



Toolkit

Connect and Learn

Take the online Healthy Campaign course at:

<https://CountMeIntoWin.org/courses/healthy-campaign>

Join our Self-care and Wellness Telegram group

<https://t.me/joinchat/N5JhUhnCDMIC7ejhF8rW-Q>

Join our Facebook group

<https://www.facebook.com/groups/healthycampaign>

Visit our Website at

<https://HealthyCampaign.org>

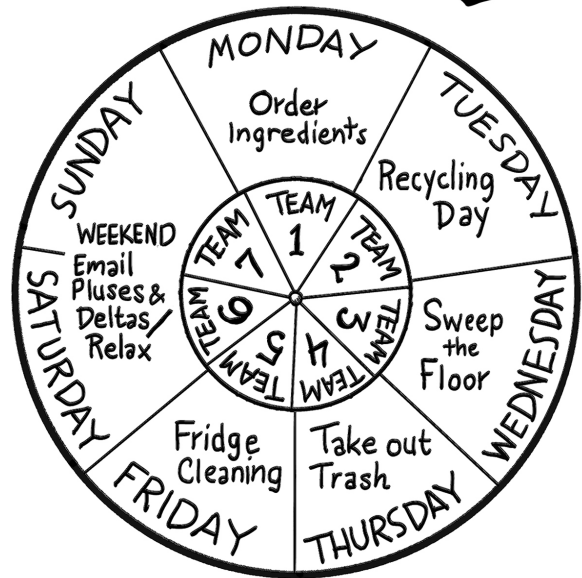
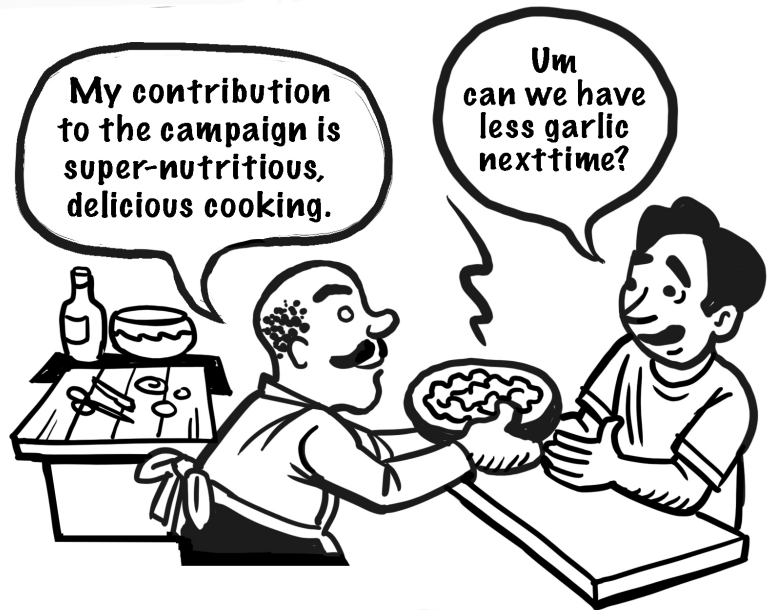
Healthy Campaign is a win strategy.

Our vision includes healthy eating as the norm in every progressive campaign, supporting campaign workers' well-being, and fueling political victories.

We envision a “real food plan”
as part of every campaign's strategy,
offices stocked with the simple tools and ingredients
that make healthy food preparation quick and easy,
delicious recipes that enliven long days, and campaign workers
who are nurtured in their change-making work.

We hope to grow as a community, and find innovative ways to support campaigns and activists around the country who wish to eat real food and change the world.

STRATEGIES FOR A HEALTHY CAMPAIGN KITCHEN: WHO COOKS? WHO CLEANS? WHO PAYS? WHAT WORKS?

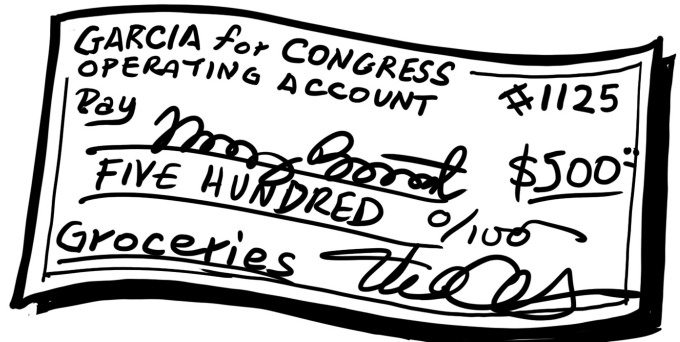


"We rotate food-related chores, as individuals or as groups."



