

**Hello August!**  
(and goodbye July)



### Where Food Nourishes Body, Mind & Spirit!

August 2015

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“Sometimes our light goes out, but is blown again into an instant flame by an encounter with another human being. Each of us owes the deepest thanks to those who have rekindled this inner light. Dr. Albert Schweitzer.”

### NEWS YOU CAN USE!



Plant Based Chef  
Challenge for Cape  
Cod October 2015

Documentary,  
“PlantPure Nation”  
at Cape Cinema

Classes, CCH  
Nov., 2015

Farmer's Markets



This newsletter will be a quickie.....honestly! With summer visitors, classes and two major projects, it's important to succinctly give you the scoop, and hope you'll spread the upcoming events to family, friends, and throughout our Cape towns. Our Committee can't do this alone. We need to join together to create health on Cape Cod! Here's what's happening!

**The first ever Plant Based Chef Challenge to be held throughout the month of October, 2015.**

**In conjunction with the Challenge there will be showing of the riveting documentary, “PlantPure Nation” on Oct. 8<sup>th</sup> at the historic Cape Cinema.**

**READ ON!!!**

# The Plant Based Chef Challenge

For ongoing information and details, check us out:

[www.plantbasedchefchallengecapecod.com](http://www.plantbasedchefchallengecapecod.com)

Also on Facebook:

[www.facebook.com/plantbasedchefchallengecapecod2015](http://www.facebook.com/plantbasedchefchallengecapecod2015)

## WHY:

To give folks who embrace a plant based lifestyle and those interested in healthier choices more options at area restaurants. Most restaurants now serve either veggie burgers or veggie wraps, and pasta with marinara sauce. We'd like our creative, talented chefs to use their skills and talents to go a bit more gourmet with their plant based dishes. Choice is important, but more so health.

## HOW:

To date **14 restaurants** have committed to the Challenge. (Check our website to see which restaurants have said 'YES'!

- Each restaurant will have on its menu for the entire month of October a creative, healthy plant based option.
- Each restaurant will be provided with voting slips that servers will give to diners ordering the plant based option.
- We're asking diners to complete the brief voting slip and either return to server or place in box provided at each restaurant.
- At the Challenge's completion, awards and prizes for tastiest dish, most creative presentation, etc. will be presented to the Chefs and/or restaurant owners.
- For those who add their ID info on voting slips, we will have drawings for prizes.
- Prize winners will be notified by Nov. 7<sup>th</sup>.

**Kudos and Thanks to Emerald Physicians and Cape Cod Healthcare for their sponsorship, support, and marketing of the Plant Based Chef Challenge!!**





**COORDINATORS AND TEAM MEMBERS!!!**

**NEEDED:**

**Coordinators: (We need a Coordinator for the Upper Cape and Mid Cape towns. Each Coordinator will be asked to communicate with their team members for 3 specific tasks:**

- Post the Plant Based Challenge PR flyer and Movie Announcement in Area Churches, Schools, Grocery Stores, Senior Centers, Libraries, Post Offices, Town Offices, and other community venues that you can think of!!
- Deliver the voting slips to restaurants in your area.
- Request your team to collect the voting slips from restaurants in your area weekly and return them to either Joanne or Alvan.
- Each Coordinator communicates with Joanne/Alvan regarding need for more voting slips or any other issues.

**Team Members: (Will help pass out PR flyers throughout community for both the Chef Challenge and "PlantPure Nation" film.)**

**We'll be passing out PR flyers in the community throughout September. It's important to get the word out. If you can help in any way, please contact Joanne asap. We want the Coordinators and teams established by the end of August.**

# PLANT PURE NATION

From the writer and producer of "Forks Over Knives" with Dr. T. Colin Campbell, author, "The China Study", and Nelson Campbell. A ground breaking documentary revealing the power and impact of the political process on everyone's health and wellness! Brought to you by the Green Nosh Group of Cape Cod and Eric Hart, owner, Cape Cod Cinema.

**Cape Cod Cinema**  
**Thursday, October 8<sup>th</sup>, 2015**  
**7 pm**

Q&A following the film with Dr. Kumara Sidhartha, Emerald Physicians, and Dr. Mona Sigal, ER Physician, Nutritionist, and Food for Life Instructor.

**Tickets: \$10.**

**Can be purchased in advance at: [www.capecinema.com](http://www.capecinema.com)**  
(Check Cape Cinema website periodically for ticket sale availability.)

