

# JOIN OUR POD!

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

**CONTACT YOUR LOCAL POD:**

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



# GATHER AROUND THE CONCEPT OF PLANT-BASED NUTRITION!

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

# NEARLY 500 PODS AND 50,000 PEOPLE

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

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