



Focus On Health

Brought to you by Elder Walt Cross and the Metro New York Medical Missionary College

Juicing Outreach Program Guide

Goal:

To point folks to Christ through a positive experience of being healthier and a relationship with Christian believers.

Benefits:

- Physiological
 - o Provides the blood and cells with high quality nutrients
 - o Stops the ingestion of potentially harmful chemicals such as, refined foods, preservatives, harmful oils, food allergens, meats, dairy, etc.
 - o Gives the digestive system a vacation
- Spiritual
 - o Through healthier blood, healthier cells and a healthier brain, the body can discern the Holy Spirit's guiding more effectively.
 - o With greater physiological function and less pain, the body is more receptive to spiritual guiding.
 - o Through friendships, relationships and partnering developed with church members in the program, the participants are more prone to be receptive to spiritual sharing, and returning to other health and spiritual programs at the church.

Resources:

- Venue
- Volunteers
- Juicer(s)
- Vegetables
- Cups or jars
- Handout materials
- Lecture equipment (computer, PowerPoint, projector, whiteboard, markers, etc.)



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Planning:

- Develop a "Punch List" for items chosen in the Planning areas:
 - o Check-off line
 - o Item
 - o Completion date
 - o Person(s) responsible

- Start Small – Both effective juicing and evangelistic outreach is time consuming, therefore for the best outcomes, it is recommended for the first program, have smaller, reachable and obtainable goals in the number of participants.

- Develop a Budget – Explore your costs and revenues:
 - o Venue
 - o Juicer(s)
 - o Vegetables
 - o Supplies (cups, tops, napkins, etc.)
 - o Printing
 - o Handouts
 - o If and what you will charge per person for the class
 - o If you juice for the participants, what you will charge
 - o Set up a program like "Square" with the church treasure to accept credit cards (optional)

- Volunteers –
 - o Identify what volunteer positions are needed
 - o Identify how many volunteers are needed for each position
 - o Identify willing volunteers who can assist with the program for the entire program.
 - o Having continuity in staffing for the whole program is very important for both the quality and consistency of the juicing program, and the evangelistic outreach.
 - o The volunteers who have one-on-one contact with the people juicing **must** have friendly and kind people skills (a Christ like spirit).

- Length of Program – Choose the length of the program, ie. 21 days which will be long enough to have good outcomes, and be reachable and obtainable for the volunteers, ie. 21 day program.



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- Choose Program and Lecture Dates – Choose optimum program dates:
 - Available for Volunteers
 - Available for Venue
 - Not during Holidays
 - Not during other large community events
 - May not be good during summer and school vacation times
 - Sunday and Wednesday evenings may not work well for lecture nights due to other church obligations of the participants

- Venue – Choose venue according to:
 - Cost
 - Needed dates
 - Location
 - Services needed (kitchen, meeting room, etc.)

- Venue – Plan the venue setting and identify:
 - How many tables and chairs are needed
 - Where tables and chairs are coming from
 - Who will secure and set up tables and chairs
 - Needed electrical outlets
 - Speaker props to be used and their location
 - Where props are coming from
 - Who will secure and set up props
 - Who will register participants and their location
 - Where juicing will take place
 - Needed juicing equipment and supplies
 - Who will secure needed juicing and supplies

- Develop Juice Recipes – Try various recipes the see what you group is comfortable with and choose approximately three favorites.
 - Get comfortable with the juicer(s)
 - Get comfortable with the recipes
 - **IMPORTANT!!! LEARN how to modify each recipe to achieve desired taste. This is due to the disparity in vegetables.**
 - Identify volume of food for each recipe
 - Identify the cost for each recipe
 - Identify the time frame to juice each recipe



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- Juicing Program – Identify if morning or evening juicing is best for your volunteers, venue(s) and participants
 - o Explore vacuum sealing juices for more nutrition and taste
 - FoodSaver with small mouth or large mouth jar accessories works very well. Be careful to not fill the jar within 1 inch from the top of the jar in order to prevent juice from being sucked back into the vacuum machine. Have someone stay with the vacuum process at all times in order to prevent juice from backing up into the vacuum machine.
 - In order to prevent juice from being sucked into the vacuum machine, place 12 oz. of juice in a small mouth pint jar and 16 oz. in a large mouth pint and a half jar.
- Identify your Vegetable Source(s) – Find local organic growers and/or stores.
 - o Evaluate quality
 - o Availability for the entire program
 - o Pricing
 - o Who will pick up the produce
 - o Who will wash and clean the produce
- Identify Containers and Sizes – Plastic cups and lids (12 – 16 oz), and/or mason jars (pint – pint and a half).
- Develop Lecture Program
 - o Identify person(s) who will conduct the lectures
 - o Identify the topics for lectures, ie. NEWSTART, Fat Sick & Nearly Dead movie, etc.
 - o Identify the length of each night’s lecture
- Lab Work – Identify availability and cost of pre and post lab work (Optional)
- Marketing – Identify and choose marketing efforts to secure participants
 - o Keep in mind the number of participants desired
 - o Invite Friends, Neighbors, Family & co-workers of church members
 - o Church Contact list of local interests
 - o News Release in the surrounding Newspapers
 - o News Release for the surrounding Radio Stations
 - o News Releases for the surrounding TV Stations
 - o Flyers
 - Doctor’s offices
 - Local Businesses’ employee lounges or HR Directors
 - Laundry Mats



