SimpleVeg organizes folks to Eat More Plants for greater health equity and reduction of climate change, and challenges food policies, practices and culture that negatively affect BIPOC and working class communities.

START A SIMPLEVEG CHAPTER
ORGANIZE FOLKS TO EAT MORE PLANTS FOR HEALTH AND ENVIRONMENT

SimpleVeg organizes folks to Eat More Plants for greater health equity and reduction of climate change, and challenges food policies, practices and culture that negatively affect BIPOC and working class communities.

CHAPTER MEMBERS RECEIVE
- Training on plant-based eating, nutrition and the environment
- Training on organizing and leadership
- Strategic support from staff
- Connective community with chapter and members around the U.S.

CHAPTER MEMBERS SEEK TO
- Increase consumption of plant-based foods by 20% per year
- Engage in one project per year to change an institutional policy or practice to support plant-based eating
- Grow their chapter and help start additional chapters

CHAPTERS EXIST TO GROW
- Staff will train members to organize for growth
- Each chapter will be part of regional pod
- Chapters will be encouraged to reach out to BIPOC and working class communities

Plant-rich diets are ranked #3 out of the top 80 most effective solutions to climate change.
--The Draw Down Project

Unhealthy diet is the #1 risk factor for chronic illnesses such as diabetes, heart disease and cancer.
--Center for Science in the Public Interest