

PLANT BASED MN



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

Building Healthy Communities is an all-volunteer, grassroots group dedicated to informing the general public about the benefits of a whole food, plant-based (WFPB) diet and providing support to individuals working to change their diet.

Plant Based MN is a coalition of BHC groups in Minnesota. All are welcome, no matter where they are on their journey to better health.



American Medical Association Names Plant-Based Diet Part of Breast Cancer Prevention Strategy



T. COLIN CAMPBELL
Center for Nutrition Studies

Click on the picture for this interesting article from the T. Colin Campbell Center for Nutrition Studies



Plant-Based Adventure: Appalachian Trail

By BHC Leader, Theresa Ditter

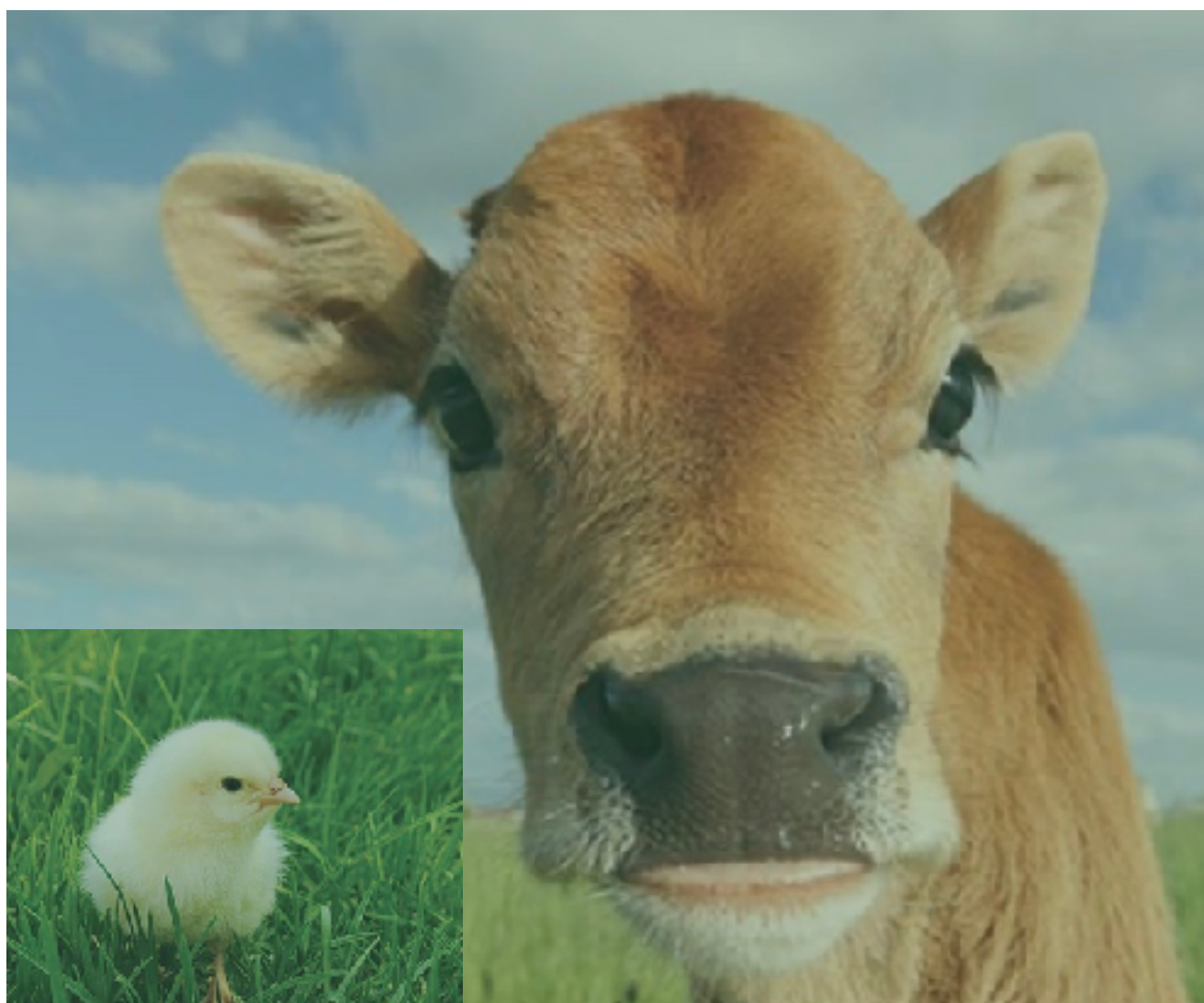


Hi, I am a 67 year old woman and I just completed a 130 mile hike on the Appalachian Trail. We hiked from Fontana Dam to Hot Springs over a 3 week period. My friend and I were carrying 25 to 30 lb. back packs. On the last day, we hiked 11 miles to get into Hot Springs. After dinner, I saw a sign that said "Dance Tonight". I told my friend I had to check it out as I love to dance. It turned out to be contra dancing, which is a social folk dance. I had never danced it before, but had the time of my life. I danced every single dance to the bitter end. I feel so fortunate that I can be as active as I am at my age. How many people in this age group can say the same thing - hike 11 miles on rough terrain carrying a 25 lb. backpack followed by 2.5 hours of dancing.

I owe it all to eating a plant based diet. Did I mention that I take no medications? In addition, for the past year, I have started to eat more greens. I try to eat 2 large salads every day along with a green smoothie. This year, the hiking and biking seemed to be easier. Eating leafy greens helps mitochondria by providing antioxidants that reduce oxidative stress. Mitochondria are tiny organelles found in almost every cell of the body. Often called the 'powerhouses of the cell', they convert food and oxygen into energy (ATP). More ATP means more energy. Eating more greens also moved my stubborn total cholesterol from 223 mg/dL down to 161 mg/dL.