On 11/15/2011, Drs. T. Colin Campbell and Caldwell Esselstyn presented their research on the benefits of plant based nutrition to the Kentucky legislature. Its House members were enthusiastic. Kentucky has one of the highest rates of childhood obesity in the nation, and also suffers from high rates of heart attacks, strokes, and diabetes. Soon after Campbell's presentation, Rep. Tom Riner introduced a bill to establish a pilot program that would document the health benefits of a plant based diet. But once the bill went into committee, industry lobbyists launched one of the most intensive lobby efforts ever in Kentucky. Rep. Riner, the bill's sponsor, noted that the bill was watered down to "a shadow of its former self", turned "from steel to Reynolds Wrap."

A top-down approach that recognized the powerful healing effects of plant based nutrition had failed again. But Nelson Campbell suspected there was another way to prove the merits of this idea. After the setback in Kentucky, he resolved to put his hunch to the test in his own North Carolina hometown of Mebane (population 11,562.) He also took a documentary film crew with him. Beyond Mebane, PlantPure Nation explores the topical issues of the small family farmer, food deserts, modern medicine, and the challenges of getting plant-based nutrition included in the political process.

We're finally into watering.....



The Green Nosh Group of Cape Cod is expanding in many ways.....

We're now on **Meet-Up**. Go to: "Green Nosh Group of Cape Cod Meet Up" to hear about our events and gatherings (which will also continue to be posted in newsletter).

**We have a FISCAL AGENT!! Bridges Associates of Cape Cod**, has agreed to serve as a **fiscal agent** for our Green Nosh Group. Bridges, a 501 c3 non-profit, began back in 1989. Its founders, John and Mary Jane Beach, assist children and adults with disabilities and, who are at risk from various influences, take charge of their lives. Their services:

- Outreach consultation to schools, agencies, programs and teams
- Diagnostic assessment with children, families and adults
- Psychological testing and neurodevelopmental evaluation
- Training and Take Charge! Coach Certification

Having a fiscal agent will give our supporters an opportunity to make a tax deductible donation to the Green Nosh Group, and help defray expenses for these big undertakings - Chef Challenge, Movie Showing, and Paying Fees to Featured Speakers. If you're so inclined, and would like to make a tax deductible donation to the Green Nosh group, please make check out to "Bridges Associates" with note "restricted to Green Nosh Group of Cape Cod." Tax deductible donation can be mailed to:

Bridges Associates, Inc.  
PO Box 524  
923 Main St. Bldg. #7  
Yarmouth Port, MA 02675

# Food for Life Classes, Cape Cod Hospital

## For Cancer Prevention/Survival, and Overall Health & Wellness

**November series:** Still taking reservations. (5 seats available)  
Wednesdays from 1 -3 pm at the Mugar Center's Lorusso Board Room,  
Cape Cod Hospital  
Nov. 4, 11, 18 & Dec. 2<sup>nd</sup>

Each class in the series focuses on a specific topic - How Foods Fight Disease, Importance of Low-Fat, High-Fiber Foods, Alternatives to Meat & Dairy, and Cancer Fighting Compounds & Immune Boosting Foods. Along with DVD presentation by Dr. Neal Barnard, President of Physicians Committee, there will be cooking demonstrations and then time to enjoy all prepared dishes. Come LEARN, ENJOY, TASTE, AND SHARE in a safe, supportive environment.

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**Let's Support the Cape's Farmer's Markets  
Fresh Food - Reduce our Carbon Footprint!**

|               |                      |                                                  |
|---------------|----------------------|--------------------------------------------------|
| Chatham:      | Tuesdays 3 - 6:30 pm | 1652 Main St.                                    |
| Orleans       | Saturday 9 - 12      | Colony Way (next to Hot Choc Sparrow)            |
| Falmouth:     | Thursday 12 - 6 pm   | Scranton Ave. (next to Flying Bridge Restaurant) |
| Provincetown: | Saturday 10 - 3 pm   | Ryder Rd. (next to Town Hall)                    |

To check for one in your area, visit:  
<http://www.visit-massachusetts.com/capecod/farmers-markets/>



Is needed and will be appreciated! Hope to have many Cape Codders visit The Plant Based Chef Challenge restaurants and try their creative plant based dishes. Even if you're a carnivore, give these recipes a try. You might just enjoy not only their taste, but knowing that indulging is making your cells smile! Then, rate the dishes! Tell us what you enjoyed - taste, presentation, creativity!!

Hope, too, to see a full house at the Cinema on October 8<sup>th</sup>. "PlantPure Nation" is making its way around the country. Currently, the film is being shown in 50 cities. What happened in Kentucky can happen anywhere. We need to make sure it never happens again! Tell your friends, neighbors and family. Enjoy a night out. There's nothing like the historic Cape Cinema. **Thanks and kudos to Eric Hart**, owner, Cape Cinema, for enthusiastically supporting this showing.

Safe, fun, & joyous August days to you and your loved ones!