



The Villages WFPB Support Group Monthly Digest

April 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

Coming Attractions...

May

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

also

Alan Blecker will speak to the club about his experience attending The PlantStrong 2023 Retreat

June

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

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



Thank you, *Deb Waddell*, for educating us on *"The Correlation between Plant Medicine and Plant Food"*

Here is the link for Deb's Whole Food Plant Based Nutritional Program:

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

Monthly Challenge

Our May challenge will be a high-raw plant-based challenge for at least 5 days of the month.

This is how it works:

The goal is to enjoy a fully raw diet during the daytime with a healthy cooked (or raw) plant-based meal during the evening. It's all about emphasizing vibrant, raw fruits and vegetables, and clean wholefoods.

Daytime

Smoothies, smoothie bowls, large amounts of fresh fruits, fruit salads, dried fruits, nuts and seeds, bliss balls, chia puddings, medjool dates, guacamole and veggie sticks, large raw salad with a delish homemade dressing.

Ensure you eat as much as you need to feel full and satisfied! Focus on eating plenty of fruit during the day.

Evening

Enjoy a simple and wholesome cooked or raw plant-based meal. Focus on getting in loads of fresh produce.

Some ideas include hearty salads, Buddha bowls, roast traybakes, rainbow rice paper wraps with dipping sauce, soups, curries, raw salads or your fab healthy plant-based dish!

Keep it simple. Don't overwhelm yourself with trying to cook fancy meals etc. enjoy the basic preparation of eating food from nature.

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

2. [newcomers part 2](#)

<https://docs.google.com/document/d/13LgPRhMqjAEU6WlI5gXXoeQl4WQljtAmqezJUQQ4upY/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

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.

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-produce-blueberries-green?fbclid=IwAR0g9jxKeYL7TxkocUjWzAnQRfzDBezc8YH-ttSMI1XnS_lDA_xubJwjTdE

COLLECT AND DONATE YOUR FOOD SCRAPS

Two Farms—One Dream—Gainesville, Florida

https://twofarmsonedream.com/?utm_source=CompostNow&utm_campaign=Friends&utm_medium=web

Here are some links to Minimalist Baker's Smoothie Recipes:

- **[Blueberry Almond Butter Smoothie](#)**
 - **[Next-Level PB&J Smoothie](#)**
 - **[Gingery Mango Berry Smoothie](#)**
 - **[Creamy Zucchini Blueberry Smoothie](#)**
-

Cinco de Mayo

Plant-Based Cooking with Diane Smith

<https://www.plantbasedcooking.com/plant-based-cinco-de-mayo-menu/>

Recipe Box

Healthy Apple Nachos

2 cut up apples of choice

1/4 cup natural nut butter drizzle

Sprinkle of dark chocolate chips

Sprinkle of shredded coconut

Sprinkle of slivered almonds

Sprinkle of Cinnamon

Assemble: On a serving plate, lay your apple slices in a single layer around the outside edge, then layer another small layer over those but towards the inside center of the plate.

Drizzle the nut butter in a circular motion or zig zag, from the middle of the plate to the outside edge.

Top with chocolate chips, coconut flakes, almonds and a sprinkle of cinnamon.

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_HPjEvpB_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

Mini Raw Cookbook

 Mini Raw Cookbook

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

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

Food of the week _____

STRAWBERRIES

5 Fast Facts:

- The modern strawberry originated in 18th century Europe, as a hybrid of 2 species from North America and Chile
- Great source of vitamin C, manganese, folate, and potassium
- Rich in antioxidants and plant compounds that may fight heart disease and cancer
- May help with blood sugar control
- Strawberry allergies are common, especially in children



The six pillars of lifestyle medicine are:

- 1. A whole food, plant-predominant eating pattern**
- 2. Physical activity**
- 3. Restorative sleep**
- 4. Stress management**
- 5. Avoidance of risky substances**
- 6. Positive social connections**

nutritarian

[nu-tri-tar-ian]

A person who habitually eats a high-nutrient, whole food, plant-based diet, avoids processed foods and cooks without oil and excess salt. Oh-and feels absolutely amazing doing it!

Resources

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

Podcasts:

-  *Hormone Guru Reveals All (37 mins)*
-  *Building Daily Rituals to Address Root Cause (34 mins)*
-  *The Bias of Tech (43 mins)*
-  *Harnessing the Power of Joy For Hormones and Health (42 mins)*

*Note: If you want to recommend a podcast, please email 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

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

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

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

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/>

Videos:

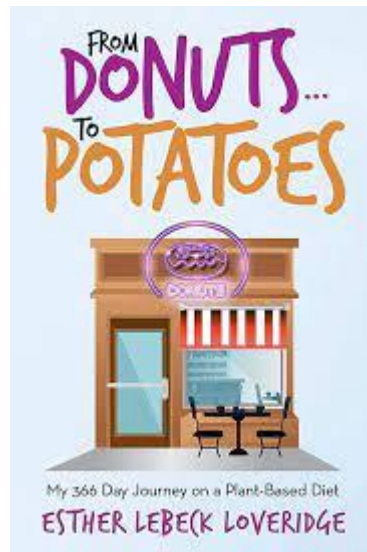
Thanks-Joe- for these wonderful resources of Dr. Greger...(Joe also found Dr. Greger's book free on Amazon if you have a kindle).

https://nutritionfacts.org/topics/heart-disease/?mc_cid=e8e02e2775&mc_eid=f140c6b641

https://litvideobooks.com/how-not-to-die?mc_cid=e8e02e2775&mc_eid=f140c6b641

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

Book Recommendations



Esther has written this book in response to requests from her Facebook followers but her daily words will offer encouragement to any reader who has tried everything to lose weight and has almost given up hope. She will take you on her personal journey for a whole year. These daily posts will give you new insights on how you can be your best both physically and spiritually as you navigate your own journey. These posts can be read on a daily basis to inspire you. You are not alone. Help is on the way.



MORE FROM DR. GREGER...

<https://mailchi.mp/nutritionfacts.org/jan-82256?e=f140c6b641>

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 four people have stepped up to the challenge. Stay tuned to see what will be offered. Many thanks to all that give back to help others become healthier!

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 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

Yours in Health,
CHARLENE WAGNER

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



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)

Pinterest:

[thevillageswfpb](https://www.pinterest.com/thevillageswfpb)