I was able to eat plant based on this trip. It was tricky at times and I had to make a few compromises on the no salt, sugar, or oil. Besides dancing and hiking, I also enjoy long distance biking. I have now completed 5 RAGBRAI's. This is a 7 day bike ride from the Western border of Iowa to the its Eastern Border, usually between 400 to 500 miles.





Did you know it's World Vegetarian Day today?

And, October is World Vegetarian Awareness Month.

October Event Calendar

October 9th 5:30- 7:30 House of Curry Vegan Buffet with Oil-Free Options. 3420 150th St, #119, Rosemount, MN

🔥 Spice things up with East Side Evolution (Plant Based MN) and indulge in an irresistible vegan Sri Lankan buffet hosted by House of Curry in Rosemount!

🍲 From the tantalizing heat of island spices to the comforting creaminess of coconut milk—a true hero of Sri Lankan cuisine—this culinary experience is your passport to bold flavors and vibrant traditions, all plant-powered and packed with personality.

🌿 Out of 18 buffet items, you'll find 6–8 clearly marked oil-free options—perfect for those looking to keep it light while tasting it all.

🏆 House of Curry serves up award-winning dishes inspired by the island's rich heritage and crafted with fresh, flavorful ingredients. It's a celebration of authenticity with a modern twist—and a meal that'll leave your taste buds dancing.

A table will be reserved under Plant Based MN—just follow the sign, bring your appetite, and join the community for an evening of delicious bites and lively conversation. Let's make it a night to remember.

You in? 😊

[RSVP Here](#)



October 15th 6-8 pm Indian Masala with Oil-Free Options. 27 Century Ave N, Maplewood, MN,

Join us at Indian Masala in Maplewood for a Vegan Buffet dinner.

Indian Masala holds a fully vegan buffet on Wednesdays and Thursdays on the first and third weeks of every month. We have at least one oil-free option available. We plan to meet on the third Wednesday of every month through 2025 to provide more consistency.

