

Plant-Based Eating Interest Group

Mission Statement – To encourage, inform and educate those interested in the health benefits of a whole food, plant-based diet by offering fellowship, lectures, videos, cooking demonstrations, a lending library, and support at monthly meetings.

Organization – Monthly meetings consisting of each of these at various times - speakers, documentary movies, webinars, cooking demonstrations, potlucks, testimonials. Via donations we will establish a lending library of CD's and books for our members.

Organizers – Katherine Bailey (kathyb@summitagency.com, 512-656-3986), Maggie Nyland (margaretnyland@yahoo.com, 512-663-5570), and Rodney Nyland (Rodneynyland@yahoo.com) initially.

Eating whole foods can lead to an interest in gardening or vice versa which is why the Horticulture Club seems the right Charter for sponsoring our SIG.

To support our group, we'll be using the free resources from Plant Pure Communities at <https://plantpurecommunities.org/plantpurepods/> as one of their "Pods." From their website, "Pods are part of a grassroots movement to build healthy, kind, and sustainable communities by supporting and educating their local communities about the benefits of a whole food, plant-based lifestyle through Pod meetings and projects. People from all walks of life and at different stages in their wellness or plant-based journeys have an open invitation to become a participant in the Pod Network at any time."