"We all chip in for groceries."

"We split group expenses with Venmo"



The campaign pays for groceries, supplies, and somebody to clean up.

SELECTED SKILLS

BIG PICTURE

- ☐ Value nutrition! Your food and air become your body.
- ☐ Bookmark link(s) to order ingredients online.
- ☐ Set up your nutrition environments (Equipment/Pantry in office, car, home kitchen, hotel, call time, etc.)
- ☐ Clean up after food preparation

INSTANT POT

- ☐ Sauté an onion (without oil)
- ☐ Pressure cook (beans, rice, oatmeal, stew, potatoes, sweet potatoes, etc.)
- ☐ Slow cook
- ☐ Make soy yogurt (quite easy)
- ☐ Cook food overnight
- ☐ Complete “Instant Pot School”

AIR-FRY

- ☐ Roasted frozen corn, fresh potatoes, plantain
- ☐ Indian-Spiced Chickpeas
- ☐ Marinate and air-fry (mushrooms, brussels sprouts, tofu, onions, zucchini)
- ☐ Slow-cooked onions and chickpea crumbs
- ☐ Buffalo Cauliflower

JUST ADD WATER

- ☐ Drink water
- ☐ Make tea (black, chai, cinnamon, green, hibiscus, kukicha twig tea, mint, oolong, rooibos, etc.)
- ☐ Steam vegetables (Asparagus, broccoli, corn, carrots, cauliflower, corn, eggplant, green beans, mushrooms, parsnips, potatoes, snap peas, sweet potatoes, etc.)
- ☐ Steam apples
- ☐ Steam brown rice (for an hour)
- ☐ Steam almonds
- ☐ Soak almonds
- ☐ Sprout mung beans (Quite easy if you are in one place for at least 4 days.)
- ☐ Sprout Hamama microgreens (Quite easy if you are in one place for 10 days. Water once.)

VEGETABLE PREP

- ☐ Chop an onion
- ☐ Peel vegetables
- ☐ Buy pre-prepped veggies (peeled beets, broccoli florets, brussels sprout halves, pre-cubed butternut squash, roasted chestnuts, minced garlic, trimmed green beans, cut mushrooms)
- ☐ Cut an avocado
- ☐ Eat a salad every day
- ☐ Make a stew once or twice per week

EQUIPMENT

You do not need to buy all of this at once (or all of this ever)!
Knives, forks, cutting board and bowls are always a good start.
An electric steamer and an Instant Pot are also Healthy Campaign favorites.
Affordable sources for many items on the list include:
Facebook Marketplace, NextDoor (For Sale & Free),
eBay, and second-hand stores.
Share your findings in our Telegram group,
or with hashtag #HealthyCampaign, or in our Facebook Group.

Appliances

- ☐ Air fryer
- ☐ Microwave
- ☐ Waffle iron
- ☐ Electric steamer
- ☐ Refrigerator
- ☐ Instant Pot
- ☐ Mini-blender
- ☐ Sink

Dinnerware and Serveware

- ☐ Bowls
- ☐ Big salad bowl
- ☐ Pitcher
- ☐ Beverage dispenser
- ☐ Forks, knives, spoons
- ☐ Cups
- ☐ Plates

Organizing and Storage

- ☐ Dish rack
- ☐ Utility cart

Cleanup

- ☐ Dishwasher
- ☐ Descaling solution
- ☐ Trash bags
- ☐ Trash can
- ☐ Sponge
- ☐ Bottle brush
- ☐ Soap
- ☐ Dish cloth

Microwave Accessories

- ☐ Stone Wave
- ☐ Potato Express

Instant Pot Accessories

- ☐ Stackable Insert Pans
- ☐ Ladle
- ☐ Slotted spoon
- ☐ Instant Pot mitt

Tools

- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Cutting board
- ☐ Can opener
- ☐ Vegetable peeler
- ☐ Ceramic knife
- ☐ Scissors
- ☐ Paring knife
- ☐ Serrated knife (for tomatoes)
- ☐ Apple/citrus wedger
- ☐ Rapid Slicer
- ☐ Extension cord

This checklist is available at: <https://HealthyCampaign.org/equipment>

PANTRY

This checklist models a basic Healthy Campaign-supporting pantry.

