



## The Villages WFPB Support Group Monthly Digest

May 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 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

---

## Coming Attractions...

### June

Paula Buttel - "Fitness, Food and Frame of Mind! A Health Journey".

### July

Nini Conner- "The Magic of Summer Herbs"

**Note: If you have an idea for a presenter—please email [thevillages.wfpb@gmail.com](mailto:thevillages.wfpb@gmail.com)**

---







Thank you, Alan Blecker, for speaking to the club about your experience attending The PlantStrong 2023 Retreat .  
Here is the link to the retreat:

<https://plantstrongfoods.com/pages/2023-sedona-retreat>



Also,

Thank you, Jacki Rose, for bringing tears to our eyes with your magnificent transformation story.

Jacki's YouTube Channel can be found ...@JackiRose

Jacki also has a facebook page, SEDTalk, dedicated to clubs looking for presenters.



## Monthly Challenge

In June we will be doing the [Daily Dozen Challenge](#) which is meant to help more people discover how easy it is to fit some of the healthiest of healthy foods into their meals.

### This is how it works:

- Plan: Pick a day to eat the Daily Dozen. Download our free Daily Dozen app on [iPhone](#) and [Android](#) that features the checklist, as well as these valuable tools to help you prepare for a successful challenge: [The Evidence-Based Eating Guide](#), [The Daily Dozen Meal Planning Guide](#), and [Daily Dozen Digest](#), our free 11-week email series.
- Challenge: Use the Daily Dozen checklist in the app to guide you as you take the Challenge. Document your meals, snacks, and activities by taking photos and/or videos throughout your challenge day.
- Post: Share your Daily Dozen Challenge experience to inspire and motivate others. Post your Challenge pictures or videos on social media, and use the hashtag #DailyDozenChallenge to build the community of participants.
- Encourage: The more, the merrier! Challenge others to take part in the Daily Dozen Challenge. Help spread the word!

For inspiration on how to Do the Dozen, check out these challenge videos:

- [Dr. Aisha Basset](#)
- [Tami of Nutmeg Notebook](#)

---

## Plant Based Diet vs. Vegan Diet – What’s the Difference

*Contrary to popular belief, vegan and plant-based are two different things. A vegan omits all animal products from their diet and lifestyle. Whereas, plant-based refers to a diet that omits animal products and focuses on plant foods.*

More about this [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](https://drive.google.com/file/d/1AYTzBe3mW3nSJnuAKPGF09_-Hmrn-BDp/view)

2.  newcomers part 2

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

---

## Plant Based Stories

### Mamma Sezz Plant Based Transformational Stories

<https://www.mamasezz.com/blogs/news/best-plant-based-transformation-stories-2021>

### Forks Over Knives Success Stories

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

**Note: If you have a plant-based story to share--please email [thevillages.wfpb@gmail.com](mailto:thevillages.wfpb@gmail.com)**

---

### Fool Proof Guide to Homemade Salad Dressings

<https://plantstrong.com/wp-content/uploads/2021/07/PLANTSTRONG-Foolproof-Guide-to-Homemade-Salad-Dressings.pdf>

**Thanks Sally H.**

---

# EWG's 2023 Shopper's Guide

[https://www.ewg.org/news-insights/news-release/2023/03/ewgs-2023-shoppers-guide-pesticides-product-blueberries-green?fbclid=IwAR0g9jxKeYL7TxkocUjWzAnQRfzDBezc8YH-ttSMI1XnS\\_ldA\\_xubJwjTdE](https://www.ewg.org/news-insights/news-release/2023/03/ewgs-2023-shoppers-guide-pesticides-product-blueberries-green?fbclid=IwAR0g9jxKeYL7TxkocUjWzAnQRfzDBezc8YH-ttSMI1XnS_ldA_xubJwjTdE)

## Infograph

### Concerned about Pesticides?





## Party Themed Ideas:

Look at the good eats that members were offered at the 2022 NHA Conference.

