



The Villages WFPB Support Group Monthly Digest

MARCH 2023

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. 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.

I am not a doctor, nurse or dietitian. I am dedicated to educating myself and others about wellness and the health benefits of a whole-food, plant-based lifestyle. This site and services are for support and informational purposes only and should not be construed as medical advice.

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 Compliancy: <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



Thank you Carol Taylor for your Ninja Creami demonstration.

Here are some links for Ninja Creami Recipes:

Nutmeg Notebook:

Vegan Peanut Butter, Banana, Chocolate Chip

<https://www.nutmegnotebook.com/posts/ninja-creami-vegan-peanut-butter-banana-chocolate-chip-ice-cream/>

Dreena Burton:

Vanilla Bean Nice Cream

<https://dreenaburton.com/ninja-creami-vegan-ice-cream/>

Here are some recipes for Mug Cakes:

Vanilla:

<https://www.theconsciousplantkitchen.com/vegan-vanilla-mug-cake-no-egg-no-milk/>

Chocolate:

<https://eatplant-based.com/chocolate-vegan-mug-cake/>

Peanut Butter:

<https://www.theconsciousplantkitchen.com/vegan-peanut-butter-mug-cake/>

Oatmeal:

<https://myquietkitchen.com/breakfast-mug-cake-vegan-oil-free/#recipe-card>



Thank you NYS Pod Leaders MaryEllen and John for your surprise visit.

Their pod is Southern Finger Lakes Plant Pure Pod.

MaryEllen's website for her classes is www.Plants4living.org

MaryEllen's handle for Instagram and Facebook is Plants4living.

Here are MaryEllen's links she promised:

<https://wholecommunities.nutritionstudies.org/>

<https://www.pcrm.org/good-nutrition/plant-based-diets/ffl>

Coming Attractions...

April

Deb Waddell- "The Correlation between Plant Medicine and Plant Food"

May

Jodi Michienzi - "Taste the Flavors of the Island with Island Fin Poke"

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

Monthly Challenge

Our April Challenge is to go one whole week without eating out. Our members range from WFPB curious to 30+ years of veganism. *Regardless of where you are on your journey to wellness, it can be difficult. What may seem simple to one—may be challenging to others. Let's give it a try and support each other by posting weekly menus.*

Here are some links if you would like to try it...

[click here for ideas for meal plans](#)

Plant Based Diet vs. Vegan Diet – What's the Difference

By Forks Over Knives

<https://www.forksoverknives.com/wellness/plant-based-diet-vs-vegan-diet-whats-the-difference/#:~:text=What%20Is%20the%20Difference%20Between,totally%20eliminates%20all%20animal%20products.>

Newcomer's Packets

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

1. [Newcomers Packet Part 1](#)

https://drive.google.com/file/d/1AYTzBe3mW3nSJnuAKPGF09_-Hmrn-BDp/view

2.  newcomers part 2

<https://docs.google.com/document/d/13LgPRhMqjAEU6WII5gXXoeQl4WQljtAmqezJUQQ4upY/edit>

Plant Based Story

<https://www.forksoverknives.com/success-stories/>

Note: If you have a plant-based story to share—please email thevillages.wfpb@gmail.com

Infograph

Concerned about Pesticides?



EWG's 2023 Shopper's Guide

https://www.ewg.org/news-insights/news-release/2023/03/ewgs-2023-shoppers-guide-pesticides-producetm-blueberries-green?fbclid=IwAR0g9jxKeYL7TxkocUjWzAnQRfzDBezC8YH-ttSMI1XnS_ldA_xubJwjTde

Forks over Knives Easter Menu

<https://www.forksoverknives.com/recipes/vegan-menus-collections/delicious-easter-menu/>

Recipe Box

Vegan Meatballs (Adapted by member Barbara Burton)

Meatballs with Their Creamy Gravy Are A Real Delight. Meatballs Are a Classic Dish, Nourishing and Comforting, Everyone Loves Them, Noochie Licious

INGREDIENTS:

Lentil Meat-less Balls:

1 onion chopped
2 cloves garlic finely chopped
¼ cup. Chopped parsley
1/4 tsp. paprika
1 cup cooked lentils
1 cup finely chopped walnut
3 tbsp. flour
3 tbsp. Noochy Licious
salt and pepper to taste

Gravy:

1 cup vegetable broth
2 tbsp. soy sauce
2 tbsp. Dijon mustard
2 tbsp. nutritional yeast
1 tbsp. cornstarch
Salt and pepper to taste (can omit salt)

STEPS

Preheat the oven to 400 °F

In a saucepan over medium heat cook the onion and the garlic for 5 minutes using small amounts of vegetable broth.