We will reserve a table and hope to see many of you there for a fun evening of delicious food and interesting conversation. Bring a friend or come to meet new ones. All are welcome. [RSVP Here](#)

October 23rd 6-8 pm Plant Based Nutrition Workshop, An Online Event

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 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. [RSVP Here](#)

October Events, cont.

October 26th 1-3 pm Help Bring Plant-Based School Meals to Minnesota, Ridgedale Library

Plant Based MN presents:

EXPERT LECTURE SERIES

Help Bring Plant-Based School Meals to Minnesota

Join us to hear Jodi Miller Gruhn explain how we can help our children obtain healthier meal choices at school.



Date: October 26

Time: 1-3 PM

Location: Ridgedale Public Library, Robert H. Rohlf Room

Every child in Minnesota deserves access to nutritious, inclusive, and climate-friendly school meals. Join us for an afternoon of inspiration, connection, and action as we work to ensure every Minnesota student has access to plant-based options at school.

Here's what to expect:

- Learn how to advocate effectively for plant-based school meals
- Explore simple ways to engage decision-makers in your community
- Sample a delicious tasting menu featuring healthy, student-approved plant-based options
- Connect with others who care about kids' health and the future of our planet

Take action now:

Sign our endorsement letter and show your support for plant-based school meals:

[Sign Here](#)

[RSVP HERE](#)

Highlights from September

September 17. Indian Masala, 27 Century Ave N, Maplewood, MN

On Sept 17, we had our monthly dinner at Indian Masala in Maplewood. We had 12 join us for dinner. I will say, the conversation never stopped. Every time I glanced down the table, I saw engaged conversations and smiling faces. It warmed my heart. Thanks to those who came and participated. Extending a warm invite to all those who might like to attend in the future. Our next dinner is October 15.

Submitted by BHC Leader Celeste Knoff



September 21.

What a beautiful day to be outside at Veg Fest! The Plant Based MN-Building Healthy Communities booth was buzzing with great conversations, as we connected with both new faces curious to learn more about plant-based eating and familiar friends stopping by to say hi. The prize wheel was a hit with kids (and plenty of adults too!), who loved winning fresh fruit or educational books/magazines. We loved sharing tips, resources, answering questions and celebrating healthy plant-powered living.

Bronze Sponsors

Building Healthy Communities	 Building Healthy Communities
Lotus Health Foundation	 Lotus Health Foundation



Save the Dates

EXPERT LECTURE SERIES

November 15, 2-4 PM, From Fork to Forest, Ridgedale Public Library, Robert H. Rohlf Room



IF we stopped using fossil fuels today, emissions from our food system would still cause the earth to exceed targets. This lively presentation will discuss the under-appreciated impact our food system has on climate and the environment. Learn actions you can take at your very next meal to start changing things for the better.

Your Presenters:

Nicola Philpott runs a plant-based meal program at a shelter for people experiencing homelessness in Minneapolis. She has a doctorate in biochemistry and molecular biology and has written 18 peer-reviewed scientific publications. Nicola enjoys gardening, biking with her teenagers and walking her dogs.

Anna Larsson spends her days working on strategy and finance in the corporate world. By night, she is a long-time climate and environmental activist. She lives with her partner and two teenagers in Minneapolis and loves biking and getting out in nature.



HELPFUL RESOURCES

* HEALTHY CONVENIENCE FOODS: 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

* RECOMMENDED FILMS:



<https://kissthegroundmovie.com/>

Kiss the Ground reveals that, by regenerating the world's soils, we can completely and rapidly stabilize Earth's climate, restore lost ecosystems and create abundant food supplies. Using compelling graphics and visuals, along with striking NASA and NOAA footage, the film artfully illustrates how, by drawing down atmospheric carbon, soil is the missing piece of the climate puzzle.

* Fall Soup Recipes:

Tomato Pepper Soup



Cozy Autumn Wild Rice Soup



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.