If you lack shelf space: under-table utility carts can help.

Share your pantry favorites in our Self-care and Wellness Telegram group at

<https://t.me/joinchat/N5JhUhnCDMLC7ejhF8rW-Q>

or on:

<https://www.facebook.com/groups/healthycampaign>

Spices

- ☐ Mrs. Dash
- ☐ Sylvia's Secret Seasoning
- ☐ Bensons Table Tasty
- ☐ Taco Seasoning
- ☐ Jaswant's Daal Seasoning for Red Lentils
- ☐ Salt
- ☐ Cinnamon
- ☐ Smoked Paprika
- ☐ Pepper
- ☐ Chhole masala or chana masala

Refrigerated Items

- ☐ Peeled or minced garlic cloves
- ☐ Mustard
- ☐ Horseradish
- ☐ ReaLime
- ☐ ReaLemon

Beans, Rice, Grains

- ☐ Garbanzo beans
- ☐ Lentils
- ☐ Organic Oatmeal
- ☐ Brown Rice
- ☐ Cannellini (White Kidney Beans)
- ☐ Red lentils
- ☐ Quinoa

Unrefrigerated Produce

- ☐ Onions
- ☐ Sweet potatoes
- ☐ Potatoes
- ☐ Bananas
- ☐ Apples
- ☐ Clementines

Dried Fruit, Nuts, Seeds

- ☐ Flax Seeds
- ☐ Walnuts
- ☐ Currants or raisins
- ☐ Prunes
- ☐ Apricots
- ☐ Chia seeds

Pantry

- ☐ Baking powder
- ☐ Baking soda
- ☐ Low-sodium vegetable broth
- ☐ Balsamic vinegar
- ☐ Crushed tomatoes
- ☐ Soy milk

Freezer

- ☐ Frozen strawberries
- ☐ Frozen kale
- ☐ Frozen spinach
- ☐ Frozen bananas
- ☐ Frozen corn

This checklist is available at: <https://HealthyCampaign.org/pantry>

FRUITS AND VEGETABLES

Alfalfa Sprouts	Cauliflower	Hominy	Nectarine	Raspberries
Apple	Celery	Honeydew Melon	Okra	Red Cabbage
Apricot	Chayote	Horned Melon	Olives	Rhubarb
Artichoke	Cherimoya	Iceberg Lettuce	Onion	Romaine Lettuce
Arugula	Cherries	Jackfruit	Orange	Rutabaga
Asian Pear	Chives	Jerusalem Artichoke	Papaya	Sapodilla
Asparagus	Clementines	Jicama	Parsnips	Shallots
Avocado	Coconut	Kale	Passion Fruit	Snow Peas
Bamboo Shoots	Collard Greens	Kiwifruit	Peach	Spinach
Banana	Corn	Kohlrabi	Pear	Sprouts
Bean Sprouts	Cranberries	Kumquat	Pea Shoots	Strawberries
Beets	Crenshaw Melon	Leeks	Peas	String Beans
Belgian Endive	Cucumber	Lemons	Peppers	Sunflower Sprouts
Bell Peppers	Dates	Lettuce	Persimmon	Sweet Potato
Blackberries	Eggplant	Lima Beans	Pineapple	Taro
Blueberries	Endive	Limes	Plantain	Tangelo
Bok Choy	Escarole	Longan	Plum	Tangerines
Broccoflower	Feijoa	Loquat	Pomegranate	Tomatillo
Broccoli	Fennel	Lychee	Potatoes	Tomato
Brussels Sprouts	Figs	Malanga	Prickly Pear	Turnip
Butternut Squash	Garlic	Mandarin Orange	Prunes	Ugli Fruit
Cabbage	Gooseberries	Mango	Pummelo	Water Chestnuts
Cactus Pear	Grapefruit	Microgreens	Pumpkin	Watercress
Cantaloupe	Grapes	Mulberries	Quince	Watermelon
Carambola	Green Beans	Mung Beans	Radicchio	Waxed Beans
Carrots	Green Onions	Mushrooms	Radishes	Yam
Casaba Melon	Greens	Mustard Greens	Raisins	Yellow Squash
Cassava/Yuca	Guava	Napa Cabbage	Rambutan	Zucchini Squash

