



Press In Print

News and information from the President's Office
assembled by Dale Galusha and Gina Duncan



New Equipment for Finishing

by Eric Petersen

The long-awaited day finally came when the new firm-pack arrived. Our lead operator, Elda Rosas, was so happy I think she wanted to dance!

For those that aren't aware of what a firm-pack is, it is a very unique piece of equipment that is specially built for a specific mailing process that we do. When a church gets a larger quantity of adult quarterlies, for example, this machine counts out the specific number of product, puts cardboard on the bottom and an ink jetted cardboard on top, then it goes through a shrink wrap machine and that is why it's called a firm-pack.

This new machine should greatly increase efficiency and production. There have been many long days and many headaches caused by the old, outdated machine.

We are all very thankful for this new upgrade and on Monday during Chapel we will have the dedication of this new machine.



Dateline

July 2023

- 12 PAYDAY
- 17 Chapel—Dale Galusha
- 24 Chapel—
- 26 PAYDAY
- 31 Chapel—Retirement Chapel, Don Anderson

August 2023

- 7 Chapel—Mike Fifer, Safety Chapel
- 9 PAYDAY
- 14 NO Chapel
- 17 Chapel—Board Chapel-Elder Bryant, Speaker
- 21 Chapel—Doug Church, Product dedication
- 23 PAYDAY

The ABCs of a Plant-Based Diet

by Heather Reseck, RDN

Changing your diet is one of the most significant steps you can take to improve your health and the health of the planet. Here's how to get started.

ADD more plant foods. Focus on adding foods, not on subtracting foods. Crowd out processed foods and animal foods with a wide variety of vegetables, fruits, beans, whole grains, nuts and seeds. Look for ways to add more vegetables to salads, soups, side dishes, and main dishes. Eat fresh, frozen, or dried fruit for dessert. Eat more nuts and seeds. Gradually add beans and lentils to soups, salads, and main dishes to give your gut microbiome a chance to adjust to the extra fiber.

BUILD on what you already eat. You already eat some plant-based meals, such as oatmeal,

avocado toast, or spaghetti with marinara sauce. Eat more of those while looking for ways to embellish them with more vegetables, beans, whole grains, nuts and seeds.

COOK. Make time to cook. It's a form of self-care. Plant-based cooking will likely require some new skills. You can shorten the learning curve and gain confidence by watching cooking videos or asking a plant-based friends for tips. It also helps to cook ahead so you have healthy options on hand. Batch cook beans, grains, and soups. Use a slow cooker and an electric pressure cooker to save time. Double your favorite recipes and freeze them.

DEVELOP a plan. Develop a transition plan. First, clarify why you chose a plant-based diet. What is your goal? Then decide how you will get to your goal. While some people choose to go "cold tofu," most people find a gradual approach to plant-based eating more sustainable. If you are a newbie, you may want to start by going meatless one day a week. Then try plant-based meals several times a week. As you find more recipes that you like, expand the number of plant-based meals you eat. Meal planning is the tool to successfully implement your plan. It will banish kitchen chaos and dependence on processed foods.

EXPLORE. Explore the variety of tastes in the wide world of plants. Embrace a willingness to try new foods and flavors. Discover a new vegetable or fruit. Experiment with a new type of food, such as seitan, young jackfruit, or tempeh. Try new recipes from plant-based recipe blogs, cookbooks, and friends. Broaden your tastes by trying a variety of Ethiopian, Thai, Indian, or Middle Eastern dishes.

If you'd like to finish reading the rest of this article, get the new Special Issue of **Vibrant Life: A Practical Guide to Plant-Based Eating.**