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Information Night: (usually a Thursday evening)

The “FREE” “How To” Juice information night is an opportunity for the community to come and learn about the physiological benefits of juicing. Below is an outline of an example information night:

- Registration for the evening to collect contact information for the juicing program and other outreach programs
- Volunteers mingle with participants before meeting
- Welcome and Prayer
- Introduction of presenter
- Brief overview of the program (15 min.)
- **IMPORTANT!!! – Let participants who are on medication for hypertension and diabetes know that they will have to monitor their blood pressure and glucose, for if it goes too low, they will need to work with their physician on adjusting their medications.**
- Show movie, “Fat Sick & Nearly Dead” (1 ½ hours)
- Offer samples of different chosen juice recipes
- Invite percipients to join come to the program
- Offer program options
 - o Attend program and juice at home
 - o Attend program and purchase juices from program
 - o Re-identify program schedule
 - o Identify juicing schedule
- Close with prayer
- Sign-up participants for the program
- Collect money or credit card for the “whole” program



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Juice Delivery

- Determine how many 12 oz. and 16 oz. juices you need to provide.
 - o Some participants, especially women, choose to juice four (4) 12 oz. instead of three (3) 16 oz. juices due to 16 oz. being too much.
 - o Because the juice without fiber is absorbed into the blood within 15 to 20 min., four (4) juices per day is not as challenging on the digestive system as four (4) meals a day or eating between meals because of the less digestion time.
- IMPORTANT!!! – Determine when juicing needs to start in order to finish ON TIME for the participants.
 - o This is the easiest way for the program to FAIL by irritating the participant because they have to WAIT!!! In today's busy schedules, people are easily discouraged and irritated when they have to wait. **This is why it is SO important to practice juicing before the program starts in order to learn how to use the juicer, learn the recipes and identify potential challenges.**
- There are always unexpected delays. Plan to finish at least 30 min. earlier than the participants come to pick up their juices.
- Wash and clean the produce.
- Wash and sanitize jars, if using jars.
- Juice
 - o **IMPORTANT!!! – You cannot count on the recipes always tasting the same due to variances in produce. You must sample taste each batch in order to assure MAXIMUM quality and continuity in taste.**
- Seal the jars, if using jars.
- Have enough volunteers to greet the participant with a SMILE and be FRIENDLY.
- Pass out the juices and ask if they taste good.
 - o **IMPORTANT!!! – If they want a change in taste, make a note for the next juicing. If they do not like them, they will not drink them. If they do not drink them, they will not improve in health and will not have a good experience. If they do not have a good experience, they will not be receptive in your evangelistic efforts.**



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- If the participant has time, spend time with them asking them about their juicing experience, their families, etc. Develop friendships, which develop into relationships.
- Clean up the juicing area.

Preparation for the Next Juicing

- Make a list of the vegetables needed for the next juicing.
- Pick up vegetables.
- Verify each volunteer will be present.

Class Nights (2 nights per week, ie.)

- Be early and have everything set up 30 min. before the program begins.
 - o This will ensure everything is ready.
 - o This will give time to visit and become friends with the participants before the program begins.
- **IMPORTANT!!! – START ON TIME**
 - o It is not fair to those who came on time to wait
 - o God is a God of order and timeliness
- Welcome and Prayer
- Take attendance
- **IMPORTANT!!! - Go around the group for 20 min., asking how the program is going and what it is doing for them.**
- First night, give a quick overview of the Eight Laws of Health and encourage them to follow them during the program.
- For the six class nights, speak on each of the Eight Laws of Health, ie.
 - o Night 1 – Nutrition
 - o Night 2 – Exercise
 - o Night 3 – Water & Sunshine
 - o Night 4 – Temperance & Fresh Air
 - o Night 5 – Rest & Trust in God



