



PlantPure Communities Oasis Jumpstart Pilot Program

Kickoff Agenda - Guidance for Local Nonprofit Partner

The official kickoff for the Jumpstart is an exciting and important day. It is a time when all the registered participants, the local nonprofit partner, the HealthCare Resource Person, and other key people get together to go over the program, highlight key points, and answer questions. This document is a guide to help make sure key points are covered and help get the Jumpstart off on the right foot!

1. Welcome: Introduction of key entities, including the local nonprofit heading up the initiative; PlantPure Communities as a partner organization that runs the Oasis Jumpstart as a national program; and other key entities such as the main staff people involved, Pod members, elected officials, and organizations offering cooking classes, grocery shopping tours, etc.
2. Discuss the purpose, key components, important milestones, and length of the Oasis Pilot Program.
3. Conduct biometric testing. As participants will be fasting, it is important to do this as early as possible. (It is also important to remind participants the night before to fast.)
4. Follow HIPAA procedures carefully and collect copies of biometric forms.
5. Provide water, fruit, and/or other whole food, plant-based (WFPB) snacks to participants once the biomarker testing is complete (since they have been fasting).
6. Make sure each participant has a copy of the Nutrition Education materials and walk through each of the documents with them. Be sure to include the following:
 - a. Suggestions for breakfast and snacks (found in the *Info Sheet: Breakfast, Snacks, and Meal Tips*)
 - b. Discuss the meanings of vegetarian, vegan, and whole food, plant-based (found in the *Info Sheet: WFPB Diet Explained for the Individual*).
 - c. Discuss the *Vegetarian Starter Kit* from PCRM and explain that the Jumpstart is technically vegan/WFPB, but that some people use the terms vegetarian and vegan interchangeably since everything that is vegan is vegetarian.
 - d. Discuss the importance of taking a Vitamin B-12 supplement, as noted on page 3 of the *Vegetarian Starter Kit*.
 - e. Discuss the *Info Sheet: PlantPure Communities' Culinary Philosophy*.
7. Emphasize the importance of receiving feedback from participants in order to make sure help and 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.
8. Introduce the Healthcare Resource Person and have them help participants understand what their biometric numbers mean.
9. Conduct Q and A.
10. Close session: Remind participants to bring their biometric results from today to the final day of testing so they can compare the two.