

Plant Based MN Newsletter

Instagram @plantpuremn.

FB and Meetup: **Plant Based MN**



Are Seed Oils Healthy?

The truth lies in the research. [Dr. Roxie Becker](#) does a deep dive into the data surrounding the controversial cooking oils. In a conversation with "[The Weight Loss Champion](#)" [Chuck Carroll](#), Dr. Becker highlights misinformation surrounding seed oils, particularly the claim that they are inflammatory. Critics often reference a systematic review showing no significant difference in arachidonic acid levels in the body, regardless of linoleic acid intake. However, Dr. Becker also emphasizes that seed oils should not be the primary focus of a diet due to their high fat and caloric values, both of which contribute to obesity. [Click Here](#) to listen to this podcast.

CALL TO ACTION



MN Plant-Based Kids has an opportunity for interested plant based eaters. They are looking for people to call and email their MN House Rep and MN Senator once per week telling them to "support plant-based school meal option."

Illinois has a law requiring school districts to offer a plant-based meal upon request and we think **Minnesota should have the law, too**. The goal is to get 10 calls per week per district, so we need people to encourage their plant-forward friends and family to help call in, too. Click here for the signup form for people who want to join the coalition: <https://forms.gle/JKnK5MuKxzwqr9tSA> Volunteers are also needed to attend meetings that have been set up with legislators to lobby for plant based meals. For more information contact Genevieve Vavreck at mnplantbasedkids@gmail.com, or 651-338-8806.



Kickstart Your Health with Kayla!

Learn how to begin a low fat, plant-based diet with this online Food For Life class!

REGISTER TODAY!
plantbasedatyourpace.com

Ready to kickstart your health?

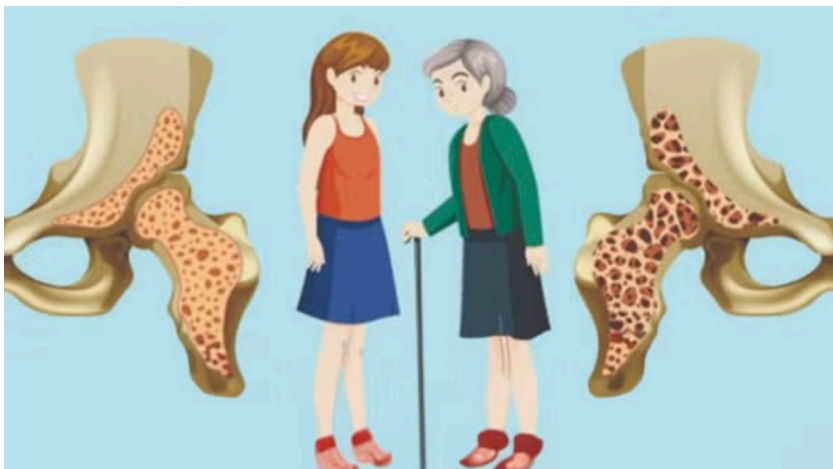
Join Food For Life Instructor Kayla for an online class packed with everything you need to get started or take your plant-based lifestyle to the next level! Gain expert insight from Dr. Neal Barnard, learn nutrition facts and healthy weight management strategies, discover delicious recipes, and watch a live cooking demo. Transform your health one bite at a time! The next class will be on Thursday, February 27th from 2-4 pm.

Register now at <https://www.plantbasedatyourpace.com/cooking-classes> – Limited spots available!

Please reach out to Kayla via email if you need assistance paying for the class or with any questions: kayla@plantbasedatyourpace.com

February Event Calendar

Wednesday, February 5, 7 pm Ridgedale Library
How to best Reverse Osteoporosis



Theresa Ditter, a Building Healthy Communities leader, will be presenting *How Best To Reverse Osteoporosis* by eating greens, beans, fruits, and incorporating resistance training. We will further discuss avoiding meat, dairy, calcium supplements and uncover the dangerous side effects of bisphosphonate drugs like Fosamax & Boniva.

https://www.meetup.com/plantbasedmn/events/305749057/?eventOrigin=group_upcoming_events

Thursday, February 6, Online Presentation

Plant Based Nutrition Workshop

David Frykman, a Building Healthy Community leader, will help you learn about the science behind Whole Food Plant Based (WFPB) diets and their ability to arrest and reverse conditions such as heart disease, Type 2 diabetes and obesity. WFPB diets have also been shown to reduce cancer risk, Alzheimer's disease and many auto-immune disorders. Learn how to take charge of your own health by eating a diet that is also better for the environment and kinder to the animals.

https://www.meetup.com/plantbasedmn/events/305559570/?eventOrigin=group_upcoming_events

Wednesday, February 12, 6-7:30 pm, Edina Library, 5280 Grandview Square

Preventing Alzheimer's Disease

Alzheimer's may be the most feared of all diseases, because a person can lose their connection to family and friends. Learn how Alzheimer's disease is largely preventable through plant-based nutrition, social engagement, exercise, sleep and stress management. Dementia can also be reversed if caught at the Mild Cognitive Impairment (MCI) stage. Even those with a genetic susceptibility to Alzheimer's (~10% of the population) can delay the onset by 10-15 years. Presented by David Frykman, a Building Healthy Community leader.