— HERBS AND SPICES —

Ajwain	Cinnamon	Marjoram	Rosemary
Basil	Cloves	Mint	Sage
Bayleaf	Cumin	Mustard	Smoked Paprika
Caraway	Dill	Oregano	Thyme
Coriander	Garlic	Paprika	Turmeric
Chives	Horseradish	Parsley	
Cilantro	Leek	Pepper	

— SPICE BLENDS —

Adobe Seasoning
 Berbere Seasoning
 Braggs' Organic Sprinkle
 Chaat Masal
 Chana Masala/Chhole Masala
 Chili Powder
 Chipotle
 Curry Powder
 Eden Shake
 Everything But the Bagel
 Harissa Seasoning
 Herbs de Provence
 Garam Masala
 McCormick Perfect Pinch
 Mrs. Dash – Southwest Chipotle
 Mrs. Dash – Original Blend
 Ras El Hanout
 Sylvia's Secret Seasoning
 Taco Seasoning
 Tony Chachere's Gumbo File
 Trader Joe's – 21 Seasoning Salute
 Trader Joe's – Chile Lime
 Za'atar

You
 don't need all
 these ingredients!
 Use these lists for
 inspiration or to
 track the diversity
 of your diet.



Chickpea



Lentil



Millet

— GRAINS —

Amaranth
 Barley
 Buckwheat
 Bulgur
 Kamut
 Millet
 Oats, rolled
 Oats, steel-cut
 Quinoa
 Rice, brown
 Rice, red
 Rice, wild
 Sorghum
 Wheat berries

— DRIED BEANS —

Adzuki/Azuki/Aduki beans	Lentils, green
Black beans	Lentils, brown
Black-eyed peas	Lentils, red
Black gram/Urad	Lima beans
Black beans	Moong/mung dal
Chickpeas/Garbanzo beans	Navy beans
Cannellini beans	Pinto beans
Cranberry Beans	Soybeans
Great Northern beans	Split Peas
Kidney Beans	Toor dal

BREAKFASTS

1. Chia Pudding

Put these in a bowl, and refrigerate overnight:

- Unsweetened soy milk (or almond milk, or pomegranate juice, or orange juice or water),
- organic raisins (or other dried fruit)
- frozen mango, chia seeds
- Top with berries in the morning.

2. Overnight Oats

Put these in a bowl and refrigerate overnight

- Chopped apples
- Oats
- Raisins
- Applesauce (or more finely chopped apples)
- Cinnamon

Oatmeal variations

3. Oats, Apples, cinnamon, raisins, water in Instant Pot
4. Oats, apples, cinnamon, raisins, almonds, water
5. Oats, frozen mango, raisins
6. Oats, apple, walnuts, chopped date, cinnamon

7. Steamed green beans!!

(Or other veggies, such as those listed here:

Asparagus, Broccoli, Brussels Sprouts, Cauliflower, Carrots, Corn, Okra, Pepper Strips, Squash, Sweet Potato.

8, 9, 10, 11. Green smoothie. Be creative and enjoy. Google "green smoothie" or try these:
<https://tinyurl.com/dr-fuhrman-perfect-smoothie>

12. Banana Cashew Lettuce Wrap (avoid among people with nut allergies)
<http://mitchspinach.com/recipes/banana-cashew>

13. Organic apple

14. Organic apple + nut butter (or + sunflower butter if anyone has mild allergies. For serious allergies, completely avoid any seed butters in community spaces unless certified to be allergen-free.)

15. Steamed apples in the Stone Wave

16. Steamed apples in an electric steamer

17. Steamed almonds (for spaces where no risk of exposure to an allergic person)

18. Melon

19. Salsa Frittata

<http://archive.healthycampaign.org/salsa-frittata/>

For variations, see:

<http://archive.healthycampaign.org/recipe/3-minute-egg-n-salsa/>

(Note: archived content has old Twitter handle at the end of the video.

Current account name is: @EatReal2Win)

20. Potato Waffle

Recommend watching at twice the speed (and recommend that someone make a 30-second version of this)

<https://www.youtube.com/watch?v=lqAG0FOZMf0>

21. Dinner Leftovers

22. Microwaved sweet potato in Potato Express

23. Bowl of berries

24. Instant Pot soy yogurt + fruit

25. Butternut-Carrot Soup

2- OR 3-INGREDIENT RECIPES

APPLES AND CHAT

Wedge an apple, and sprinkle wedges with Chat (or Chaat) Masala.