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- Night 6 – Show the movie, “*Forks over Knives*”
 - Let them know that they do not have to STOP at 21 days, they can continue the vegetable juicing as the “*Fat Sick & Nearly Dead*” movie describes, up to 60 days.
 - Educate them in why this is a new lifestyle and not just a once in a while “Re-boot”.
- Hand out appropriate health information
- Close with prayer

Post-Program Analysis

- Have a meeting with all of the volunteers and document:
 - Identify everything which went well and you want to continue
 - Identify everything which could be improved **WITHOUT GIVING BLAME TO ANYONE.**

Follow-up

- Invite them home for a whole food, plant based diet.
- Plan a whole food, plant based cooking school at church or your home.
- Call them and PERSONALLY invite them to whole food, plant based cooking schools.
- Plan other health programs.
- Call them and PERSONALLY invite them to other health programs.
- Plan bible studies.
- Call and invite them to bible studies.
- If appropriate, plan a evangelistic outreach series.
- Call and invite them to the evangelistic program.
- Plan a three month follow-up program.
- Call and invite them to a three month follow-up program.
- Plan a six month follow-up program
- Call and invite them to a six month follow-up program
- Plan a nine month follow-up program
- Call and invite them to a nine month follow-up program
- Plan a one year follow-up program
- Call and invite them to a one year follow-up program



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Recipes

Disclaimer: This Information is for educational purposes only and has not been evaluated by the FDA and is not intended to diagnose, cure, or prevent disease. You should always consult with your healthcare professional before starting any diet, exercise, supplementation, cleanse or healthcare product regimen, or if you have a health concern of any kind.

Apple-Pear

- 1 Apple
- 2 Pears
- 1 Piece Ginger (thumb sized)

Carrot-Kale Combo

- 1 Green Apple
- 3 Handfuls spinach
- 6-8 Kale Leaves
- 4 Large Carrots
- 1 Piece Ginger (thumb sized)

Green Lemonade

- 1 Green Apple
- 3 Handfuls Spinach
- 6-8 Kale Leaves
- ½ Cucumber
- 4 Celery Stalks
- ½ Lemon

All Green

- Use as much greens as needed
 - o Romaine Hearts
 - o Kale or Collards
 - o Spinach
- 2 Handfuls Parsley
- 2-3 Celery Stalks
- ½ Lemon
- 1 Piece Ginger (thumb sized)

Apple-Beet-Carrot

- 1 Apple
- 2 Beets
- 3 Large Carrots
- 1 Piece Ginger (thumb sized)
- Spinach / Kale – (optional)

Spinach-Fennel-Cucumber

- 1 Fennel Bulb
- 1 Cucumber
- 2-3 Celery Stalks
- Loads of Spinach

Mean Green

- 1 Bulk of kale
- 4 Stalks of celery
- 1 Cucumber
- 2 granny smith apples
- ½ lemon
- Ginger root (thumb sized)

Classic Green

- 4 Carrots
- 2 Stalks of Celery
- 2 Handfuls of Parsley
- 4 Leaves of Spinach

CBS Tonic

- 3 Carrots
- ½ Beet
- 3 Leaves of Spinach



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Citrus Delight

- 1 Orange
- ¼ Lemon
- ¼ Grapefruit (without peel)

Tip Top Tonic

- 1 Apple
- 4 Carrots

Carrot Cleanser

- 3 Carrots
- ½ Beet
- ½ Cucumber

Ginger Zinger

- 1 Apple
- 4 Carrots
- 1 inch of Ginger

Fab Fruit Cocktail

- 2 Apples
- 1 cup Cranberries
- 1 bunch Grapes

Tomato Salad Juice

- 1 large Tomato
- 1 handful Parsley
- 2 leaves of Spinach
- ¼ Bell Pepper

Rudy Begonia

- 1 Apple
- ¼ Beet
- 2 Carrots
- 8 Raspberries

Grape Delight

- 1 bunch Grapes
- 3 Apples
- ¼ Lemon (without peel)

Mondo Berry

- 1 Apple
- 10 Blueberries
- 10 Strawberries
- 8 Raspberries

Tropical Envy

- ½ Beet
- 2 Carrots
- 1 stalk Celery
- ½ Cucumber
- 1 inch Ginger
- 1 handful Parsley
- 2 rounds Pineapple

Fred & Ginger

- 1 Apple
- 2 Carrots
- 1 stalk Celery
- 1 inch Ginger

Veg-Tang Tonic

- 3 Carrots
- 1 stalk Celery
- 1 handful Parsley
- 1 clove Garlic

Green Apple Juice

- 1 Apple
- 3 Carrots
- 1 Handful Parsley
- 3 leaves Spinach

Tomato Surprise

- 1 large Tomato
- 2 Carrots
- 1 stalk Celery
- ½ cucumber
- 3 leaves Spinach