https://www.meetup.com/plantbasedmn/events/305504371/?eventOrigin=group_upcoming_events

Thursday, February 13, 7-8pm

Plant-Mazing Friendly Conversations with Friendship Community Services (FCS)

Join your host Sharmaine Russell, a Building Healthy Communities leader, for "Plant-Mazing Friendly Conversations with Friendship Community Services", a

vibrant and inspiring session where we have a conversation about the heart of plant-based living. This engaging talk, part of FCS Friendly Conversations series, will explore the transformative power of plants not just on our plates but in our communities. Discover how adopting a plant-based lifestyle can foster deeper connections, enhance your health, and gain a better quality of life. Whether you're a seasoned vegan or just curious about plant-based eating, this conversation is designed to enlighten, inspire, and connect. Let's share stories, exchange ideas, and grow together in this journey toward health and community. Don't miss out on this opportunity to be part of a movement that's as nourishing to the planet as it is to our bodies. See you there!



**FRIENDSHIP COMMUNITY
SERVICE'S COMMUNIVERSITY
PRESENTS:**

FRIENDLY CONVERSATIONS

**The Transformative Power of Plants Not Just on
Our Plates But In Our Communities
w/Sharmaine Russell**



February 13TH @ 7PM
join

IN PERSON-FB LIVE-ZOOM

**Greater Friendship Missionary Baptist Church
2600 E. 38th St. Minneapolis, MN**

EMAIL FCS@GREATFRIEND.ORG FOR ZOOM LINK



Wednesday, February 19, 6-8 pm Dinner out at Indian Masala

Join us at Indian Masala in Maplewood for a Vegan Buffet dinner. Located at 27 Century Ave N, Indian Masala holds a fully vegan buffet on Wednesdays and Thursdays on the first and third weeks of every month. RSVP here. https://www.meetup.com/plantbasedmn/events/305125141/?eventOrigin=group_upcoming_events

Wednesday, February 19th, Flourish Community Meal

This plant-based food shelf is located in south Minneapolis and provides the community with non-animal-sourced foods. Open every Wednesday, the food shelf needs a few volunteers on the third Wednesday of every month. You can work 11:30 to 1:30 or 1:30 to 3:30. (Some people choose to work both shifts.) Plant-Based MN volunteers also prepare and serve a healthy plant-based lunch to the food shelf patrons on the third Wednesday each month. For more information email: plantbasedmn21@gmail.com



Monday, February 24, Winter Community Education Class.

Plant Pure MN is starting to teach community education classes as a way to further spread the word on the benefits of a plant-based lifestyle. Our first class with the SoWashCo (South Washington County) Community Ed is scheduled for Monday, Feb 24, in Cottage Grove. The class is 6pm-7:30 pm and includes a presentation and a food tasting. The cost of the class is \$15. Check out the link below for more information and to register for the class. Hope to see you there! <https://sowashco.ce.eleyo.com/course/24329/winter-2025/plant-powered-lifestyle-and-tasting>

HIGHLIGHTS from January

Tuesday, January 7th, Herself Health Clinic-Lyndale

How Best to Reverse Osteoporosis

We discussed *How Best To Reverse Osteoporosis* by eating greens, beans, fruits, and incorporating resistance training. We also discussed avoiding meat, dairy, calcium supplements and uncovered the dangerous side effects of bisphosphonate drugs like Fosamax & Boniva.

Wednesday, January 15th, 6-8 pm, Indian Masala

On January 15, 2025, a group of 20 gathered together to enjoy a fabulous vegan buffet dinner at Indian Masala in Maplewood. There were several new menu items which proved to be delicious and, as always, there were two oil-free options available. There was lively conversation throughout the evening as we were joined by some of our regulars and also welcomed several new faces. Please join us for our next dinner on **Wednesday, February 19** between 6p and 8pm. Sign up on Meetup for just show up and join the fun.

Wednesday, January 15th, Flourish Community Meal

45 people enjoyed a delicious meal of oatmeal-banana pancakes with tofu scramble.

Thursday, January 16th, 10-12 AM, How Best to Reverse Osteoporosis

Due to many interested requests, this talk was repeated at the Lunds & Byerly's in St. Louis Park. A large crowd enjoyed asking questions and learning more about this common condition.

Saturday, January 25,

Ridgedale Public Library, 12601 Ridgedale Dr, Minnetonka

24 people listened to a presentation on health improvement through dietary change. We discussed what is a whole food plant based diet and how following this dietary pattern can help you build a better you. Attendees were served a tasting of creamy wild rice soup and chickpea chocolate chip cookie dough bites.

SAVE THE DATES

March 8-15 Holistic Holiday at Sea

This Vegan cruise offers daily educational talks from leaders in the healthy lifestyle movement while at sea and fun ports of call. Already, there are a handful of people from the metro area that have booked tickets for this cruise. For more information, see the link below. <https://holisticholidayatsea.com/>

Sunday, March 23, Eagen Wescott Library, Dr. Jengyu Lai, Unlocking Your DNA: How Lifestyle Medicine Prevents and Manages Cancer.