BEETHOVEN'S FAVORITE FRUIT

BANANANA! (TUNE: BEETHOVEN'S FIFTH)

Microwave a frozen banana for 20 seconds. Top with cinnamon or cacao (or both).

BLUEBERRY YUM

Place frozen blueberries and Ezekiel cereal in a Stone Wave. Microwave for 2 minutes.

CHICKPEA CRUNCH

Cook chickpeas in water for 45 minutes in the Instant Pot. (It takes 10 minutes to come up to pressure first, and some time to release the pressure.) Move chickpeas to a bowl, reserving the cook water (aquafaba) for other recipes. Mix in a teaspoon of Indian spices such as Everest Chhole Masala or MDH Chana Masala. Cook in the air fryer for 15 minutes. (Check earlier, to see if it may be done sooner.)

LEFTOVERS TACO

Air-fry a corn tortilla for 4 minutes while heating up leftovers in the microwave.

LENTIL TACO FILLING

Cook lentils, salsa and water for 11 minutes in the Instant Pot. This recipe is so versatile! Add filling to lettuce or mustard or collard leaf, or tortilla. Add lime, avocado, tomato, cilantro if you want to turn this into a party.

PREPPED POTATOES

A GOOD BASE FOR YOUR FAVORITE CHILI, SOUP, SALSA, HORSERADISH, ETC.

Place a cup of water and a trivet in the Instant Pot. Place as many potatoes (or sweet potatoes) as fit vertically on the trivet. Close the lid. Cook under pressure for 9 minutes. Eat some, and refrigerate the rest.

STRAWBERRY-BANANA NICE CREAM

(DELICIOUS!)

Push frozen bananas and frozen strawberries through the Yonanas device (or mix in blender or food processor).

SAUERKRAUT

Use a spiralizer to shred cabbage. Massage the shredded cabbage for 6 - 10 minutes (maybe while you're on the phone). Stuff the cabbage into a wide-mouth mason jar.

TEA

Steep tea in water. (Use an infuser for loose-leaf tea. Hibiscus is great! See skills.)

YOGURT

SOMETIMES YOU NEED A LITTLE TANG

(Use organic, unsweetened plain WestSoy or Edensoy soy milk—and vegan starter from Cultures for Health. Their vegan starter has a thickener that just makes this recipe work better.) Add starter to a wide-mouth mason jar, and mix in soy milk. Place the filled jar in the Instant Pot. Heat for 15 hours on the Yogurt setting.

INSTANT POT RECIPES

Lentil Stew

- Step 1** ☐ 1 large onion, chopped
Saute

(Yes, you can saute without oil. When it starts to brown add the liquid from remaining ingredients.)

- Step 2** ☐ 28 oz. can chopped tomatoes
Add to Pot ☐ 1/3 - 1/2 can coconut milk
and Cook. ☐ Low-sodium vegetable broth
☐ Lentils
☐ Sweet potatoes, cubed
☐ 1 Tbs minced garlic
☐ Handful of raisins
☐ 3 Tbs Sylvia's Secret Seasonings
or Mrs. Dash

**Pressure Cook
for 12 Minutes**

- Step 3** ☐ 1/3 bag frozen kale, or frozen
Release spinach, or frozen broccoli,
Steam, and add to Pot

**Put lid on and let greens
defrost and cook**

Yellow Split Pea Soup

- ☐ 1 large onion, chopped

- ☐ 4 cups low-sodium vegetable
broth or water
☐ 1 1/2 cups split yellow peas
☐ 1 - 2 chopped carrots
☐ 1 Tbs minced garlic
☐ 1 Tbs Mrs. Dash
☐ 2 tsp smoked paprika

**Pressure Cook
for 12 Minutes**

- ☐ Collard ribbons

**Put lid on and let greens
defrost and cook**

Butternut Squash Soup

- ☐ 1 medium onion, chopped

- ☐ 4 cups frozen butternut squash
☐ 2 organic apples, cored and
chopped
☐ 2 tablespoons balsamic vinegar
☐ 4 cups carrot juice (or blend
carrots and water, if you don't
have juice)
☐ 1 teaspoon cinnamon
☐ 1/2 teaspoon nutmeg

**Pressure Cook
for 8 Minutes**

- ☐ 1/2 cup soy milk
☐ 1/4 cup tahini

Mix and serve.

