

## **Seeds to Inspire Foundation Receives \$5,000 from the T. Colin Campbell Center for Nutrition Studies' Community Grant Program**

***The Center for Nutrition Studies awarded Seeds to Inspire Foundation a Community Grant to support Seva Jumpstart, a health intervention program for underserved and at-risk communities.***

**Phoenix, Arizona (December 1, 2021)** - Seeds to Inspire Foundation has received a grant of \$5,000 to support Seva Jumpstart, a health intervention program for underserved and at-risk communities that provides meals with whole plant-based ingredients and ongoing resources for healthy lifestyle changes.

The T. Colin Campbell Center for Nutrition Studies (CNS), renowned global leader in whole food, plant-based resources, education, and advocacy, provides grant support to empower sustainable food-based initiatives around the world.

“We are incredibly excited to offer these Community Grants as a natural extension of our global mission,” commented LeAnne Campbell, President of CNS. “This grant program will provide organizations with support to advocate for a more sustainable and equitable food system, whether they are nonprofits, educators, community organizers, or environmentally conscious companies.”

Seva Jumpstart promotes the concept of Food as Medicine, both for the individual and entire communities. *Seva* is a Sanskrit word for “service,” and it points to the program’s objectives: to serve the greater whole. The “Jumpstart” is a 10-day medically supervised health intervention with whole food, plant-based meals. Participants will also receive additional nutrition resources and trauma-informed support for mind–body–spirit healing. The first Seva Jumpstart, based at MAA Wellness Center in Phoenix, Arizona, starts December 4, 2021.

Seeds to Inspire Foundation’s co-founder Jacque Salomon said, “We are honored to receive a Community Grant from the Center for Nutrition Studies; it is going to impact so many deserving and neglected people.”

### **About CNS**

The T. Colin Campbell Center for Nutrition Studies (CNS) is a 501(c)(3) nonprofit organization committed to increasing awareness of the extraordinary impact that food has on the health of our bodies, our communities, and our planet. Through science-based education, service, and advocacy, we seek to inspire and connect all people, providing practical solutions to enable a healthier life, more equitable communities, and a sustainable world. We offer grants to empower individuals and organizations who are focused on increasing food literacy, improving access to healthy and affordable food, and building sustainable and equitable food systems. Our library of content and tools includes an online certificate in Plant-Based Nutrition, as well as articles, recipes, newsletters, and other free educational resources. Learn more at [nutritionstudies.org](https://nutritionstudies.org).

## About Seeds to Inspire Foundation

Seeds to Inspire Foundation is a 501(c)(3) educational non-profit based in what we now call Phoenix, Arizona, USA — on the ancestral land of the Akimel O'odham and Piipaash people. We are a part of a large and enthusiastic grassroots social justice educational movement with a focus on whole system health and healing. Learn more at [seedstoinspire.org](https://seedstoinspire.org).