

# Plant Based MN Newsletter

Instagram @plantpuremn.

FB and Meetup: **Plant Based MN**, plantpuremn.com

PlantPure Communities joined the Physicians Committee for Responsible Medicine (PCRM) last year and is now known as Building Healthy Communities. We are one of the many action networks of PCRM.

Building Healthy Communities is an all-volunteer, grass-roots 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.

**Mission Critical** is a weekly update on the work being done by the Physicians Committee for Responsible Medicine. This recording includes Cassie Clifford speaking about Building Healthy Communities.



# CALL TO ACTION

## National Legislation:



The so-called Whole Milk for Healthy Kids Act (H.R. 649/S. 222) would reverse long-standing current federal policies and force schools to offer students whole dairy milk, which is high in saturated fat and poses significant health risks. This bill is a top priority for the dairy industry. **Congress should protect children's health, not corporate profits.** Tell your Members of Congress to oppose this dangerous bill.

Action Alert: [Help stop the "Whole Milk for Healthy Kids Act" bill by filling out the form](#), which will be sent directly to your local congressperson.

## State Legislation:

**BREAKING NEWS:** The bill for plant-based school meals on request in Minnesota could get passed this year!

**Contact your Minnesota State Senators** and ask them to support **SF 2970** which would ensure that a student requesting a plant-based school lunch can access appropriate food. **To find your find your State Senator**, use the link to search your address, and click "Contact" next to your State Senator section.

Write them a quick message in your own words -- it can be as simple as "Please support SF 2970 to support students I care about." and a signature with your address. (Please only take this action if you live in Minnesota, and contact your own state senators only).

This is time-sensitive and critical. On behalf of all of us who have been working hard on this bill, thank you!



**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

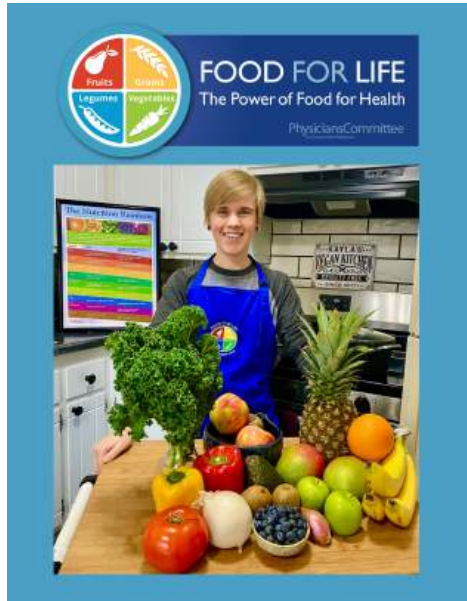
calls per week per district, so we need people to encourage their plant-forward friends and family to help call in, too. [Click here](#) for the signup form for people who want to join the coalition. Volunteers are also needed to attend meetings that have been set up with legislators to lobby for plant based meals. For more information contact Genevieve Vavreck at [mnplantbasedkids@gmail.com](mailto:mnplantbasedkids@gmail.com), or 651-338-8806.

## April Event Calendar

### April 1, Plant Based Nutrition Workshop, Online

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 risk, 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. Your instructor is David Frykman, a Building Healthy Community leader. [RSVP here.](#)

**April 10, Food for Life Class, 1:00-3:00 pm, online. Kickstart Your Health: Power of Your Plate.** This class will focus on getting you ready to start a low fat, plant-based diet. Includes nutrition facts, healthy weight management strategies, recipes, resources, an educational video with Dr. Neal Barnard and a cooking demonstration!



Take a Food For Life Class with Kayla!

What is Food for Life?

Food For Life (FFL) is a program created by the Physicians Committee for Responsible Medicine (PCRM) to educate communities on the power of nutrition to prevent and reverse the most common chronic diseases such as diabetes, obesity and heart disease.

Kayla is a licensed FFL instructor ready to teach you about the important role nutrition plays in our health and how to apply that in your kitchen! Kayla is also certified in plant-based nutrition by eCornell University through the Center For Nutrition Studies.

For a list of classes and descriptions please click [the link to her website.](#)

These classes are for anyone, anywhere on their health journey regardless of their current diet and/or lifestyle!

**April 10, Health is Wealth Fair! 3:30-5:30 At the University Y, 1801 University Ave SE, Mpls**

Building Healthy Communities was invited to partner with Lotus Health Foundation to table at this Health Fair and talk to the University of Minnesota students about Food is Medicine. We will have a spinning wheel for prizes including healthy snacks and raffles for chances to win books and tickets to the upcoming Symposium.

**HEALTH IS WEALTH FAIR!**  
**COLLEGE STUDENTS WELCOME!**  
**APRIL 10TH AT THE UNIVERSITY YMCA**  
**1801 UNIVERSITY AVE SE!**  
**3:30PM - 5:30PM**

RESERVE YOUR COVID AND/OR FLU VACCINATION TIME HERE!  
 Learn about vaccination gift cards too...