Black Bean-Quinoa Chili

- Step 1** ☐ 1 small red onion, chopped
Saute

- Step 2** ☐ 14.5 oz can fire roasted
Add to Pot tomatoes
and Cook. ☐ 2 cups water or vegetable
broth
☐ 2 Tbsp chopped garlic
☐ 1 cup frozen corn kernels
☐ 2 15-oz can black beans
(1 of the 2 with added jalapeno),
drained and rinsed
☐ 2 sweet potatoes
☐ 1 1/2 cup quinoa
☐ 1 tsp cumin
☐ 1 tsp smoked paprika
☐ 1 Tbsp taco seasoning

**Pressure Cook for 5 minutes,
followed by at least 10 min.
Natural Pressure Release**

- Step 3** ☐ black pepper
Release ☐ 3 Tbsp chopped cilantro
Steam, and ☐ Juice of 1 lime
add to Pot

Dal and Greens

- ☐ Chopped onions. (If time-
constrained, you can always
skip the onion saute step, and
just add onions or even onion
powder with the rest of the
ingredients.)

- ☐ 6 cups water
☐ 1 1/2 cups red lentils
☐ Fresh cilantro, or dried
coriander
☐ Jaswant's Kitchen Daal Indian
Seasoning for Red Lentils or
Kitchari spice
☐ 1/2 cup salsa

**Pressure Cook
for 9 Minutes**

- ☐ 1 Tbs Garam Masala
☐ Frozen spinach

Overnight White Beans

- ☐ Chopped onions
☐ 14.5 oz can diced tomatoes (or
blend fresh tomatoes)
☐ 32 oz low-sodium vegetable
broth
☐ 1 cup of water
☐ 3 Tbsp garlic, minced
☐ 2 Tbsp Italian dried herbs
☐ 1 lb cannellini beans
☐ black pepper

**Set to Pressure Cook
for 35 minutes**

Delay Start for 7 hrs

Sample Current Time: 11 PM
Will start cooking at 6 AM
Release pressure at 7 AM or later

- ☐ 6 oz baby spinach or frozen
spinach
☐ 1/3 cup nutritional yeast
☐ 1/2 cup chopped fresh parsley

1 Fold here

Join
HealthyCampaign.org
and
Facebook.com/groups/healthycampaign.org

2 Fold here after folding sides.

♥ We eat real food here :)

There is _____
in the Instant Pot.
It should be done cooking at around _____.

*(The lid will not open until the pressure is released.
Use a utensil to turn the steam release handle
to the venting position.)*



Ingredients



1 Fold here

SALAD INSPIRATIONS

Quinoa Tabbouleh

- ☐ 1 cup quinoa
- ☐ 3 cups water
- ☐ Another 1 cup of water
- ☐ ¼ tsp salt
- ☐ 3 Tbsp pine nuts
- ☐ ¼ cup lemon juice
- ☐ ½ hallot, minced
- ☐ 1 cup parsley, chopped
- ☐ ½ cup mint, chopped
- ☐ 1 cucumber, diced
- ☐ Cherry tomatoes, halved
- ☐ Boston lettuce
- ☐ Ground Pepper

1. **Optional steps to remove bitter saponins:** Swish quinoa and 3 cups of water in a bowl or 1-quart container. Pour the quinoa/water into a fine mesh sieve, draining into the sink. (An OXO Good Grips Small Grains Washing Colander lets you rinse and drain in one step.)
2. Add water, quinoa, and salt to Instant Pot. Cook on High Pressure for 1 Minute
3. Keep the pot sealed for an additional 15 minutes (this is called “Natural Pressure Release.”)
4. While the Quinoa is cooking, prepare the remaining ingredients.
5. Release the Instant Pot valve, and open the lid.
6. Add remaining ingredients (except for pepper and lettuce) to the Instant Pot.
7. Scoop Tabbouleh onto a plate.
8. Place lettuce on the side of the plate.
9. Add pepper to taste

Israeli Salad

- ☐ Tomato
- ☐ Cucumber
- ☐ Green onion
- ☐ Parsley
- ☐ Celery seed
- ☐ Lemon juice

Sabzi Salad

- ☐ Tomato
- ☐ Cucumber
- ☐ Mint
- ☐ Parsley
- ☐ Walnuts
- ☐ Radishes

TALL Salad

- ☐ Tomato, chopped
- ☐ Avocado, chopped
- ☐ Lettuce
- ☐ Lemon juice

Salad Toppings

- ☐ Dressing
- ☐ Beans (Black beans, pinto beans, lentils, etc)
- ☐ Corn
- ☐ Slivered almonds, chia seeds, flax seeds, hemp seeds, peanuts, pistachios, pumpkin seeds, sunflower seeds, walnuts
- ☐ Quinoa
- ☐ Roasted veggies
- ☐ Salsa
- ☐ Sprouts

Basil Lemon Dressing

(Makes everything taste good!)

