



**OUR MISSION IS TO EDUCATE OTHERS ABOUT THE BENEFITS OF LIVING A VEGAN LIFESTYLE. WE ALSO WORK TO ENSURE OUR COMMUNITY HAS PROPER ACCESS TO THE FRUITS AND VEGETABLES NEEDED TO THRIVE.**



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## WHO WE ARE

We are a nonprofit organization located in Poland, Ohio, founded in March of 2020. It is through continuing studies and research that Going Vegan has found the foremost information and advice to help others succeed in living a plant-based lifestyle.

## WHAT WE DO

We offer a Nutritional Education Program that provides:

- Evidenced-based information about why a whole food plant-based diet is best
- Sensible advice on how to get started going vegan
- Simple, personalized meal plans
- Better access to fresh fruits and vegetables
- Ongoing support

## WHO WE HELP

Any member of the community. This includes:

- All ages
- Everyone interested in going vegan
- Anyone that has a desire to learn about a plant-based lifestyle
- Those that may need support living a vegan lifestyle.

**“Good nutrition creates health in all areas of our existence.”**

T. Colin Campbell, PhD, Center for Nutrition Studies