In a food processor, and the cooked onion and garlic mixture, parsley, paprika, lentil, walnut, flour, nutritional yeast, salt (optional) and pepper until you obtain a smooth texture.

Transfer to a bowl and with your hands (it will be easier if they are wet) shape small golf ball shapes. It will probably rewet your hands from time to time so that the dough doesn't stick.

Place the lentil meatballs in the oven for 20 minutes.

In a saucepan gently heat the broth and stir in the mustard, soy sauce, nutritional yeast. Take a little sauce and dissolve the cornstarch so that there are no lumps. Add to the sauce and continue cooking, stirring regularly until the gravy becomes thick enough to coat the meatballs.

Arrange your lentil meatballs in a dish, drizzle with gravy and serve immediately with mashed potatoes if desired.

Enjoy!

Mini Cookbooks

Mini Appetizer Cookbook  mini appetizer cookbook

<https://docs.google.com/document/d/1D0oPdwhpF9ujfLyr7N0BSItQsrd-2zyxe9IZVkoWgqQ/edit>

Mini Dessert Cookbook  MINI DESSERT COOKBOOK

<https://docs.google.com/document/d/1D0oPdwhpF9ujfLyr7N0BSItQsrd-2zyxe9IZVkoWgqQ/edit>

Mini Drink Cookbook  Mini Cookbook Drinks

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

Mini Game Day Cookbook  Mini Game Day Cookbook

<https://docs.google.com/document/d/1nF9BGLvB1Ki8kJQjYWUS37UUVEEyqmk5J0zetRpaWpC/edit>

Mini Soups & Stews Cookbook  Mini Cookbook Soups & Stews

https://docs.google.com/document/d/1ZOXikyLL7o1pOtP9FwASyvub-NPwNEmdwRi3SAkD_9M/edit

Mini Salad Cookbook Submissions Due April 10, Monday

Note: If you want to add a recipe to one of the above cookbooks, please email thevillages.wfpb@gmail.com

Wanna Hear a Joke?

Disney Joke

Q: What was Aladdin called after he went Vegan?

A: Saladdin.

Local

Up For a Good Documentary?



<https://revelationscafefilm.com/>

REVELATIONS CAFÉ is a feature length documentary film that tells the story of Mia and Robby Graham, two improbable founders of a unique plant-based, faith-based café in Lutz, Florida. With little more than divine inspirations, Mia and Robby built their dream café from the ground up in a former mattress store with no existing kitchen. They had a vision for a café based on their Christian faith, but they had no experience in the restaurant business and their menu did not include meat or alcohol. Considering these challenges, and the fact that half of all new restaurants fail, they faced long odds.

Note: If you want to recommend a documentary, please email thevillages.wfpb@gmail.com

Quote:

“I DON'T UNDERSTAND WHY ASKING PEOPLE TO EAT A WELL-BALANCED VEGETARIAN DIET IS CONSIDERED DRASTIC, WHILE IT IS MEDICALLY CONSERVATIVE TO CUT PEOPLE OPEN AND PUT THEM ON CHOLESTEROL LOWERING DRUGS FOR THE REST OF THEIR LIVES.” -DEAN ORNISH, M.D.

Shhhhh....

Wanna hear a secret? The Villages WFPB Club may have the opportunity to show a new documentary coming out before it hits the public—look for updates!

Resources

Crops in Season in Florida Month to Month

<https://www.fdacs.gov/ezs3download/download/71021/1640438/Media/Files/Marketing-Development-Files/All%20Months-Shopping%20List.pdf>

Frequently Asked Questions:

<https://gamechangersmovie.com/faqs/>

YouTube Channels:

The Villages WFPB YouTube Channel
@thevillageswfpbyoutubechannel

We received our minimum of 50 people on our new youtube channel. This will allow us to video our speaker/demonstrator live and it can be viewed the day of or at a later date by members who are unable to attend our gathering. **(Still having technical difficulties)**

If you have ideas on additional videos you would like us to film and are interested in viewing on our channel or if you want to recommend a YouTube video for us to post in the next newsletter, please email thevillages.wfpb@gmail.com

***Note: If you want to recommend an article, please email thevillages.wfpb@gmail.com**

Articles:

<https://nutritionstudies.org/top-10-plant-based-news-stories-and-articles-of-2020/>

*Note: If you want to recommend an article, please email thevillages.wfpb@gmail.com

Podcasts:

The Plant Trainers

The Plant Trainers Podcast helps you improve your quality of life through plant-based nutrition and fitness.

