



## **Nutrition is the Solution!**

### **Join the Pod Network & Help Build the Grassroots Movement!**

Despite spending more money than any other country in the world, American healthcare has failed to stem the rising tide of chronic disease. There is a far better way to improve the health of Americans and at the same time, reduce healthcare costs: whole food, plant-based (WFPB) nutrition has the power to prevent, treat and in some cases actually reverse disease. The PlantPure Communities (PPC) Pod Network supports and empowers a grassroots movement of independent groups (known as 'Pods') working to promote a WFPB lifestyle, by sharing nutrition information, offering support, and leading project and policy initiatives.

The hundreds of Group Leaders that lead the Pods are the heart of the grassroots Pod Network. The goal of the grassroots movement is to shift away from the Standard American Diet (SAD) and towards a WFPB dietary lifestyle. Through on-the-ground, locally based actions, the Pods have the capacity to achieve real change and make the WFPB lifestyle the new 'normal.'

#### **Everybody is welcome!**

A cornerstone of the Pod Network is inclusiveness. People from all walks of life and at different stages in their wellness or plant-based journey have an open invitation to participate in the Pod Network at any time. To date, more than 45,000 people in over 460 Pods across the globe have connected with the PPC Pod Network. Participation is free and offers a wide range of support and networking opportunities.

#### **How do I get involved?**

We invite you to join a Pod in your neighborhood, create a new Pod, or register your existing group in the Pod Network. To find out more about joining or starting a Pod in your community, go to PPC's website: <http://plantpurecommunities.org/plantpurepods/>

#### **How do the Pods impact the community?**

Many Pods host monthly meetings or events, such as potlucks, film screenings, restaurant visits, and speakers. Virtual Toolkits on the PPC website offer Pods a range of meaningful, impactful projects to engage Pod members - from holding a VegFest and launching a campaign for healthier school lunches, to creating a local gardening initiative and adding WFPB dishes to local restaurant menus.

#### **What are the origins of the grassroots Pod movement?**

The PlantPure Communities Pod Network emerged out of the 2015 *PlantPure Nation* film. In November 2016, the Pod Network was transferred from PlantPure, Inc., and is now under the umbrella of the nonprofit PlantPure Communities.

As more Americans understand the science and eat a diet comprised of mostly plants, it will also help address our environmental crisis and many animal welfare issues. The PlantPure Communities Pod Network is growing a grassroots movement that touches the hearts and souls of people all over the planet. Join us!