### **BREAKFAST BUFFET**

Carrot Cake Oatmeal  
Toasted Everything Bagels Eggless Salad  
Banana Cashew Lettuce Wraps

### **BREAKFAST BUFFET**

Banana Walnut Pancakes

Steel Cut Oatmeal

Baked Sweet Potatoes

Steamed zucchini and squash

Apple Hemp Muffins

Bumpa Bars

### **SALAD BAR**

Greens: romaine and mixed baby greens

Toppings: tomato wedges, savory or Napa cabbage, red onion, carrots, jicama, beets, sliced avocado, cucumbers, peppers, and avocado

Beans, salt free: red kidney, black beans

Nuts, raw and unsalted: walnuts, pecans

Seeds, raw and unsalted: sunflower seeds, sesame seeds Dressings: Creamy Avocado Dressing, Vegan Ranch Dressing

### **FRUIT/SALAD BAR**

Fruit: Watermelon, cantaloupe, grapefruit, blueberries, pineapple and bananas

Nuts, raw and unsalted: Cashews and slivered almonds Seeds, raw and unsalted: Ground flax seeds, hemp seeds and pumpkin seeds

Salad: Romaine, spinach, roasted mushrooms, carrots, celery, peppers, cucumbers and avocado

Beans, unsalted: Garbanzo beans

Dressing: Dijon Date Dressing and Creamy Peach Vinaigrette

## **BUILD Your Own Burger Bar:**

**Rodeo Burger**

**BBQ Sauce**

**Onion Rings**

**Mustard and Ketchup**

**Plant-based Mayo**

**Fresh sliced onions, fresh sliced tomatoes, butter leaf lettuce**

**Side dishes:**

**Mac 'n' Cheese Southwestern Bean Salad**

**Coleslaw**

**Waldorf Salad**

**Potato Salad**

**Corn on the Cob**

## **BUILD YOUR OWN MEXICAN BOWL**

**Shredded Lettuce**

**Mexican Rice**

**Sweet Bean Taquitos**

**Easy Sheet Pan Fajitas**

**Fryless Refried Beans**

**Pico De Gallo**

**Salsa Guacamole**

**Salsa Verde**

**Sour Creme**

**Chipotle Nacho Cheese Sauce**

**Sliced Limes**

**Here are the recipes for the items.**

<https://www.healthscience.org/wp-content/uploads/2022/06/2022-NHA-Conference-Recipes.pdf>

## Recipe Box

### Toasted Everything Bagels

Chef AJ

For those who do not eat gluten or flour, your prayers have been answered!

Yukon Gold potatoes, nicely rounded and the size of a bagel Salt-free “everything bagel” seasoning of your choice

1. Steam potatoes and chill for several hours or overnight. I cook them in a pressure cooker in a basket for 5 minutes and immediately release the pressure, then refrigerate them.
  2. When fully cooled, slice the potatoes in half and make a round hole in the center using an apple corer.
  3. Place the seasoning in a small bowl and dredge the cut side of the potato in the seasoning until fully covered with spices.
  4. Place them face up on a tray and air fry or bake at 400°F for 20–30 minutes.
- 

### Summer Watermelon Salad

By Chef AJ

Ingredients:

Watermelon

Cucumber

Fresh mint, chopped

Lime juice and zest

Directions:

*Cube and seed the watermelon and cucumber. I really don't measure but I would estimate I probably use about twice as much watermelon as cucumber, the ratio of cucumber to watermelon is really up to you. Whether you peel and seed the cucumber is up to you. Add fresh mint and lime, to taste. Chill before serving. After a few days, if I still have any salad leftover, I put it in the blender with ice for a refreshing slushy.*

## 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\\_oPbR5yXaA/edit](https://docs.google.com/document/d/1wisGhJlhQVSUoQGYt32EY8v_HPjpEvpB_oPbR5yXaA/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](https://docs.google.com/document/d/1ZOXikylL7o1pOtP9FwASyvub-NPwNEmdwRi3SAkD_9M/edit)

Mini Raw Cookbook  Mini Raw Cookbook

<https://docs.google.com/document/d/1Gsd8wVOlyKSUXlad54mVRTCpVvqLKDOjogukpccH6GA/edit>

Mini Dr. Greger Cookbook  Mini Dr. Greger Cookbook

<https://docs.google.com/document/d/1qGXDowoh3YCHZNpMcRvYFi3sEQR3KtGkaVrbkwNxQss/edit>

Mini Stir Fry and Sauces Cookbook  mini cookbook stir fry and sauces

<https://docs.google.com/document/d/1ys3ZljKfbpbuM9s8nvhwAcnpj7-kF7cdT6iMrWgb6A/edit>

**Note:** If you want to add a recipe to one of the above cookbooks, please email [thevillages.wfpb@gmail.com](mailto:thevillages.wfpb@gmail.com)



# The Physical Impacts of Mental Health

(Love.Life Telehealth May 2023 Newsletter)

Often, people who exercise regularly do it simply because it makes them feel good. Apart from the positive mood, exercise can boost your concentration and alertness. It can even help give you a positive outlook on life.

