



## LIST OF PPC TOOLKITS IN DEVELOPMENT OR PLANNING

Updated July 21, 2017

1. Health and Nutrition Education
  - 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
2. Schools and Young People
  - Making changes to school lunch program options and more
3. Transitioning to WFPB: Guidance for those who are doing just that
4. 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
5. 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: PCRM's [Food for Life](#) Instructors/Program; the Complete Health Improvement Program ([CHIP](#)); PlantPure Nation (PPN), PlantPure Chef (Kim Campbell), and PPN's website/materials
6. 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.
7. 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.
8. Pods on Campus: Guide for students on creating and running a Pod on a college campus
9. How to Create, Support, and/or Energize Wholesome Local Food Options: food hubs/halls, farming initiatives, farmers markets, community gardens, organic gardening, food co-op, food pantries, seed bank/swap and more.
10. Senior Community: How to connect with those who are not on social media, how to support changes.
11. 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](mailto:Info@plantpurecommunities.org)