



Rooted Santa Barbara is a community-centered plant-based lifestyle initiative that believes optimal health is rooted in prevention.

Our organization empowers individuals in our community to take a leading role in their own health.

We do this by providing low-to-no-cost online and in-person nutrition and food skills education and a network of resources and community support to encourage healthy, plant-centered lifestyles. We believe that every individual has a right to education, support, fresh fruit and vegetables - no matter what their socioeconomic background. We're a stronger community when we're all healthy!

What is whole food, plant-based?

A whole food plant-based lifestyle is an evidence-based way of eating that has been shown to dramatically reduce your risk for a multitude of chronic diseases.

This lifestyle emphasizes the consumption of fruits, vegetables, legumes, whole grains, nuts & seeds, omits animal-based products such as meat, fish and dairy and limits added oils to achieve optimal health.

How can adopting this lifestyle help me?

A plant-based lifestyle has the potential to help you:

- Lower your cholesterol and reduce blood pressure
- Maintain a healthy and sustainable weight
- Reduce your risk for heart attack and/or stroke
- Prevent and possibly reverse type 2 diabetes
- Improve insulin sensitivity for type 1 diabetes
- Reduce your risk of some cancers, including gastrointestinal colorectal, breast and prostate
- Take fewer medications
- Reduce risk of Alzheimer's Disease
- Increase energy and sleep better
- Improve your digestion and overall gut health
- Save money on food costs
- Improve bone health and limit your risk of Osteoporosis
- Reduced risk of gestational diabetes
- ... and more!

How we engage with our community:



Local individuals and families are invited to **learn the basics** of plant-based nutrition and the impact of food choices on health. We offer a simple and easy-to-follow approach with a range of tools to help you get started!



Plant-based eating should be easy, fun, and delicious! Local community members are encouraged with a **network of support** and opportunities to help maintain and enjoy their new, healthy lifestyle.



A **network of support for local health care providers** as they spread the message about the benefits and nutritional value of a plant-centric lifestyle, a preventive approach to good health that generally results in reduced medical spending and the need for fewer prescriptions.

Ready to Get Rooted and support evidence-based, plant-forward nutrition education?

Visit RootedSantaBarbara.org or contact us at hello@rootedsantabarbara.org.

Rooted Santa Barbara is a Fiscally Sponsored Organization of the Santa Barbara Foundation, a 501c3 non-profit charitable organization. Donations will be tax deductible to the fullest extent of the law.