Other ways that exercise can benefit your mental health:

- It offers an opportunity to get social support if you exercise with others
- Exercise increases your energy levels
- It can often be an outlet for your frustrations
- Exercise can reduce skeletal muscle tension, which helps you feel more relaxed
- The levels of chemicals in the brain, such as serotonin, stress hormones and endorphins, change when you exercise
- Regular exercise can help you sleep better and good sleep helps to manage your mood (and eating patterns)
- Exercise can improve your sense of control, coping ability and self-esteem
- People who exercise regularly often report how good achieving a goal makes them feel
- Exercise can distract you from negative thoughts

The physical benefits of exercise are also important for people with mental illness. It improves your cardiovascular health and overall physical health. This is important because people with mental health issues are at a higher risk of suffering from chronic physical conditions such as heart disease, diabetes, arthritis, and asthma.

Many studies conclude that being active and spending time in nature also helps with anxiety, the most common mental health disorder.

**Love.Life Telehealth has licensed doctors in every state**

## High Blood Pressure

---

High blood pressure, also called hypertension, or increased force through the blood vessel, is an extremely common disease affecting at least half of all Americans.<sup>1</sup> Any blood pressure over 119/79 is elevated and increases the risk of many serious diseases such as heart attacks, strokes, kidney disease, poor circulation, and even dementia.<sup>2</sup> But high blood pressure can be controlled and lowered with diet and lifestyle changes.<sup>3</sup> Diets high in fiber, fruits and vegetables, low in sodium and alcohol, not smoking, getting regular exercise, and learning to handle stress can be powerful tools that improve blood pressure and overall health.

<sup>1</sup>Heart.org

<sup>2</sup>CDC.gov/high blood pressure

<sup>3</sup>Lifestyle measures for treating hypertension, Arch Med Sci, 2017

## Diabetes

---

Type 2 diabetes is on the rise with 1 in 10 people in the US diagnosed with diabetes.<sup>1</sup> Many more are insulin resistant. High fiber, low fat, whole plant foods have been shown to lower blood sugar, HbA1C, prevent and even reverse type 2 diabetes.<sup>2,3</sup> Couple this with lifestyle factors such as exercise and stress management, and type 2 diabetes can be controlled.

<sup>1</sup>CDC.gov

<sup>2</sup>A plant-based diet for the prevention and treatment of type 2 diabetes, McMacken and Shaw, J of Geriatric Cardiology, 2017.

<sup>3</sup>Effectiveness of plant-based diets in promoting well-being in the management of type 2 diabetes: a systematic review, BMJ Journals, 2018.

## Cardiovascular Disease

---

Cardiovascular disease remains the number one killer of both men and women.<sup>1</sup> This includes heart attacks, strokes, and other complications. Lifestyle factors, including diet, exercise, smoking, sleep, stress management, and connection play a major role. Intensive diet and lifestyle interventions have been shown to reduce atherosclerotic plaque and reduce the incidence of heart attacks and strokes.<sup>2</sup>

<sup>1</sup> CDC.gov

<sup>2</sup> Intensive lifestyle changes for reversal of coronary heart disease, Ornish et al. JAMA, 1998.

And many many more. They have licensed doctors in every state.

See one no matter where you are or where you live, in all 50 states and Washington D.C. International consultations are also available.

# Optimum Nutrient Recommendations

Nutrition Facts : Click each nutrient title below for information...

**Vitamin B12**

**Vitamin D**

**Calcium**

**Omega-3**

**Iodine**

**Iron**

**Selenium**

Here is an informational video on B12.