Cancer is influenced not only by genetics but also by the lifestyle choices we make every day. In this presentation, we'll explore how simple habits like regular physical activity, eating a plant-based diet, managing stress, and getting enough sleep can directly influence your genetic expression and protect you from cancer. By understanding the power of **epigenetics**—the study of changes in gene expression triggered by lifestyle factors—you'll learn how you can take control of your health. This talk will show you how everyday choices can play a pivotal role in preventing cancer, managing existing diagnoses, and preventing recurrence. Together, we'll uncover the science of how small shifts in our lifestyle can help rewrite our genetic code for a healthier future.

1340 Wescott Road · Eagan, MN.

RSVP https://www.meetup.com/plantbasedmn/events/305873084/?eventOrigin=group_events_list

April 17-18, Community of Wellness 2025 Symposium, Mayo Civic Center, Rochester Mn

Community of Wellness
Symposium & Gala

April 17–18, 2025
Tickets on sale now.

**Lifestyle Medicine:
Pathway to Health
and Prosperity**

Join us at our annual Symposium and Gala to discover how to unlock prosperity, embrace plant-based lifestyle medicine, and thrive!

1.6 CEUs AVAILABLE

Mayo Civic Center, Rochester, MN

Experience a vibrant two-day retreat with expert-led presentations, Walk With A Doc, rejuvenating meditation & sound bathing, stretching and networking!

Enjoy two days of delicious whole food, plant-based breakfast and lunch included with your symposium ticket.

Plant Based MN has supported the Lotus Health Foundation's Community of Wellness Symposium for several years.

This outstanding two-day event is a highlight of the calendar year for those who seek to improve their health and their lives.

This year's event will be at the Mayo Civic Center in Rochester, MN (30 Civic Center Dr SE).

Please join us for this amazing lineup of National, International, and local experts on lifestyle medicine.

The 2025 theme for this Seventh Annual Community of Wellness Symposium and Gala is, "Lifestyle Medicine: Pathway to Health and Prosperity".

The speaker lineup includes best-selling authors Dr. Neal Barnard, Brenda Davis, Drs Dean and Ayesha Sherzai, Exam Room Podcast host Chuck Carroll, and many more.

For complete details and registration, Please Follow this link. <https://lotushealthfoundation.org/2025-event/>

HELPFUL RESOURCES

HEALTHY CONVENIENCE FOODS:

WFPB Whole Food Plant Based

There's a growing number of sellers of health-promoting convenience foods. Take a look at these options to see what might appeal to you.

wellyourworld.com

plantstrong.com

firstseedfood.com

plantpurenation.com

TWIN CITIES VEGAN CHEF COLLECTIVE

Events (pay what you want/can)

Location: Zion Lutheran Church, 1697 LaFond Ave, Saint Paul

Tuesdays, 11am-8pm COMMUNITY MEAL

5 course vegan, GF, nut free, corn free

Thursdays, 11am-3pm HYBRID food distribution and meal
(not strictly vegan)

5-8pm. VEGAN open market and community meal

Fridays, encampment outreach, meals prepped, packed, and taken to encampment communities in Saint Paul

see @the.T.C.V.C.C_ Instagram for more info

Also see Patreon.com and @Chef-Collective-1123

RECIPES:

Chickpea Cookie Dough Bites

Makes 18 Bites

1 (15.5-ounce) can of low-sodium chickpeas
1/4 cup almond butter
3 tablespoons maple syrup
1 teaspoon vanilla extract
1/2 teaspoon sea salt
1/4 cup oat flour
5 tablespoons mini vegan chocolate chips

Add the chickpeas, almond butter, maple syrup, vanilla, and sea salt to a food processor. Process until smooth and creamy. Add the oat flour and pulse until a dough forms. Add the chocolate chips and pulse until the chips are evenly dispersed into the dough.

Use a tablespoon or small cookie scoop to scoop out the dough, 1 tablespoon at a time. Roll each scoop into a ball. Refrigerate until ready to serve.

PER SERVING (2 BITES): 81 CALORIES, 2 G PROTEIN, 10 G CARBOHYDRATE, 4 G SUGAR, 4 G TOTAL FAT, 5% CALORIES FROM FAT, 1 G SATURATED FAT, 2 G FIBER, 138 MG SODIUM

Recipe by Dustin Harder from *The Power Foods Diet* by Dr. Neal Barnard

If you can't make it to one of our meetings but have questions or thoughts about your whole food plant-based journey, please reply to this email and include how you'd like to be contacted. We're here to help!

PlantPure Communities:

Is an all-volunteer group dedicated to informing the general public about the benefits of the whole food plant-based (WFPB) diet and providing support to people who are working to change their diet. Everyone is welcome no matter where they are on their journey to better health.

It is not all or nothing, the more closely you follow the guidelines, the faster you see results.

If you no longer wish to be on this mailing list, please reply "unsubscribe" to this email.