<https://www.planttrainers.com/blog/>

The Exam Room

<https://podcasts.apple.com/us/podcast/the-exam-room-by-the-physicians-committee/id1312957138?i=1000592820150> Thanks Sally Hoynacki

*Note: If you want to recommend a podcast, please email thevillages.wfpb@gmail.com

Wellness Opportunities:

Below are 3 groups that member, Cathleen O'Neill, came across listed in the Recreation News. You will have to inquire with each leader to find out dates & times.

Experience HU ~ the sound of soul

Mantras, Meditations & Good Vibes

Zen Meditation

*Note: If you want to recommend a wellness group, please email thevillages.wfpb@gmail.com

Courses:

Plant Pure: <https://nutritionstudies.org/courses/plant-based-nutrition/>

FOK: <https://www.forksoverknives.com/cooking-course/>

Food for Life: <https://www.pcrm.org/good-nutrition/plant-based-diets/ffl>

*Note: If you want to recommend a course, please email thevillages.wfpb@gmail.com

Websites:

<https://freshphysician.com/>

<https://linktr.ee/theguthealthmd>

*Note: If you want to recommend a website, please email thevillages.wfpb@gmail.com

WFPB Travel Opportunities:

The Covid vaccine requirement has been dropped. Vaccination is no longer required for Windstar as of June 1, 2023.

The National Health Association (NHA) currently has three plant-based small ship adventures planned through 2024. Whole food plant-based meals on the ship will be prepared without added salt, oil or sugar. Our WFPB Groups are almost sold out!

Please join the NHA Facebook WFPB travel group

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

National Health Association Whole Food Plant Based Travel | Facebook



This group supports a WFPB lifestyle by providing active travel opportunities for our members with fabulous plant exclusive meals. We are working with travel companies that have small ships and make sustainability a priority. Whole food plant-based meals for our NHA groups are prepared without added salt, oil or sugar. Our NHA WFPB travel groups fill quickly.

Here is what they have planned for 2023 and 2024:

October 20-28, 2023 WFPB NHA Group Windstar Greece and Israel Cruise

This 8-day Windstar cruise travels from Athens, Greece to Haifa, Israel. Explore the breathtaking region that gave birth to the first advanced European civilization. This iconic voyage travels from Athens, the “birthplace of democracy,” to the Bahai Gardens in Haifa or Jerusalem, Western Civilization’s contemporary crossroads of faith and the religious and historical epicenter of the world. There will be 50 in our WFPB Group.

NHA Greece and Israel https://youtu.be/e_n1dLmkqBE

February 24, 2024 – March 2, 2024 NHA Windstar Costa Rica & the Panama Canal Join our plant-based group on the 148 passenger 4-masted sailing motor yacht Wind Star cruising from Puerto Caldera, Costa Rica through the Panama Canal to Colon, Panama. There will be 20 in our WFPB Group.

NHA Costa Rica and Panama Canal <https://youtu.be/Pbb9zVuld68>

August 23-30, 2024 - NHA Windstar WFPB Iceland Adventure Dramatic scenery and curious communities coalesce on this weeklong circumnavigation of Iceland. There will be 50 in our WFPB Group.

You may read more about these cruises at <https://www.healthscience.org/plant-based-travel/>

Please email Lisa.mccarl@gmail.com for additional information.

Conferences:



Only a Few Tickets Left for the 2023 NHA Conference!

FRIDAY, JUNE 23 – SUNDAY, JUNE 25, 2023
HOLIDAY INN CLEVELAND SOUTH, INDEPENDENCE, OH



Advocating the gold standard of a whole-food, plant-based diet and lifestyle since 1948!

Don't miss out on our all-star lineup of presenters!*



T. COLIN CAMPBELL, PhD
Cofounder *The China Study*, *Whole, and The Future of Nutrition*



KIM WILLIAMS, MD
Nationally renowned cardiologist; Past President of the American College of Cardiology



JOANNA FREY, DC
Cofounder of Back to the Garden, Puerto Rico



GENE BAUR
President and Cofounder of Farm Sanctuary



JOEL FUHRMAN, MD
NY Times bestselling author; Pres., Nutritional Research Foundation; Founder, Eat to Live Retreat



ALAN GOLDHAMER, DC
Founder, TrueNorth Health Center; Coauthor, *The Pleasure Trap*



STEPHAN ESSER, MD
Director, Esser Health – Take Your Life from Surviving to Thriving



FRANK SABATINO, DC, PhD
Author; Speaker; NHA Director of Education; Creator of the online program *Lean for Life*



ASA FREY, DC
Cofounder of Back to the Garden, Puerto Rico



GRACIE YUEN, DC
Director, Dr. Gracie's Wellness Center



DILLON HOLMES
WellYourWorld YouTube channel



BRITTANY JAROUDI
The Jaroudi Family YouTube channel



TAMI & TOM KRAMER
Nutmeg Notebook YouTube channel



JOHN PIERRE
Nutritionist and fitness consultant



ROBYN DENNING
Yoga instructor and health coach



AMY BURKMAN
Professional Speed Art Entertainer

Everything you need to know to adopt, live, and love the healthiest program on the planet – and the most delicious and nutritious meals you will ever eat!

