



The Villages WFPB Support Group Monthly Digest
October 2023

This group was created to support your interest in a WHOLE FOOD 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.

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 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

A Big Shout Out Thank You:

Thank you, Debbie Waddell and Chris Nader, for teaching us how to use the Instant Pot. We appreciate the time you both took to make videos since cooking is not allowed in the recreation center. Your recipes look yummy and your charts will prove to be very helpful. Thank you also, Chris, for posting all the information, tips and tricks, to our Facebook page. [Instant Pot Demonstration](#)

Thank you to Clara who donated books to members, Mary who had a big bowl of jalapeno peppers from her garden to share, and Victoria for her box of teas she shared..

Coming Attractions...

November

Please join us for our first annual Friendsgiving celebration, Thursday, Nov. 9, at 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!

December

"Veganuary inspires and supports people all over the world to try vegan for January and beyond." Are you interested in trying a plant-based diet? Or, maybe you have been plant-based for a while and want to learn to do better. Wherever you are on your plant-based journey, we hope you will join us. Bring foods appropriate for Christmas or the holidays along with the recipes.

Dr. Michael Greger to Speak:

Dr. Michael Greger will be speaking in The Villages, Florida, on January 4, 2024. His talk will take place at The Old Mill Playhouse Theater in Sumter Landing at 11:00 AM. This \$22.00 speaking event is open to non-Village residents as well. Dr. Greger will talk for an hour and then take a half an hour for questions/answers. He will then proceed to the nearby Barnes and Noble for a book signing. You can click on the link below and follow instructions or you can open your smartphone to your camera and hover it over the QR Code in the flier. Once the QR Code outlines in yellow, tap your phone screen and follow the prompts for credit card payments. We will also have a copy of this flier available at the next gathering and volunteers to help with the process. Feel free to call Paul Himes for problems or concerns. 352-638-0955 or email thevillages.wfpb@gmail.com .

Link to Dr. Greger's ticket sales:

<https://www.eventbrite.com/e/how-not-to-age-tickets-742225605767>

QR Code to Dr. Greger's ticket sales...

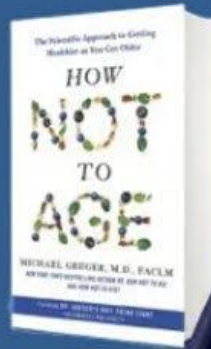
New York Times Bestselling Author of "How Not to Die"
and Founder of Nutritionfacts.org

Dr. Michael Greger

presents

"HOW NOT TO AGE"

The Scientific Approach
to Getting Healthier
as You Get Older



JANUARY 4, 2024 • 11:00 AM

OLD MILL PLAYHOUSE THEATER
1000 OLD MILL RUN, THE VILLAGES, FL

BOOK SIGNING BARNES & NOBLE 1:00 PM



Tickets \$22

OPEN TO
THE PUBLIC

QUESTIONS? (352) 638-0955 THEVILLAGES.WFPB@GMAIL.COM

Plant Based on a Budget

Fall Dessert Recipes [click here](#)

Emily Happy Healthy

Oil Free Marinades for Tempeh or Tofu [click here](#)

Eat Plant Based

Easy Caramel Apples [click here](#)

Shane and Simple

Pumpkin Recipes [click here](#)

Plant Strong

Soul Warming Meals to Purchase [click here](#)

Commons Coop Market

Holiday Commons Coop [click here](#)

EWG's Holiday Gift Box

Sustainable Swaps [click here](#)

Plant Pure Nation

Campbell Retreats [click here](#)

A Note from Nelson Campbell [click here](#)

Veggies Save the Day-Amy Katz

Lentil Soup-Three Ways [click here](#)

Naked Food Magazine

Treats without Tricks [click here](#)

Health Science

Newsletter [click here](#)

Dreena Burton

10 Tips for a Strong Immune System [click here](#)

Nutritional Studies

Plant Based Recipes for Fall [click here](#)

Plant Based Cooking

Cooking without Oil Video [click here](#)

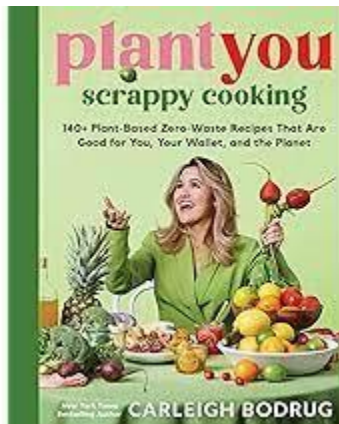
Recipes from a Pantry

Homemade Spice Blends for Gifts [click here](#)

Brittany Jaraudi

Thanksgiving Recipe Ideas [click here](#)

Book Recommendation:



Transform radish tops into pesto, broccoli stems into summer rolls and wilting greens into smoothie cubes. But that's not all. The book will equip readers with not only the tools to make the most of their scraps, but use up just about any vegetable, grain or bean from their fridge and pantry in the flexible Kitchen Raid Recipes.

Mt. Dora Restaurant:

Found myself needing to travel through Mt. Dora last week. Stopped in and ate at the cute little *Dark & Light Cafe*. This did not disappoint! I had the burrito which was recommended by the owner. Delicious!

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

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

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 possibly December or January at noon –the public will be welcome.



Public Health Plant Powerful

Mt. Dora, Florida

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

Contact:

352-250-7942

Susan: Susanpetit1@hotmail.com

Sharon: Soulitude421@aol.com

[MeetUp.com](https://www.meetup.com/) or Facebook

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

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

<https://meetu.ps/e/HFwSd/LJ9vW/i>

Whole Food Plant Based Map of Pods Near You

<https://plantpurecommunities.org/find-a-pod/>

The Physicians Committee for Responsible Medicine has taken over leadership of the Pod Network and will provide additional information soon.

Questions about Pods, including how to start a Pod can be directed to Heather Patrick at hpatrick@pcrm.org.

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

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>

Resources:

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

Tools:

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

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:

<u>Mini Appetizer Cookbook:</u>	click here	Mini Appetizer Cookbook
<u>Mini Dessert Cookbook:</u>	click here	Mini Dessert Cookbook
<u>Mini Drink Cookbook:</u>	click here	Mini Cookbook Drinks
<u>Mini Game Day Cookbook:</u>	click here	Mini Game Day Cookbook
<u>Mini Soups & Stews Cookbook:</u>	click here	Mini Cookbook Soups & Stews
<u>Mini Raw Cookbook:</u>	click here	Mini Raw Cookbook
<u>Mini Dr. Greger Cookbook:</u>	click here	Mini Dr. Greger Cookbook
<u>Mini Stir Fry & Sauces Cookbook:</u>	click here	Mini Cookbook Stir Fry and Sauces
<u>Mini Picnic Cookbook:</u>	click here	Mini Picnic Cookbook
<u>Mini 3-Ingredient Cookbook:</u>	click here	Mini 3-Ingredient Cookbook

Past Newsletters:

<u>December 2022:</u>	Newsletter December 2022
<u>January 2023:</u>	Newsletter January 2023
<u>February 2023:</u>	Newsletter February 2023
<u>March 2023:</u>	Newsletter March 2023
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<u>June 2023:</u>	Newsletter June 2023
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<u>September 2023:</u>	Newsletter September 2023

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

Yours in Health,

CHARLENE WAGNER



The Villages WFPB Group
The Villages, Florida 32162