<https://nutritionfacts.org/video/the-best-type-of-vitamin-b12-cyanocobalamin-or-methylcobalamin/>

---

## Resources

### Meal Kits:

Plant Pure Meal Starter Sets

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

Whole Harvest Whole Food Plant Based Meals:

<https://wholeharvest.com/pages/menu>

Here is a discount code “40LIFE” for our group to use at check out for \$40 off any plan or Flex Box order. Our group can also call the care team at 720.790.5740 or [support@wholeharvest.com](mailto:support@wholeharvest.com) for help ordering.

Plant Strong Products:

[https://plantstrongfoods.com/collections/all-plantstrong?utm\\_source=Klaviyo&utm\\_medium=email&utm\\_campaign=5.17.2023%20%7C%7C%20Ways%20to%20Enjoy%20New%20Chili%20%231&utm\\_id=01H0N7BET9Y83X0DV7RZKNVS79&tw\\_source=klaviyo](https://plantstrongfoods.com/collections/all-plantstrong?utm_source=Klaviyo&utm_medium=email&utm_campaign=5.17.2023%20%7C%7C%20Ways%20to%20Enjoy%20New%20Chili%20%231&utm_id=01H0N7BET9Y83X0DV7RZKNVS79&tw_source=klaviyo)

---

### Instagram:

@hellonutritarian

---

### Website:

<https://hellonutritarian.com/nutritarian/>

---

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/>

---

### Farms:

Dirty Dog Organics Farm

<https://blog.visitlakefl.com/dirty-dog-organics-community-based-farming-in-leesburg-fl/>



---

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](mailto:thevillages.wfpb@gmail.com)

---

Podcasts:

Nutritional Facts with Dr. Greger

<https://nutritionfacts.org/audio/>

\*Note: If you want to recommend a podcast, please email [thevillages.wfpb@gmail.com](mailto:thevillages.wfpb@gmail.com)

---

Telehealth:

**Plant Based TeleHealth is now Love.Life Telehealth!**

<https://love.life/telehealth/>

---

Webinar:

<https://nutritionfacts.org/webinar/preventing-and-treating-osteoporosis/>

\*Note: If you want to recommend a webinar, please email [thevillages.wfpb@gmail.com](mailto: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>

Deb Waddell: <https://thepharmstandco.com/pages/whole-food-plant-based-program>

\*Note: If you want to recommend a course, please email [thevillages.wfpb@gmail.com](mailto:thevillages.wfpb@gmail.com)

---

Websites:

Members Sally and Chris have a plant-based fur baby.

They shop at <https://v-dog.com/>

**\*Note: If you want to recommend a website, please email [thevillages.wfpb@gmail.com](mailto:thevillages.wfpb@gmail.com)**

---

Vegan Summerfest:

<https://summerfest.navs-online.org/information/details/>

---

Retreats:

PlantStrong-Sedona

[https://plantstrongfoods.com/pages/2023-sedona-retreat?utm\\_source=Klaviyo&utm\\_medium=email&utm\\_campaign=4.03.23%20%7C%20Retreat%20%7C%20Sedona%20Announced&utm\\_id=01GWWEFKW7FMRVTBV4CJ9BETYD](https://plantstrongfoods.com/pages/2023-sedona-retreat?utm_source=Klaviyo&utm_medium=email&utm_campaign=4.03.23%20%7C%20Retreat%20%7C%20Sedona%20Announced&utm_id=01GWWEFKW7FMRVTBV4CJ9BETYD)

---

NHA Conference:

<https://www.healthscience.org/2023-nha-conference/>

---

Periodicals

View a full issue of *Health Science* for free by clicking on:

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

---

Apps:

Dr. Greger Daily Dozen

<https://nutritionfacts.org/daily-dozen/>

Video:

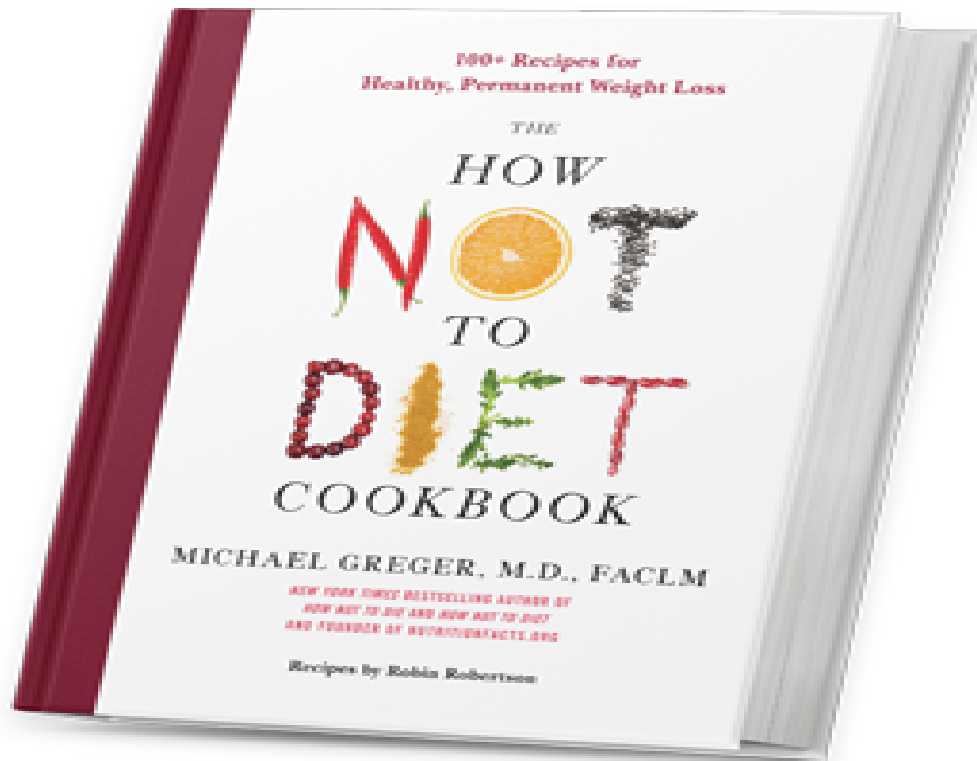
Dr. Greger Dining by the Traffic Light System

<https://nutritionfacts.org/video/dining-by-traffic-light-green-is-for-go-red-is-for-stop/>

**Note: If you want to recommend a documentary or videos, please email [thevillages.wfpb@gmail.com](mailto:thevillages.wfpb@gmail.com)**

---

## Book Recommendations



*The How Not to Diet Cookbook* puts that science into action. From Superfood Breakfast Bites to Zucchini Noodles with Avocado-Cashew Alfredo to Roasted Asparagus with Yellow Pepper Béarnaise to Two-Berry Pie with Pecan-Sunflower Crust, every recipe in this gorgeous collection is simple to prepare and delicious. Cook your way to better health!

---

# Who is Dr. Greger?



Dr. Michael Greger, M.D. FACLM

Dr. Michael Greger is a physician and author who is passionate about helping people live longer, healthier lives. He was born in Washington, D.C. and became a doctor so that he could help people stay healthy and avoid illnesses.

He has found that eating a plant-based diet can help prevent many common diseases, such as heart disease, type 2 diabetes, and certain types of cancer.

Dr. Greger has written several books, including "How Not to Die," which became a bestseller, and has also produced hundreds of videos on nutrition and health on his website, NutritionFacts.org. He has also given talks and presentations all over the world, sharing his message of the importance of healthy eating.

In addition to his work as a doctor and author, Dr. Greger is a member of the American College of Lifestyle Medicine, which is a group of healthcare professionals who promote healthy lifestyles as a way to prevent and treat disease. He is also a founder of the non-profit organization, the Daily Dozen Challenge, which encourages people to eat a healthy, plant-based diet.

## The Daily Dozen, Explained

Dr. Michael Greger is a doctor who wants to help people eat healthier and live longer. He created a list of foods called the Daily Dozen that he thinks are the most important for our health. If you eat these foods every day, you'll get all the nutrients you need to stay healthy and strong.

