

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.

From the Plantstrong Blog

Here is a great summary of practices you can use when discerning the truth about nutritional claims.



If we don't understand the
**STRENGTH OF
THE EVIDENCE
BEHIND A CLAIM,**
we risk being pulled in a
hundred different directions
—none of which may be
**ROOTED IN
ACCURACY.**

Adam Sud

**PLANT
STRONG**

The graphic features a blue background with a white border. On the right side, there is a portrait of Adam Sud, a man with glasses and a black t-shirt, smiling. The text is arranged on the left side of the graphic, with the main quote in white and the key phrases in bold blue. The Plant Strong logo is at the bottom left.



Report on the March Vegan Cruise

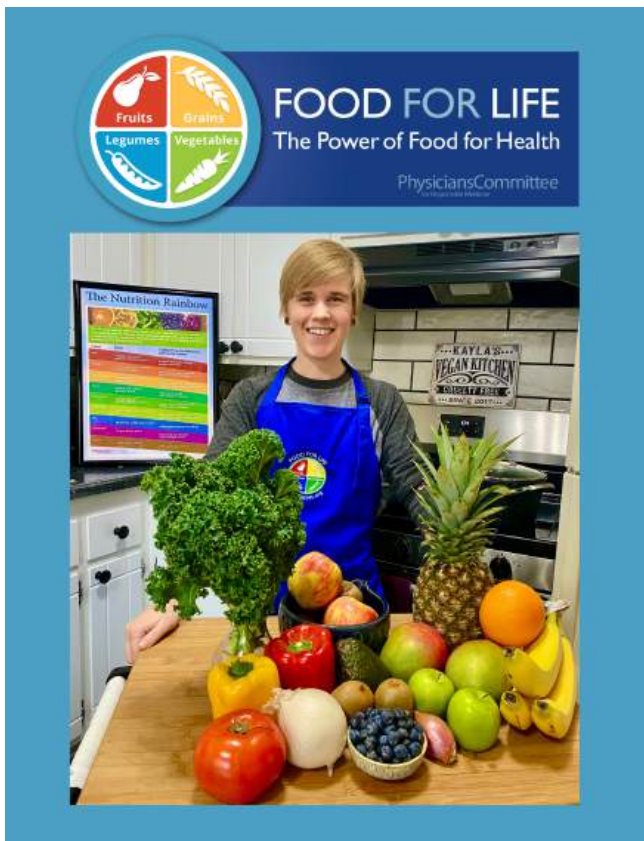
Several of us (Theresa Ditter & Paul Buscemi, Steve & Janet Thompson, Celeste & Michael Knoff, Dave & Chris Frykman, Kayla Mackenzie, Jean Christy) were on the Holistic Holiday at Sea cruise from March 8 - 15. While we were cruising we had the opportunity to attend 75 classes put on by 40 teachers all centered on plant-based nutrition. In addition, we were able to explore some of the beautiful Caribbean islands at the different ports. This was a fun vacation that combined the benefits of vegan nutrition along with world-renowned plant-based inspiring leaders. Some of the great leaders were there like Dr. Greger, Dr. Neil Barnard, Doctors Dean & Ayesa Sherzai, Dr. Klapper, and Ocean Robbins. There were 1,600 of us vegans on the cruise. They had fun vegan snacks in the evening along with dancing. It is a truly positive experience to be around so many plant-based people.

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.



Please click the link to her website for a list of classes and descriptions.

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

May Event Calendar

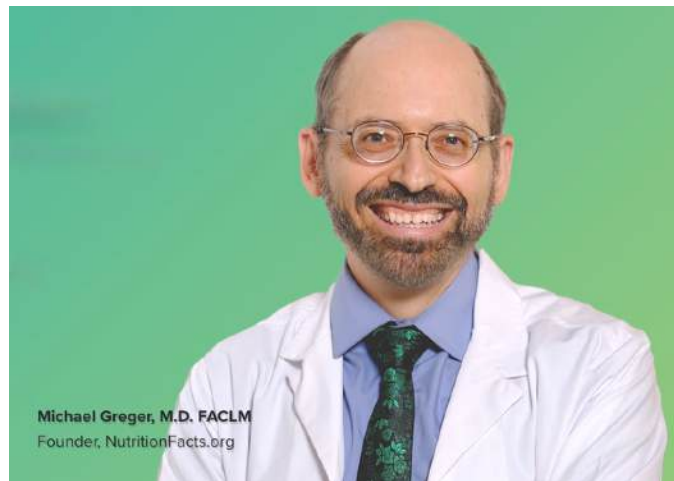
May 21, 6:00-8:00 pm, Dinner out at Indian Masala