Register online at healthscience.org or by phone at 330-953-1002.

OR SCAN HERE TO REGISTER



\$795 REGISTER NOW

Don't delay! Register before it sells out.

Conference passes include all programming and six whole-food, plant-based, SOS-free meals.**

BOOK YOUR ROOM

Book your room by calling the Holiday Inn at 216-524-8050, ext. 298 for the special NHA rate of \$140 per night.

CHILDREN'S PROGRAM

A great children's program with special rates will be available at healthscience.org. Call the NHA at 330-953-1002 with any questions.

THURSDAY BONUS

Consider arriving by Thursday evening June 22 to take advantage of our special reception sponsored by Vitamix and a bonus guest lecture.

FRIDAY HIKES

Join us for one of our free guided hikes in beautiful Cuyahoga Valley National Park before the conference begins Friday afternoon. Registration required.

National Health Association, P.O. Box 477, Youngstown, OH 44501-0477
330-953-1002 | info@healthscience.org | healthscience.org

THANKS TO OUR SPONSORS:



* Speakers are subject to change.

** Registrations are refundable until 45 days prior to the conference but are subject to a \$50 nonrefundable cancellation fee.

The NHA Conference Experience!



Meet Mark & Wanda Huberman!

Upon arrival to the NHA Conference you will be greeted by Mark Huberman, NHA President as well as Wanda Huberman, NHA Executive Director! They will help you to learn, adopt, live, and LOVE the healthiest program on the planet!

All-Star Lineup of Speakers & Teachers!

The 2023 NHA Conference has the most extraordinary speakers scheduled this year, which include: T. Colin Campbell, PhD, Stephen Esser, MD, Joel Fuhrman, MD, Kim Williams MD, Saray Stancic, MD, and many more!



Vitamix Reception & Museum Tour!

Participate in the Vitamix Reception on Thursday and learn about the wonderful products they offer as well as unique tips and tricks, just for you! Also, you'll have the opportunity to tour the Vitamix Museum!

*Museum tour sign-up required

Enjoy Hiking Through Cleveland's Metroparks!

What is better than a heart healthy hike through the wilderness? Take in the fresh air, mingle with new friends, and enjoy the picturesque views that are truly hidden gems tucked away within Cleveland, OH!

*Hike sign-up required



Periodicals

Wanda Huberman, Executive Director National Health Association, is happy to introduce you to her *Health Science Magazine*. Each issue of *Health Science* includes: 40 pages full of valuable information with absolutely no advertisements. It has interviews from leading voices in the whole-food, plant-based movement; delicious recipes which have no added salt, oil or sugar; testimonials, member spotlights, timeless teachings and more. She is allowing us to view a full issue of *Health Science* for free by clicking on:

<https://www.healthscience.org/experience-health-science-magazine/>

If you enjoy what you see and you want to become a member, you can for only \$35 a year at: <https://www.healthscience.org/join-renew/>

Membership Benefits:



- **FREE** subscription to *Health Science Magazine*.
- **FREE** subscription to NHA Newsletter.
- **FREE** downloads of NHA e-books.
- **ACCESS** to "Members Only" section of NHA site.
- **DISCOUNTS** on books, Vitamix and MORE.
- **ACCESS** to NHA shop.
- **Early Registration** to seminars and conferences.

Book Recommendations



The Revolutionary Method to Reverse Insulin Resistance *Permanently* in Type 1, Type 1.5, Type 2, Prediabetes, and Gestational Diabetes by Cyrus Khambatta, PhD and Robby Barbaro, MPH
<https://www.masteringdiabetes.org/>

Note: If you want to recommend a book, please email thevillages.wfpb@gmail.com

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.

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

Once a month "meet up" for beginners support

Once a month "meet up" for documentary viewings

Once a month "meet up" for a book club gatherings

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

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

Have a Blessed Easter!

CHARLENE WAGNER

Past Newsletters:

December 2022  **Newsletter DECEMBER2022**

January 2023  **Newsletter JANUARY2023**

February 2023  **Newsletter February 2023**



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:

[@thevillageswfpbyoutubechannel](https://www.youtube.com/@thevillageswfpbyoutubechannel)