

JOIN A POD!

Pods are local independent groups that advocate plant-based nutrition for reasons like health, the environment, sustainability, animal welfare, and food inequities.

**NEARLY 500 PODS
OVER 40,000 PEOPLE**

Pod meetings and events may include everything from potlucks and picnics to movie screenings, vegfests, speaker events and advocacy initiatives (See our new Toolkits!)



**GATHER AROUND
THE CONCEPT OF
PLANT-BASED NUTRITION!**

Find support, make friends, expand your knowledge, create change, build community, and have fun.

CONTACT YOUR LOCAL POD:

The PlantPure Pod Network is a grassroots movement supported by the nonprofit organization, PlantPure Communities.

VISIT [PLANTPURECOMMUNITIES.ORG](https://www.plantpurecommunities.org)