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## The PlantPure Communities Oasis Jumpstart Program Program Summary

The nonprofit PlantPure Communities (PPC) created the Oasis Jumpstart Program to bring healthy food and science-based nutrition education to underserved neighborhoods across the country. In November 2016, PPC announced the first round of Pilot communities selected to participate in the Oasis Program. To date, Pilots in Atlanta, GA; Providence, RI; Chattanooga, TN; and Bullhead City, AZ are underway or complete. The second round of Oasis Pilot communities will be selected via an Open Invitation that will be issued in early 2018.

The Oasis Program offers participants the opportunity to learn about the benefits of a whole food, plant-based diet while enabling them to experience the powerful health impacts firsthand. The Oasis Pilots are modeled on the Jumpstarts conducted in Mebane, NC, that were documented in the 2015 PlantPure Nation film. The Jumpstart program has been fully validated – the majority of participants in the Mebane Jumpstart who were on prescription drugs were able to reduce or discontinue those medications after just 10 days, and many people with diabetes, high lipids, arthritis and other chronic conditions found relief by the end of the program. PPC is working with faith-based groups, food banks, businesses, government entities, health systems, Pods and local nonprofits to carry out neighborhood-wide Jumpstarts that are affordable and can be cross-subsidized. PPC is also working to establish a system that allows people to use SNAP benefits (aka food stamps) to pay for the food.

The focus of the Oasis Program is both short-term benefits and long-term, lasting change. Biometric data is collected for Oasis participants before and after the Jumpstart so each person experiences firsthand the powerful impact of nutrition on their health. An underlying tenet of the Oasis Program is to use the 10-day Jumpstart as the catalyst to attract and deliver a large, cooperative set of activities all working synergistically to achieve lasting change in the health and well-being of the participants and community. While it is anticipated that participants will be inspired to make changes when they see the biometric data that proves the powerful benefits of eating plant-based in just 10 days, other elements are also being built into the Oasis Program that will improve the likelihood of success in the short-term and lasting change over the long-term. In Oasis Pilot communities, PPC works with local groups to help build new connections with local resources that offer support and education, such as cooking classes and grocery shopping/label reading tours, local gardening, fitness classes, etc.

On a parallel track, PPC is also working to integrate the groups that are part of the PPC Pod Network to support Oasis Pilots. The Pod Network involves thousands of people in independent groups (also known as Pods) who are working to promote the benefits of plant-based nutrition through sharing nutrition information and supporting one another in making sustainable lifestyle changes. It is anticipated that many of the people who participate in the Pods that comprise the Pod Network can play an important role as PPC brings the Oasis Program to scale – reaching underserved communities across the country. Already, hundreds of Oasis participants, their families and friends, have made the informed decision to take control of their health by changing what they eat.

For more information about PlantPure Communities and the Oasis Jumpstart Program, visit PPC's website at: <http://plantpurecommunities.org/oasis-jumpstart-program/>

*Updated November 2017.*