



PLANTPURE COMMUNITIES

PLANTPURECOMMUNITIES.ORG

HELP US SPREAD
THE MANY BENEFITS
OF PLANT-BASED
NUTRITION!

Our Mission

The nonprofit PlantPure Communities (PPC) works to build stronger, healthier, and more sustainable communities through research, policy, and program activities. PPC collaborates with local nonprofits, businesses, governments, health care organizations, faith-based groups, and other community organizations to empower and help educate people about the health and environmental benefits of a whole food, plant-based (WFPB) diet.

History

PPC was formed following the release of the 2015 documentary, *PlantPure Nation*. This film documents how powerful economic interests suppressed the message of plant-based nutrition for decades and concludes with a call-to-action for people to form local support groups, called "Pods." Nelson Campbell directed and wrote *PlantPure Nation*, and founded PPC. His father is Dr. T. Colin Campbell, author of the best-selling book, *The China Study*, and considered by many around the world as the science father of the plant-based nutrition movement. Dr. Campbell serves on the PPC Advisory Board.

Programs & Initiatives

- Through the [Oasis Jumpstart Program](#), PPC brings healthy food and nutrition education to underserved neighborhoods through a structured, food-supported immersion program that enables participants to experience first-hand the benefits of a plant-based diet. In collaboration with SOMOS Community Care (a consortium of 2,500 physicians), PPC is validating a clinical model in NYC that has the potential to change the way healthcare is delivered across the nation.
- The [PPC Pod Network](#) is a grassroots movement of independent groups ("Pods") providing support to people committed to a plant-based diet, while also enabling them to promote the benefits of a WFPB lifestyle in their local communities. As of early 2019, over 200,000 people are participating in Pods across 23 countries.
- To support the Pods, PPC has created a series of virtual [Campaign Toolkits](#) focused on vegfests, dining out, healthy school lunches, helping friends and loved ones transition, gardening, and more. Pods choose what interests them and the toolkits provide the roadmap.
- [Scholarships](#) are awarded to exemplary Pod leaders to participate in the Plant-Based Nutrition Certificate Program, offered by the T. Colin Campbell Center for Nutrition Studies and eCornell.
- The [PPC Advocacy Council](#) helps shape PPC's public policy activities. With the guidance of the Council, PPC spearheads new policy activities and also collaborates with other national organizations.
- The [PPC Restaurant Campaign](#) is responding to the growing demand from health-conscious diners seeking plant-based, oil-free menu options. More than 100 restaurants in eight countries are participating as restaurant owners discover they can expand their customer base by offering healthy meal options. Check out the interactive map on PPC's website to see if a restaurant near you is involved.
- Through the [Moving Medicine Forward: The Dr. Klaper and PlantPure Communities Medical School Nutrition Education Initiative](#), PPC is providing infrastructure support to Dr. Michael Klaper's efforts to bring plant-based education to medical schools across the country.
- The [Food-Climate Connection Campaign](#) aims to raise public awareness of the important connection between food choices and climate change. The world's animal agriculture industry is one of the largest sources of greenhouse gas emissions accelerating climate change, which could soon reach the point of no return. Announced in late 2018, PPC is coordinating a coalition of health and environment leaders to scale up collaborative strategies that amplify the food-climate connection and move consumers to a plant-based diet.

Contribute

Donations allow the 501c3 nonprofit PlantPure Communities to carry out its robust agenda. We appreciate your generosity as we spread the many benefits of plant-based nutrition! If you would like to make a donation or explore other ways to give, such as donating a vehicle or supporting PPC when you shop online, please visit PlantPureCommunities.org