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 tablespoons fresh lemon juice
- ☐ ½ cup water
- ☐ 2 tablespoons almond butter
- ☐ ¼ cup raisins
- ☐ ⅓ cup fresh basil leaves
- ☐ 1 teaspoon Dijon mustard
- ☐ 1 clove garlic

Blend ingredients in a mini-blender. This is so delicious, you will want to eat vegetables.

Simple Dressing

- ☐ Lemon or lime juice

Huberman Salad Dressing

- ☐ Juice of 2 limes
- ☐ Juice of 1 orange
- ☐ Juice of 1 lemon
- ☐ ¼ cup tahini
- ☐ 1 Shallot, chopped

Roasted Brussels Sprouts

- ☐ Balsamic vinegar
- ☐ Dijon mustard
- ☐ Brussels sprouts

Slice large Brussels sprouts in half. Mix and air fry or roast in an oven.

Minted Watermelon

- ☐ Watermelon, cubed
- ☐ Mint, chopped

SALAD DRESSING TEMPLATE

One key goal is to eat more veggies, and delicious dressings makes all the difference!

Choose an ingredient from two or more columns to blend.

Feel free to make multiple copies of this chart, and experiment.

Please share your creations in the Healthy Campaign Facebook group.

Fat	Sour	Sweet	Spicy	Salty	Herbs	Options
Almond Butter	Apple Cider Vinegar	Apples	Black Pepper	Braggs Amino's	Basil	Bell Peppers
Avocado	Balsamic Vinegar	Apricot	Cayenne	Celery	Chives	Cannellini Beans
Brazil Nuts	Grapefruit Juice	Carrot Juice	Cumin	Coco Aminos	Dill	Chickpeas
Cashews	Lemon Juice	Date	Garlic	Dulse	Green Onion	Cucumber
Chia Seeds	Lime Juice	Figs	Roasted Garlic	Kelp	Marjoram	Peas
Hemp Seeds	Red Wine Vinegar	Honey	Garlic Powder	Miso	Mint	Roasted Red Pepper
Peanuts	Rice Vinegar	Mango	Ginger	Nutritional Yeast	Oregano	Tomatoes
Pecans	Tamarind Paste	Maple Syrup	Mustard		Parsley	Tomato Sauce
Pine Nuts	White Wine Vinegar	Mulberries	Onion Powder			Zucchini
Pistachios		Orange Juice	Hot Peppers			
Sunflower Seeds		Peach	Smoked Paprika			
Tahini		Pear				
Walnuts		Prunes				
		Raisins				
		Raspberries				

TRAVEL SURVIVAL KIT

PACK IN LUGGAGE

- ☐ 6 Tbs chia seeds in a baggie or spice jar
- ☐ Paper bowls (Paper bowls will squish if the hotel refrigerator is very skinny.)
- ☐ Mini-blender
- ☐ Hot pot such as the DCIGNA 1.5L Electric Cooker
or:
Steamer such as AICOK food steamer
- ☐ Small cutting board
- ☐ Knife
- ☐ One fork per eater
- ☐ Potato Express and Sweet Potatoes
- ☐ Sponge

PACK IN TRAVEL BAG

- ☐ Veggie Chili in ZipLoc Twist 'n Loc, inside larger sealed Ziploc bag (If this was frozen, defrost in the refrigerator the day before travel.)
- ☐ Fruit

ORDER FOR HOTEL DELIVERY

- ☐ Apples, bananas, oats raisins, soy milk
- ☐ Blueberries, raspberries
- ☐ Trimmed green beans, potatoes
- ☐ Frozen mango, frozen spinach
- ☐ Kale/spinach salad mix
- ☐ Tomatoes, avocados, green onion
- ☐ Salsa, and/or dal pouch (Maya Kaimal Everyday Dal)

THREE-DAY CONFERENCE PLAN

This plan works! Rehearse the steps, develop your own tweaks or your own distinct plans. Please share what works for you with margie@healthycampaign.org

MORNING

Eat a hearty breakfast (for instance, Instant Pot Oatmeal). Congratulate yourself for having packed according to the plan, and pre-ordered ingredients. (Or run around at the last minute getting everything together.) Eat real food at the airport.

