



# PLANTPURE COMMUNITIES

PLANTPURECOMMUNITIES.ORG

## ACTION SHEET: GETTING YOUR POD INVOLVED AROUND THE COMMUNITY

Leadership

With the whole food, plant-based (WFPB) lifestyle as your foundation, consider taking on one of these projects or activities to create a positive, lasting impact in your community. A focus on making a difference in the community can unite members around the endeavor and attract new people to the movement.

- Select a local restaurant with plant-based options. Call in advance and ask for a WFPB meal for your group. Eat out at that restaurant, which might encourage them to offer healthier plant-based meals. Choose that same or another restaurant and repeat.
- Start a gardening project as a group at a local community garden.
- Volunteer at a local animal sanctuary.
- Open a whole food, plant-based food bank for low-income people who want to eat a plant-based diet.
- When restaurants are offering healthy plant-based options, develop a written and/or electronic list and share it with pod members; and also ask Pod members to contribute their own restaurant suggestions.
- Show various plant-based documentaries at senior centers and then have a discussion group (see if a dietitian supporting plant-based eating, Plant-Based Nutrition Course Graduate, or Food for Life Instructor would help facilitate the discussion).
- Work through the public school system to get them to offer one WFPB meal option on the school menu (and ideally, have it be included in the reduced-cost/free menu options). Find more information on this project at the PCRM site here: <http://www.pcrm.org/health/healthy-school-lunches>
- Work with local farmers to provide a farmers' market in low-income neighborhoods, and then help to publicize and create traffic so that the market will continue to be offered.
- Organize a local Health Fair or VegFest. Learn more about his project here: [http://www.plantpurepods.com/download/member\\_info\\_sheets/Info-Sheet-Organizing-A-VegFest.pdf](http://www.plantpurepods.com/download/member_info_sheets/Info-Sheet-Organizing-A-VegFest.pdf)
- Offer to teach cooking classes to groups with whom Pod members already have a relationship, such as a local church, school, cancer support groups, YMCA, etc.
- Offer to facilitate Jumpstarts in your local church or at your work, and then have your Pod provide additional cooking and shopping training. Learn more here: <https://shop.plantpurenation.com/Home/index.php>
- Consider working with local nonprofit group(s) to apply to participate in PPC's Oasis program to help bring nutritious meals and education to low-income, food desert and other underserved neighborhoods. Learn more here: <http://plantpurecommunities.org/oasis-jumpstart-program/>

*Note: PPC is developing Toolkits that will provide guidance on some of the following project ideas, so check PPC's website often, and share your experience with us if you've implemented any of these ideas.*

*We welcome you to send suggestions and ideas to [info@plantpurecommunities.org](mailto:info@plantpurecommunities.org). This material may not be used out of context. Please refer to PPC's terms and conditions for more information. Updated December 2017.*