**ucare**  
 Health care got you confused?  
 Talk with the experts!

**BESTIE BUNNIES RETURN TO THE UY - WE ARE HOPPY!**

**Lotus Health Foundation**  
 Learn about Mental Health First aid training

**Spin the UY Wheel of Hope and Win Prizes!**

**University YMCA**  
 1801 University Ave SE

**Public Health**  
 Nutrition LIPID PANEL TESTS from the Dietitians

**Pause and Paint -- de-stress activities**

**FOR COLLEGE STUDENTS!**  
**YOUR HEALTH IS YOUR WEALTH FAIR**  
**THURSDAY APRIL 10TH, 2025**

**FLU VACCINATIONS!**  
 GET VACCINATED of the UY!  
 Must be 18+ years old to be eligible Post receiving vaccination at our event, your name will be entered into a drawing for a 25.00 gift certificate!

**1801 University Ave SE 3:30 - 5:30PM**

**University YMCA FLOOR BY FLOOR!**

**3** TOXIC FREE personal care products and chemical exposures info  
**ucare** Health and Health Insurance Information  
 Promoting Healthy Lung! UY Wheel of Health & Hope Fortuna! Learn about Mental Health First Aid Training

**2** JJ's Jabarones, Flu Vaccinations with Boynton Health Services & Vaccinate Your Family

**1** PAUSE TO... PLANT PABBY RELAX! SUCCELENTS!

**BUNNIES** from Bestie Bunnies will be visiting from 4:00 - 5:00PM

**ucare** **VACCINATE YOUR FAMILY** **FAMILIES**

**April 16, 6:00-8:00 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.](#)

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

**Just Announced:** virtual ticket available for those unable to physically attend. \$69

**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**

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.

Mayo Civic Center, Rochester, MN

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](#).**

# HIGHLIGHTS FROM MARCH

## **Wednesday, March 19, 6-8 pm, Dinner out at Indian Masala**

We enjoyed a delicious dinner and great conversation. There was a lot of discussion about the upcoming Wellness Symposium in April.

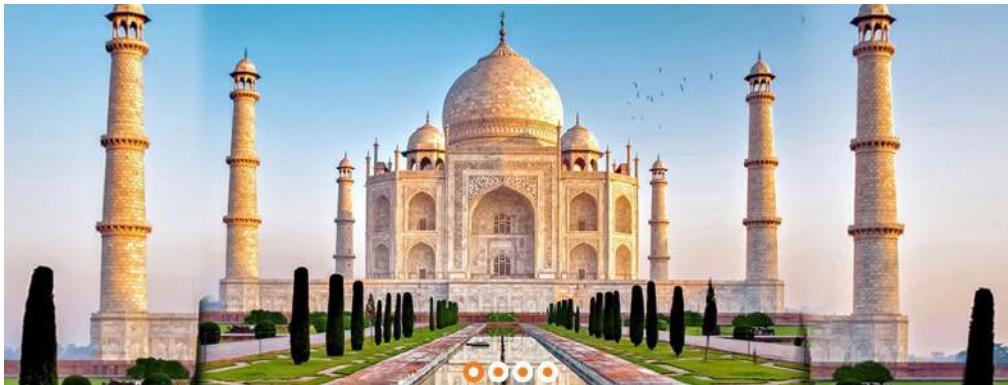


## **Sunday, March 23, Eagan Wescott Library, Dr. Jengyu Lai, Unlocking Your DNA: How Lifestyle Medicine Prevents and Manages Cancer.**

Dr Lai presented compelling evidence linking cancer and lifestyle choices. 25 people attended and were educated by this enlightening presentation. We explored 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—we learned how to take control of our health. We uncovered the science of how small shifts in our lifestyle can help rewrite our genetic code for a healthier future.

Dr. Lai is the Chief Manager of Rochester Clinic and has been providing podiatric and wound care for almost two decades. He earned his DPM (Doctor of Podiatric Medicine) at the College of Podiatric Medicine at Des Moines University in Iowa. After completing a fellowship in Biomechanics Research and a residency in podiatric orthopedics, he accepted a fellowship in Physical Medicine and Rehabilitation at Mayo Clinic in Rochester, MN.

# SAVE THE DATES



## **May 21, 6:00-8:00 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.](#)

## **May 22nd, How Not to Die, Online Event, with a live Q & A with Dr. Greger**



Dr Greger will join as a special guest for a Q & A the last 30 minutes of this class. First, we will watch the 1 hour and 16 minute How Not to Die video. The book and video are loaded with information that will be new to most people eating a plant-based diet. It took Dr Greger 3 years to sort through all of the science on aging. Over that time frame he read over 20,000 papers on aging. Studies on identical twins show

that genes only account for 20 - 30% of our lifespans, which means what we eat and how we live are key determinants. You will learn about how diet, and certain foods, can positively affect processes involving autophagy, cellular senescence, AMPK, glycation and others. Hosted by David Frykman, a Building Healthy Communities leader. [RSVP here.](#)



# 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](http://wellyourworld.com)

[plantstrong.com](http://plantstrong.com)

[firstseedfood.com](http://firstseedfood.com)

[plantpurenation.com](http://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:

Roasting Cauliflower Whole

[https://www.kathysvegankitchen.com/wprm\\_print/roasting-cauliflower-whole](https://www.kathysvegankitchen.com/wprm_print/roasting-cauliflower-whole)



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!

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.*