



PlantPure Communities Oasis Jumpstart Pilot Program

Final Day Agenda - Guidance for Local Coordinator

Similar to the day of the kickoff, the final day of the Jumpstart is an exciting and important day. It is a time when all the registered participants, the local group, the HealthCare Resource Person, and other key people get together to review their experiences, celebrate their accomplishments, and highlight key points. This document is a guide to help the local group understand how to support lasting changes by sharing important information with participants as well as gathering important feedback from the participants. Information should be shared about the local Pod and participants should be encouraged to join or to start their own. Quotes about the benefits participants experienced should be collected and the feedback forms should be completed by participants and submitted to PPC (electronically). Here are suggestions for the Agenda:

1. Welcome
2. Remind participants of the purpose of the Oasis Pilot and the reason for their hard work over the Jumpstart period - to empower...take control of health...learn that they can. Conduct biometric testing (as participants may be required to fast, it is important to do this as early as possible. It may also be important to remind participants the night before to fast).
3. Follow HIPAA procedures carefully and collect copies of biometric forms.
4. Provide water, fruit and/or other whole food, plant-based (WFPB) snacks to participants once the biometric testing is complete (since they have been fasting)
5. Discuss the need for participant feedback in order to make sure help/support are offered if needed; and also to help ensure that the program meets their needs. Encourage feedback on the activities/workshops they'd like to have as part of the supplemental activities of the Pilot, if not yet determined. Confirm date of Pod's first meeting.
6. Collect quotes
7. Distribute and collect compliance feedback forms. For those participants that have internet access, they can complete the form here: <https://fastfor.ms/4B903>
8. Q and A and Next Steps
9. Close session
10. If possible, arrange a potluck meal of WFPB dishes.