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.](#)

HIGHLIGHTS FROM APRIL

April 1, Plant Based Nutrition Workshop, Online

Fifty-nine people from around the country signed up for this Plant-Based Nutrition Workshop. The workshop shows how whole plant-based diets (WFPB) can arrest and reverse chronic diseases such as heart disease and diabetes. It also shows how WFPB diets can reduce the risk of cancer and Alzheimer's disease.

During our time together, we looked at many of the scientific studies that support these conclusions.

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

Building Healthy Communities talked to many of the participants at the Health Fair. We shared our message that nutrition is the master key to health, in other words, Food is Medicine. We enjoyed spinning the wheel and answering basic nutrition questions with the students. We gave away healthy snacks and raffled a copy of the Book Beginners Guide to Plant Based Eating by Gabriel. Other prizes included 10 tickets to attend the 2025 Lotus Health Foundation Symposium of Health.



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!

Public Health
Nutrition LIPID PANEL TESTS from the Dieticians

Pause and Paint -- de-stress activities

University YMCA
1801 University Ave SE

April 16, 6:00-8:00 pm, Dinner out at Indian Masala

We had 9 “regulars” and one new person join us for a delicious dinner on Wed April 16 at Indian Masala. Several new items were on the vegan menu and, as always, there were two oil-free options. Lots of interesting discussions were a part of the evening including the upcoming LHF Symposium, possible new business ventures, and types of vegan travel. Please consider joining us on May 21.

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

We nourished our bodies and our minds at the 2025 Symposium and gained many valuable insights for our health and well-being. We heard about the latest research on brain health from the dynamic Doctors Dean and Ayesha Sherzai discussing the latest research on dementia and Alzheimers disease. The meals served by Mayo Civic Center catering were healthful and delicious! Many people commented that this was the best food they have had at a health conference!



**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

The symposium is sponsored by the Lotus Health Foundation, a nonprofit affiliated with the [Rochester Clinic](#). For more information please see the website [Lotus Health Foundation](#).

SAVE THE DATES

May 15, Community Ed Class



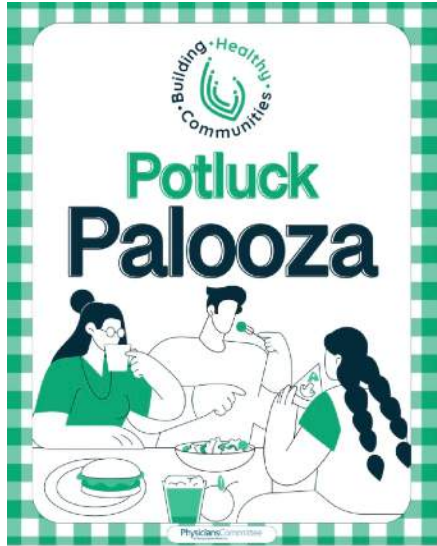
Learn how a plant-based diet can improve health and protect the environment and animals. Food tasting will be provided. Participants will learn the primary health advantages of a plant-based diet, especially for heart disease, diabetes, and obesity. Environmental and sustainability factors will be addressed. A discussion of animal welfare and agriculture will also be included.

This class is for

anyone interested in learning about this lifestyle change. For more information and to RSVP

[Click here](#)

<https://sowashco.ce.eleyo.com/course/24366/spring-2025/plant-powered-lifestyle-and-tasting>



POTLUCK PALOOZA

Building Healthy Communities is promoting a national Potluck event where many Building Healthy Communities will host a potluck in June. We have two different venues planned. On June 7th from 1:00-4:00 pm in the Sanborn Park Pavilion in Robbinsdale and on June 23rd from 6:00 to 8:00 pm in South Minneapolis at the Penn-Lake Public Library. For more information, and to RSVP, please click the links below.

June 7 [Sanborn Park](#)

June 23 [Penn-Lake Public Library](#)

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

Cooking Tips:



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.*