



# THROW A PLANT-POWERED PARTY FOR ROOTED!

Build Community - Raise Funds - Enjoy Delicious Food with Friends



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

**Help us grow! We are working hard to help our community learn to eat to thrive by building community around the power of plants. You can help us raise funds to ensure our nutrition and food skills programs, tools, and partnerships remain low-to-no cost to grow health equity and resilience in our community. Here are a few seeds we're planting to inspire and sprout creative ideas to help raise urgently needed funds for Rooted!**



## Host a Plant-Filled Potluck!

Plan a potluck party and encourage meatless and plant-forward options while sharing our mission and resources. You can even take a collection to raise critical funds to support our work bringing low-to-no cost bilingual plant-based nutrition and food skills education to community members county-wide. If you need recipe inspiration, check out our recipes at [RootedSBC.org/recipes](https://RootedSBC.org/recipes) or email us for ideas!



## Throw a Dinner Party!

Help our organization grow and reach more community members by hosting a special evening or meal in our honor. Here are some ideas for planning a special time with friends and family while fundraising for a mission close to your heart:

- Prepare a plant-based meal highlighting locally sourced, seasonal foods
- Host a plant-filled cooking demo with a Rooted plant-based pro or local chef
- Throw a plant-based Friendsgiving or bring one of your favorite holiday celebrations or traditional cuisines plant-forward, and fundraise for Rooted!
- Invite a Rooted rep to pop in and talk about our work and the impact of donor support

Set a goal and ask your friends to join you in supporting Rooted. Share your passion for community health and plant-forward lifestyles. Inspire, connect and fundraise!



## Invite us to Your Special Event!

Planning a special event that Rooted can support while raising awareness for our mission? We'd love to join you and bring printed materials, plant-forward resources and tools to your event. You can also hire our team to prepare a plant-based food demo or class or engage plant-knowledgeable experts to speak to the power of plant-based lifestyles on a variety of topics. Have an event or an idea? Let's talk!

For more information and to support evidence-based, plant-forward nutrition education in Santa Barbara County, visit [RootedSantaBarbara.org/donate](https://RootedSantaBarbara.org/donate) and contact us at [hello@rootedsantabarbara.org](mailto:hello@rootedsantabarbara.org).

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Rooted Santa Barbara County is fiscally sponsored by the Santa Barbara Foundation, a 501c3 nonprofit charitable organization.