



LIST OF PPC TOOLKITS IN DEVELOPMENT OR PLANNING

Updated November 17, 2017

1. Gardening
2. Nutrition and Health
 - Centered around materials that clearly explain the facts around WFPB nutrition
 - Common myths and how to dispel them
 - Health benefits from fasting
 - Partnerships: Center for Nutrition Studies [Plant-Based Nutrition Certificate](#) course
3. How to Talk to ...
 - Introducing WFPB Nutrition to Doctors and Healthcare Providers
 - Sharing a WFPB lifestyle with your partner, friends, family, colleagues, athletes
 - Sensitive guidance for talking to someone not familiar with or cynical of the WFPB lifestyle; and also those struggling to reverse a serious condition/disease
4. Cooking: how to set up classes, hold demos, cook on a budget
 - Integral to an individual's success in changing their lifestyle is the ability to cook.
 - Connect with local and organic farming, food co-ops, food pantries and other local resources.
 - Partnerships: PCRMs' [Food for Life](#) Instructors/Program; the Complete Health Improvement Program ([CHIP](#)); PlantPure Nation (PPN), PlantPure Chef (Kim Campbell), and PPN's website/materials
5. Strategies to Focus on Low-Income/Underserved Neighborhoods
 - Supporting Oasis Pilots: How to initiate, advance, connect with, and support Oasis Pilots
 - How to work with soup kitchens and food pantries, how to create a meal program, work with the homeless.
6. Advocacy: General, Local, Statewide, and National
 - How to evaluate and advance policy actions on important issues.
 - How to organize to have local, state-wide, or national impact.
7. Pods on Campus: Guide for students on creating and running a Pod on a college campus
8. How to Create, Support, and/or Energize Wholesome Local Food Options: food hubs/halls, farming initiatives, farmers markets, food co-op, food pantries, and more.
9. Senior Community: How to connect with those who are not on social media, how to support changes.
10. Holding Events in your Community
 - Organizing a Community Book and/or Movie Club
 - Conducting a "Jumpstart" in your community

PPC welcomes suggestions on this list of Toolkits, resources that should be included in a Toolkit, and how to make the Toolkits more valuable to the Pod Network. Email suggestions to: Info@plantpurecommunities.org