</a>
<u>The Plantrician Project - Plant Based Research Articles</u>	<a href="#">click here</a>



## Guides:

How to Eat Plant-Based Amongst Meat Eaters: [click here](#)  
Whole Grains Cooking Guide In the Instant Pot: [click here](#)  
How to Cook Beans, Legumes and Lentils in the Instant Pot: [click here](#)  
Forks Over Knives Cooking Times: 📄 FOK\_Cooking\_Times\_Grains.pdf  
Advent Health Eat Plants Feel Whole Resources: [click here](#)  
(requires filling out a form)

Plantician Project Plant Based Research Articles: [click here](#)  
Health Science Articles on WFPB Type Topics CHIP Health: [click here](#)  
Beginner's Guide to WFPB Forks Over Knives: [click here](#)










## Social Medias:

Webpage: [click here](#)  
Copy Me That Char's Account: [click here](#)  
Copy Me That - Your Account: [click here](#)  
Facebook: [click here](#)  
Nextdoor: [click here](#)  
Email: [click here](#)  
YouTube: [click here](#)  
Pinterest: [click here](#)  
Amazon Link: [click here](#)

## Mini Cookbooks:

Mini Appetizer Cookbook: [click here](#) 📖 Mini Appetizer Cookbook  
Mini Dessert Cookbook: [click here](#) 📖 Mini Dessert Cookbook  
Mini Drink Cookbook: [click here](#) 📖 Mini Cookbook Drinks  
Mini Game Day Cookbook: [click here](#) 📖 Mini Game Day Cookbook  
Mini Soups & Stews Cookbook: [click here](#) 📖 Mini Cookbook Soups & Stews  
Mini Raw Cookbook: [click here](#) 📖 Mini Raw Cookbook  
Mini Dr. Greger Cookbook: [click here](#) 📖 Mini Dr. Greger Cookbook  
Mini Stir Fry & Sauces Cookbook: [click here](#) 📖 Mini Cookbook Stir Fry and Sauces  
Mini Picnic Cookbook: [click here](#) 📖 Mini Picnic Cookbook  
Mini 3-Ingredient Cookbook: [click here](#) 📖 Mini 3-Ingredient Cookbook

## **Past Newsletters:**

<u>December 2022:</u>	 <a href="#">Newsletter December 2022</a>
<u>January 2023:</u>	 <a href="#">Newsletter January 2023</a>
<u>February 2023:</u>	 <a href="#">Newsletter February 2023</a>
<u>March 2023:</u>	 <a href="#">Newsletter March 2023</a>
<u>April 2023:</u>	 <a href="#">Newsletter April 2023</a>
<u>May 2023:</u>	 <a href="#">Newsletter May 2023</a>
<u>June 2023:</u>	 <a href="#">Newsletter June 2023</a>
<u>July 2023:</u>	 <a href="#">Newsletter July 2023</a>
<u>August 2023:</u>	 <a href="#">Newsletter August 2023</a>

Yours in Health,  
***CHARLENE WAGNER***

**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



The Villages WFPB Group  
The Villages, Florida 32162

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