Enjoy your apple oat breakfast! (So wonderful to skip the factory-farmed bacon and eggs, the sugar-filled yogurt, and the refined grains.)

Enjoy your chia-blueberry pudding! Make green smoothie: Blend soy milk, spinach, mango, and frozen banana. Cheers! Store extra in fridge.

Enjoy your blueberry-oat-raspberry-chia-soy milk creation. If you have time, blend and drink another green smoothie.

AFTERNOON

1. Retrieve groceries from front desk. Tip the Bell Person.
2. Unpack luggage.
3. Unpack groceries. Set up cutting board, and plug in mini-blender and hot pot or steamer.
4. Make a salad with lettuce, avocado, tomato and green onion. Blend up spinach dal pouch with avocado and tomatoes. Add to salad. Yum!
5. Make overnight oats: Place oats and $\frac{1}{8}$ cup soy milk in a paper bowl with chia seeds and raisins. Mix with finely chopped apple. Top with cinnamon. Refrigerate. (If the fridge is very skinny, fold the paper bowl a little bit to fit.)
6. Peel two bananas, break into pieces, and place in a plastic bag in the freezer, along with the frozen spinach and fruit. Get remaining food in the fridge as best as you can. (If the fridge is too small, ask the hotel to refrigerate, or make your own cooler in the hotel ice bucket.)

Join colleagues for lunch. Supplement the meal with your fruit and/or salad.

Snack on a banana.

Join colleagues for lunch. Choose the healthiest tasty, filling item on the menu, or mix-and-match healthy ingredients from sides.

Join colleagues for lunch. Choose the healthiest tasty, filling item on the menu, or mix-and-match healthy ingredients from sides.

Snack on an apple.

Microwave sweet potatoes in the Potato Express.

1. Enjoy conference reception. Eat the healthy stuff.
2. After the event, eat some of the chili you brought with you and the remaining salad.
3. Rinse the blender.
4. Add chia seeds, soy milk, raisins, blueberries and some oats to a bowl.

1. Steam potatoes in the hot pot or steamer for 14 minutes. Add trimmed green beans and cook for another 6 minutes. Add remaining chili and enjoy dinner.
2. Make overnight oats with berries.

Pack. Clean your room. Sponge down surfaces. Leave a tip for the housekeeper.

In the airport, consume liquids before going through security. Eat what you've got left.

EVENING

Healthy Campaign Self-Assessment

For what or whom do you
need to be healthy?

For each Healthy Campaign area, please rate yourself on a scale of 1 (LOW) to 5 (HIGH) that best represents where you are now, and where you would like to be.	Where are you? (1 2 3 4 5)	Where would you like to be? (1 2 3 4 5)
Food and Drink: “Nourish and Fuel” Eating healthy, balanced meals with plenty of fruits and vegetables each day. Drinking enough water and limiting sodas, sweetened drinks, and alcohol.		
Skills. “The Learning Curve” (Consider one point for each of the following): 1. Chopping on onion 2. Shopping regularly, or internet order of ingredients 3. Cooking while you work (Instant Pot, air fryer, marinate, etc.) 4. Cooking while you sleep (Instant pot, slow cooker, thaw in fridge, etc.) 5. Batch cooking		
Kitchen Environments: “Surroundings for Success” Comfortable, clean spaces to prepare food where you live and work. Space-appropriate equipment. Well-stocked pantries, including whole foods with long shelf life.		
Travel: “Admittedly a challenge” Capacity to prepare, purchase, and eat health-supporting foods even when you're on the road.		
Colleagues, friends and family: “Relationships and Belonging” Feeling supported in your goals for well-being. Modeling healthy practices for others. Organization-wide Healthy Campaign Plan. Enjoying shared meals. The quality of your communication with others.		
Recharge: “Sleep and Refresh” Getting enough rest and sleep.		

MY GO-TOS

On the Road

[illegible]

Healthy “Emergency Hunger” Food

[illegible]

Overnight Cooking

[illegible]

Batch Prep Foods

[illegible]

GO-TO RECIPES

Write down your go-to recipes here.

(Don't feel you have to decide all of them at once.)

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