



PLANTPURE COMMUNITIES OASIS PROGRAM SUMMARY - ROLE OF THE LOCAL COORDINATING GROUP

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The 501c3 nonprofit PlantPure Communities (PPC) partners with a wide array of local groups to carry out Oasis Jumpstart Pilots in underserved communities. The goal is to empower people to take control of their health through 10-day Jumpstarts that provide plant-based meals, biometric testing, and science-based nutrition education. Each Oasis Pilot relies on a local group to lead the Jumpstart, identify participants (approx. 36 people), and organize logistics on-the-ground. Entities that have served as the designated Local Coordinating Group include: local nonprofit and community based organizations, medical clinics, medical schools, medical researchers, and groups connected to the PlantPure Pod Network. Here is a summary of the key responsibilities of the Local Coordinating Group.

- Conduct outreach and coordinate local champions and other groups that can provide support.
- Conduct marketing to sign up participants - screening of inspirational film, printing/posting [flyers](#), etc.
- Secure venue for regular meetings and events with participants.
- Coordinate ordering, delivery, storage, and distribution of pre-made, whole plant-based lunch and dinner meals for participants.
- For day 1 and day 11 of the Jumpstart, identify and schedule a [Healthcare Resource Person](#) to give a presentation to participants on how adopting a whole food, plant-based diet can affect their health in a short period of time and to answer general health-related questions.
- Secure and coordinate biometric testing (ideally donated or reduced cost) of participants on day 1 and day 11 of the Jumpstart. Biometric tests include a lipid panel, comprehensive metabolic panel (including glucose levels), waist circumference ratio, and BMI.
- Facilitate the Kickoff event where everyone involved in the Jumpstart gets together to go over the program and meals are distributed.
- Identify, coordinate, and take the lead, in strategically reaching out to key political people that may need to be involved.
- Secure commitments and coordinate local entities to supplemental services such as fitness classes, gardening workshops, meditation classes, etc.
- Assign someone to collect testimonials and take photos and videos during the Jumpstart.
- Facilitate celebratory meal with participants after Jumpstart.

The total cost to carry out an Oasis Jumpstart Pilot ranges from \$9,000 – \$18,000, depending on several factors including: i) number of participants, ii) whether participants will pay for some costs, iii) availability of pro bono or reduced price biometric testing, iv) whether there is a cost for meeting space; v) supplemental services offered (if any), and vi) whether the Local Coordinating Group is able to coordinate the Pilot with existing resources or requires additional funding to cover staff. [PPC is available to work with the local group](#) to raise and collect funds to support Oasis Jumpstart Pilots. If funds are secured, Local Coordinating Groups may receive \$500 - \$2,000 to help cover personnel costs to coordinate the Oasis Pilot.

More information may be found on [PPC's Oasis Resources](#) page. For more details about the responsibilities of the Local Coordinating Group, send an email to info@plantpurecommunities.org and request the Oasis Program Memorandum of Understanding (MOU) template.

We welcome your suggestions and ideas! Please send them to info@plantpurecommunities.org This material may not be used out of context. Please refer to PPC's terms and conditions for more information. Updated October 2019.