

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.



The Missing Link Between Goals and Success

Enjoy this illuminating conversation about setting and achieving your goals:

A promotional graphic for the NHA Today Podcast. The background is a blurred image of a professional microphone on a stand. In the top left corner is the National Health Association logo, which includes a green leaf icon and the text "National Health ASSOCIATION" and "EST. 1988". Below the logo, the text "NHA TODAY PODCAST" is written in large, bold, green capital letters. Underneath that, the episode title "142: The Missing Link Between Goals and Success with Dr. Shobha Rayapudi" is written in a smaller, dark font. Below the title is the URL "healthscience.org/podcast". At the bottom left, there are two circular headshots. The first is of Cyd Notter, labeled "CYD NOTTER" and "HOST". The second is of Dr. Shobha Rayapudi, labeled "DR. SHOBHA RAYAPUDI" and "SPEAKER". To the right of the headshots is a white audio waveform icon.



BOOK RECOMMENDATION



Especially for those who have learned the **what** and the **why** of building and maintaining health through diet, [this cookbook](#) helps you master the **how**. Recipes, and strategies to make meals that are fast, tasty, and health promoting! See recipe section below to try one out.

November Event Calendar

November 13th 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](#)

November 15th, 2:00-4:00 pm, Ridgedale Public Library, 12601 Ridgedale Drive, MTKA, Mn

Why we can't solve the climate crisis without changing how we eat.

Even 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.

[RSVP Here](#)



November 19th 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](#)

BHC Events in Rochester, MN

November 9th

Plant Based Rochester

invites all to join our November potluck on Sunday, November 9th 1:30 - 3:30 at the Rochester public library 2nd floor meeting room. Please bring a plant based dish to share as well as your own plate/utensils.

Bonus ~ free parking on Sundays in the ramps and on the street!
Also feel free to bring trivia questions to share (our host carol reserved the room and is willing to host trivia from 3:30-5:30)



Highlights from October



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

Indian Masala had another lively gathering on October 15. In addition to many of our regular participants, we welcomed 3 newcomers and enjoyed getting to know them and hearing their stories. We hope to see them again in the future. This monthly event has been a regular source of support and community to several of our members. We are grateful for all who join us and remind everyone that all are welcome.

October 23rd Plant-Based Nutrition Workshop. The Plant-Based Workshop is an online course that is presented by Building Healthy Communities leader Dave Frykman several times per year. Please watch for future presentations if you missed the last one. The course covers 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 autoimmune 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

October 26th, Help Bring Plant-Based School Meals to Minnesota

Help Bring Plant-Based School Meals to Minnesota

Every child in Minnesota deserves access to nutritious, inclusive, and climate-friendly school meals.



On 26 October, we had the pleasure to have Jodi Miller Gruhn speak at the Ridgedale Library on *Help Bring Plant-Based School Meals to Minnesota*. We had great interest and participation from the group that attended. One recommendation is that we call our legislatures repeatedly to urge congress to provide more plant based options in MN schools. Jodi is well versed in the Plant Based World as she is a Wellness Coach, a Food for Life Instructor, conducts elevated PB cooking classes, and is Director of Wholesome MN. She was also host to *Let's Beat Breast Cancer Rally* at the Twin Cities Veg Fest in September.

Take action now:

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

[Sign Here](#)



Your "to do's":



CALL TO ACTION:
Sign our endorsement!

Contact your legislators weekly! **YES, weekly!**
(Design from MN Plant-Based Kids)

If you have a Minnesota Senator please urge them to be a cosponsor on this measure. **YES!**

Urge all students to volunteer to serve any students looking for volunteer helpers! **YES!**

Join our policy group! Reach out to me: Jodi.Gruhn@wholesomemn.org

Hi! Thank you for your commitment to making sure all students have access to nutritious, inclusive, and climate-friendly school meals. This is so important to us. Please let me know how I can partner with you to pass this legislation in 2025. Thank you for all you do and all the amazing work you are doing. **From Jodi Gruhn**

Save the Dates

EXPERT LECTURE SERIES

December 7, 2-4:30 PM, HOLIDAY TREATS POTLUCK, WFPB STYLE

Special Guest Dr. Tania Lyon:

Plant-Based Journey Through Hunger and Change

Ramsey County Library, 3025 Southlawn Dr, Maplewood MN

TREATS:

Holiday season often means HOLIDAY TREATS!

Let's gather and share some healthier versions of old favorites, or take this opportunity to try something completely new. Be adventurous!

Come and JOIN US!

Bring a treat to share, along with the RECIPE.

NO ANIMAL products (eggs, dairy, honey etc.) please. We try to minimize sugar and fats but recognize that small amounts of these ingredients are likely to be in holiday treats.

Let's share, and perhaps discover, some fun desserts and treats to add to your holiday celebrations. Bring your doubting friends and family! They won't be disappointed.



My 150-Pound Transformation: A Plant-Based Journey Through Hunger and Change Brief Summary

Join Dr. Tania Lyon for an inspiring holiday talk on food, hunger, and transformation—an honest, hopeful story of her 150-pound lifestyle transformation and what it means to Eat When Hungry, even though she isn't perfect at it.

Talk Description

In this heartfelt holiday talk, Dr. Tania Lyon shares the story of her 150-pound lifestyle and weight loss transformation and what it means to Eat When Hungry, even though she doesn't always do it perfectly. After years of struggling with food and weight, she found her way through a whole-food, plant-based lifestyle, discovering that lasting change isn't about willpower or perfection but about understanding the powerful physical truth of hunger—and the human patterns that shape how we eat. With warmth, humor, and honesty, Tania invites listeners to reflect on their own connections to food, celebration, and change—and to find hope in the possibility of transformation at any season of life.

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

RECIPE: Potato Corn Chowder

(from the cookbook *EAT YOUR BEST IN 10 MINUTES OR LESS*)



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.