



The Villages WFPB Support Group Monthly Digest
August 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.

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

Thank you, Kaitlyn Kuehn of Zephyr Gills Mushroom Farm and Randall Simonson, for speaking to the club about mushrooms. Be sure to visit them at the Brownwood Farmer's Market in The Villages every Saturday morning.



Coming Attractions...

September

Drew Craven, the Executive Director of The Villages Grown, will talk about The Villages Grown

October

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. 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>

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. More details to come and we sure could use some volunteers!! Email: 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 will be distributed at the September gathering at Riverbend Rec. Center. Thank you so much!!

Soy Sauce, Tamari, Liquid Aminos–What’s the Difference?

Forks Over Knives:

[click here to find out](#)

Best Foods to Keep you Hydrated:

Plant Strong:

[click here](#)

Beginner’s Guide to Whole Food Plant Based

Forks Over Knives:

[click here](#)

Health and Science Articles on WFPB Type Topics

CHIP Health:

[click here](#)

Mouthwatering Mushrooms

Food Revolution:

[click here](#)

Instant Pot Dump and Go
Chili Smith Family Food:

[click here](#)

Plantician Project
Plant Based Research Articles

[click here](#)

Whole Food Plant Based
Restaurant Placard

 wfpb placard.pdf

Forks Over Knives
Cooking Times

 FOK_Cooking_Times_Grains.pdf

Advent Health
Eat Plants Feel Whole
Resources

[click here](#)

(requires filling out a form)

How to Cook Beans, Legumes and Lentils
in the Instant Pot

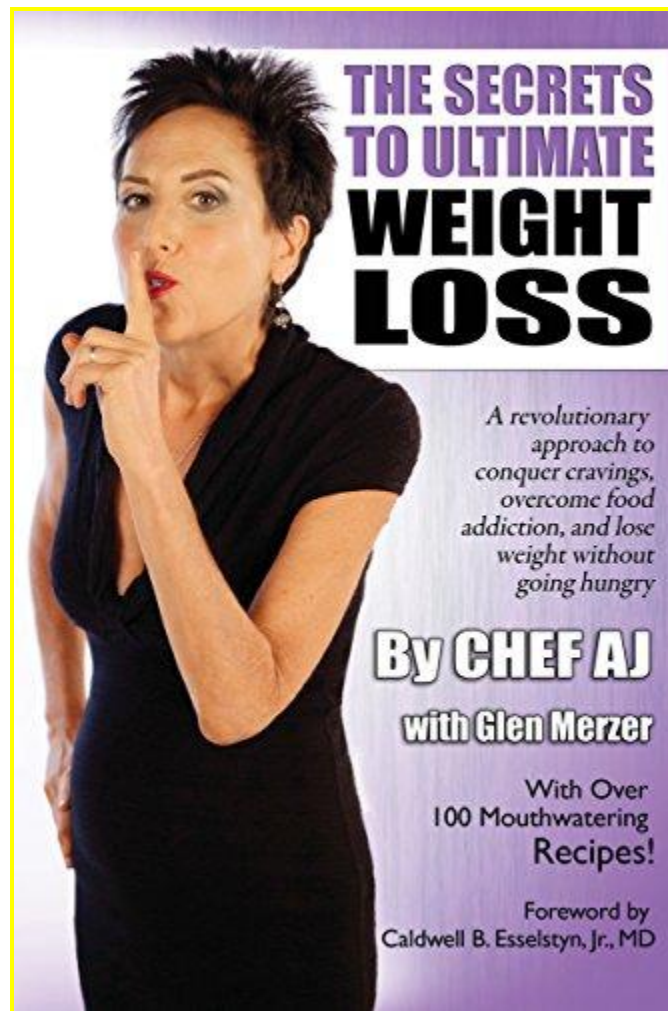
[click here](#)

Whole Grains Cooking Guide
In the Instant Pot

[click here](#)

How to Eat Plant-Based
Amongst Meat Eaters

[click here](#)



The Secrets to Ultimate Weight Loss: A revolutionary approach to conquer cravings, overcome food addiction, and lose weight without going hungry.

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!

(A SATURDAY IS IN THE WORKS!)



Restaurant Options:

The following spreadsheet has been developed listing eateries in and near The Villages as well as some chains with possible wfpb options.

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 and I will input your restaurant information.

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

For those of you eating outside of The Villages, Florida, the following resource is for eateries as well.

Click here to view [☰ Dining at Restaurants and Fast Food](#)

Resources:

<u>Documentaries:</u>	documentaries
<u>Meal Kits:</u>	meal kit delivery
<u>Instagrams:</u>	instagrams
<u>Websites:</u>	websites
<u>Frequently Asked Questions:</u>	Q & A
<u>Articles:</u>	articles
<u>Podcasts:</u>	podcasts
<u>Telehealth:</u>	telehealth
<u>Webinar:</u>	webinars
<u>Courses:</u>	courses
<u>Vegan Summerfest:</u>	summerfest
<u>Retreats:</u>	retreats
<u>NHA Conference:</u>	conferences
<u>Periodicals:</u>	periodicals
<u>Apps:</u>	apps
<u>Books:</u>	Books
<u>Cooking with Young Adults:</u>	click here
<u>Health Topics:</u>	click here
<u>How To:</u>	click here
<u>Microgreen Starter Kit:</u>	click here
<u>Sprouting Beginners Kit:</u>	click here

Tools:

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

Social Medias:

<u>Webpage:</u>	click here
<u>Copy Me That Char's Account:</u>	click here
<u>Copy Me That - Your Account:</u>	click here
<u>Facebook:</u>	click here
<u>Nextdoor:</u>	click here
<u>Email:</u>	click here
<u>YouTube:</u>	click here
<u>Pinterest:</u>	click here
<u>Amazon Link:</u>	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
<u>April 2023:</u>	Newsletter April 2023
<u>May 2023:</u>	Newsletter May 2023
<u>June 2023:</u>	Newsletter June 2023
<u>July 2023:</u>	Newsletter July 2023

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
