

LOCAL RESOURCES



Use these resources to help you make a lifestyle change toward better health.

SUPPORT GROUPS:

Get plugged in with Chickpea and Bean, the dynamic duo that brings you 21-Day Kickstart challenges, cooking and nutrition presentations, and farm-to-table meals throughout the year. www.chickpeaandbean.com

Chickpea and Bean

Meet others at Plant-based Nutrition Support Group who are transitioning to a plant-based diet or already engaged in the plant-based community at monthly talks and in small groups across the city. www.pbnsq.org



COOKING:

Watch Cooking with Que's online videos, TV segments, or by scheduling a cooking demonstration with her! She'll be sure to entertain all by making healthful foods delicious. www.cookingwithque.com



Find Food for Life cooking and nutrition classes across Detroit at www.pcrm.org/ffl



GOOD EATS:



Get some locally-made sweet potato hummus inspired by Dr. Velonda Anderson herself, author of *Sweet Potato Delights*. <https://sweetpotatodelights.org>

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Visit GreenSpace Café for a tasty plant-based meal inspired by local cardiologist, Dr. Joel Kahn.

Eat a delicious meal at a veg-friendly restaurant using a comprehensive list made by Detroit Metro Times.

<http://tinyurl.com/ycy36x72>



LITERATURE:

The Physicians Committee has a wealth of educational materials, visit www.pcrm.org/shop and www.pcrm.org/factsheets

