The 501c3 nonprofit PlantPure Communities (PPC) partners with a wide array of local groups to carry out Oasis Jumpstart Pilots in underserved communities. The goal is to empower people to take control of their health through 10-day Jumpstarts that provide plant-based meals, biometric testing, and science-based nutrition education. Each Oasis Pilot relies on a local group to lead the Jumpstart, identify participants (approx. 36 people), and organize logistics on-the-ground. Entities that have served as the designated Local Coordinating Group include: local nonprofit and community based organizations, medical clinics, medical schools, medical researchers, and groups connected to the PlantPure Pod Network. Here is a summary of the key responsibilities of the Local Coordinating Group.

- Conduct outreach and coordinate local champions and other groups that can provide support.
- Conduct marketing to sign up participants - screening of inspirational film, printing/posting flyers, etc.
- Secure venue for regular meetings and events with participants.
- Coordinate ordering, delivery, storage, and distribution of pre-made, whole plant-based lunch and dinner meals for participants.
- For day 1 and day 11 of the Jumpstart, identify and schedule a Healthcare Resource Person to give a presentation to participants on how adopting a whole food, plant-based diet can affect their health in a short period of time and to answer general health-related questions.
- Secure and coordinate biometric testing (ideally donated or reduced cost) of participants on day 1 and day 11 of the Jumpstart. Biometric tests include a lipid panel, comprehensive metabolic panel (including glucose levels), waist circumference ratio, and BMI.
- Facilitate the Kickoff event where everyone involved in the Jumpstart gets together to go over the program and meals are distributed.
- Identify, coordinate, and take the lead, in strategically reaching out to key political people that may need to be involved.
- Secure commitments and coordinate local entities to supplemental services such as fitness classes, gardening workshops, meditation classes, etc.
- Assign someone to collect testimonials and take photos and videos during the Jumpstart.
- Facilitate celebratory meal with participants after Jumpstart.

The total cost to carry out an Oasis Jumpstart Pilot ranges from $9,000 – $18,000, depending on several factors including: i) number of participants, ii) whether participants will pay for some costs, iii) availability of pro bono or reduced price biometric testing, iv) whether there is a cost for meeting space; v) supplemental services offered (if any), and vi) whether the Local Coordinating Group is able to coordinate the Pilot with existing resources or requires additional funding to cover staff. PPC is available to work with the local group to raise and collect funds to support Oasis Jumpstart Pilots. If funds are secured, Local Coordinating Groups may receive $500 - $2,000 to help cover personnel costs to coordinate the Oasis Pilot.

More information may be found on PPC’s Oasis Resources page. For more details about the responsibilities of the Local Coordinating Group, send an email to info@plantpurecommunities.org and request the Oasis Program Memorandum of Understanding (MOU) template.

We welcome your suggestions and ideas! Please send them to info@plantpurecommunities.org This material may not be used out of context. Please refer to PPC’s terms and conditions for more information. Updated October 2019.