The Daily Dozen includes:

- 1. Beans:** Eating beans can help you feel full and give you energy. They're also great for your heart!
- 2. Berries:** Berries are a sweet treat that are also good for your brain. They have lots of vitamins and antioxidants to keep you healthy.
- 3. Other fruits:** Eating lots of different fruits will give you all the vitamins and fiber you need to stay healthy.
- 4. Cruciferous vegetables:** These are vegetables like broccoli, cauliflower, and kale. They're good for your digestion and can help prevent cancer.
- 5. Greens:** Eating greens like spinach, collard greens, and lettuce can give you energy and help keep your skin and eyes healthy.
- 6. Other vegetables:** Eating a variety of different vegetables will give you all the vitamins, minerals, and fiber you need to stay healthy.
- 7. Flaxseeds:** Flaxseeds are tiny seeds that are full of healthy fats. You can sprinkle them on your food or put them in smoothies!
- 8. Nuts and seeds:** Nuts and seeds are a great snack that will give you energy and healthy fats.
- 9. Herbs and spices:** Herbs and spices like basil, thyme, and turmeric can add flavor to your food and are good for your health.
- 10. Whole grains:** Whole grains like brown rice, oatmeal, and whole grain bread are good for your heart and digestion.
- 11. Beverages:** Drink water or unsweetened drinks like tea or coffee instead of sugary drinks.
- 12. Exercise:** Exercise is important for your heart, muscles, and bones. Try to be active for at least an hour every day.

Remember, the Daily Dozen is a guide to help you eat healthier. It's not necessary to eat everything on the list every day, but the more you eat from the list, the healthier you'll be!



**Even more from Greger...thanks Chris and Diane**

**Dozen Meal Planning Guide**

<https://drive.google.com/drive/u/2/my-drive>

**Evidence Based Healthy Eating Guide**

<https://nutritionfacts.org/healthkit/>

---

### **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.

---

### **One More Time a Month “Meet Up” for Beginners Support**

*It is hard for beginners of the whole food plant based lifestyle or curious first timers to one of our gatherings to leave our club and not get any support for another 30 days. With this in mind, a club request was put out to see if there were any club members who felt comfortable with the WFPB lifestyle and would make themselves available either by zooming throughout the month, or meeting in person at least a second time during the month, or maybe be able to take a phone call a few times and be used as a sounding board or a resource provider.*

*Well, I am happy to say that eight people have stepped up to the challenge. Four of those eight have a plan...*

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!*

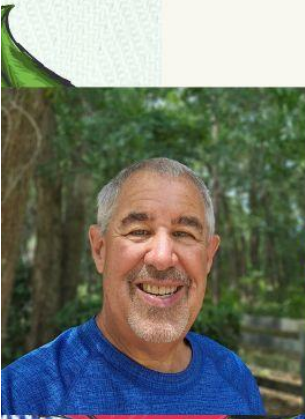


READY TO LEARN MORE ABOUT  
THE WFPB LIFESTYLE?

*Come to a lunch  
and learn!*

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

Thursday, June 22, Noon-1:30  
Ezell Recreation Center Picnic Pavilion  
Village of St. Catherine's  
[jcunning08@gmail.com](mailto:jcunning08@gmail.com)



## Your Input is Needed

The restaurant campaign has begun. The following spreadsheet has been developed listing eateries in and near The Villages along with possible wfpb options. The spreadsheet includes the name, the address, phone number, website, and menu *of the eatery as well as a column for plant based options and a column for notes. The intent is for all of you to be able to view the spreadsheet and have some of the footwork done when it comes to healthy eating decisions here in our area when eating out.*

*If any member wants to add to the spreadsheet, he/she can do so by typing in the shared document, if you are not comfortable working with a spreadsheet, feel free to email [thevillages.wfpb@gmail.com](mailto:thevillages.wfpb@gmail.com) and I will input your restaurant information.*

Click here to view [📄 Restaurant Options](#)

### **\*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 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](mailto:thevillages.wfpb@gmail.com)

---

**Yours in Health,**

**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](mailto:thevillages.wfpb@gmail.com)

**YouTube:**

<https://www.youtube.com/@thevillageswfpbyoutubechannel/featured>

**Pinterest:**

<https://www.pinterest.com/thevillageswfpb/>

**Past Newsletters:**

**December 2022**  **Newsletter DECEMBER2022**

**January 2023**  **Newsletter JANUARY2023**

**February 2023**  **Newsletter February 2023**

**March 2023**  **Newsletter March 2023**

**April 2023**  **Newsletter April 2023**

**May 2023**