



Nourishing compassion for our bodies, the earth and all beings.

## Celebratory Plant-Powered Potlucks

### Earth Holder Engaged Action - Awaken to the Joy and Simplicity of Eating Plant-Powered Meals

#### Intentions

- Awaken people to the joy, deliciousness, health enhancement, and planetary well-being of eating a plant-powered or plant-strong diet
- Build community among sangha members interested in healthy eating or care of the planet
- Create ongoing connections among sangha members wanting to support each other in making more plant-based food choices
- Highlight healthy, simple, colorful and satisfying potluck dishes that inspire people to try making more plant-based meals in their day-to-day lives

#### Steps

- Identify 2 or 3 sangha members interested in planning and promoting regular or occasional Plant-Powered Potlucks (it's more fun doing this with others!)
- Recruit people who can host a potluck or identify community spaces appropriate for having sangha dinners
- Set date for a particular potluck
- Promote potluck to sangha members and their families, if desired (all family members can get on board with plant-based eating)
  - Encourage people to bring all their own utensils to make set-up and clean-up easy. Ask them to bring:
    - Plant-based potluck dish to share (made from vegetables, fruits, legumes, grains, nuts and seeds, free of meat, meat broth, dairy, eggs and honey)
    - Picnic basket or bag with:
      - Table setting (non-disposable cutlery, plate, napkin, cup or glass)
      - Cloth table cloth (this makes a colorful dining area!)
      - Non-disposable water or drink bottle/canteen filled with what you want
      - Something to carry your dirty dishes home in (so no one needs to stay to do dishes)
- Provide ideas for where to get plant-based recipes and tips
  - Cookbooks
    - *Forks Over Knives The Cookbook: Over 300 recipes for Plant-Based Eating All Through the Year* by Del Sroufe and Isa Chandra Moskowitz
    - *Happy Herbivore* by Lindsay Nixon
    - *Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes* by Dreena Burton
    - *The China Study Quick & Easy Cookbook: Cook Once, Eat All Week with Whole Food, Plant-Based Recipes* by Del Sroufe
    - *Eat Vegan on \$4.00 a Day: A Game Plan for the Budget Conscious Cook* by Ellen Jaffe Jones
  - Online Recipes
    - The Joy of Mindful Cooking - <http://mindfulcooking.org>
    - Engine 2 Diet - <http://engine2diet.com/recipes/>
    - Plant Powered Kitchen - <http://plantpoweredkitchen.com/recipe-page/>
    - Plant Based on a Budget - <http://plantbasedonabudget.com>
    - NutritionMD - <http://www.nutritionmd.org/recipes/index.html>
- Hold potluck, perhaps having a plant-powered speaker do a short, positive program after dinner on the benefits or joys of eating a plant-powered diet or the ways it may positively impact the planet, people and animals. Allow people to share their own joys, tips or successes with becoming more plant-based.
- Set additional dates for more Plant-Powered Potlucks!

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