

Healthy Campaign Resources

Healthy Campaign Website

<https://HealthyCampaign.org>

Healthy Campaign Online Training!

<http://CountMeInToWin.org/courses/healthy-campaign>

Equipment Checklist

<https://recipes.healthycampaign.org/equipment>

Pantry Checklist

<https://recipes.healthycampaign.org/pantry>

Healthy Campaign Facebook group

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

One-on-one attention via the facebook group.

Candidates, staff and volunteers are welcome to join.

Healthy Campaign Cartoon

<https://healthycampaign.org/cartoon/>

Includes our signature Lentil Taco Filling recipe on the last page

Healthy Campaign Toolkit

<https://healthycampaign.org/toolkit>

Print out the worksheets to develop a personal plan.

Print the lists of whole foods for inspiration

Recipes

<https://healthycampaign.org/recipes>

Strategies on a budget

<https://www.notion.so/f9611995fd34e52bf2b1ca23abbd408?v=4dd8c917385649cc992a3729197b4af7&p=195412c9e1b94b21ab20157baef5ca83>

Annabel Park's WPFW interview

<https://soundcloud.com/count-me-in-to-win>

SugarWars.com

<http://SugarWars.com>

Good Nutrition is Antiviral

<http://bit.ly/antiviral-nutrition>

This an in-depth Medium piece written by Healthy Campaign CEO Marjorie Roswell. Good nutrition actually prevents viral replication... but our public health messengers are neglecting this and other nutrition-related life-saving information. We need more people to understand this, and share it.

Note: The bit.ly link includes the friends_link parameter, so if people have already used their free Medium views, they'll still be able to view it. Once it resolves to the full Medium url, that parameter goes away, so we recommend sharing the bit.ly link instead of copying from the URL that it resolves to.

I helped treat the 1st COVID-19 patient in New Jersey. It provided a teachable moment.

A compelling piece by the lifestyle medicine doctor who treated NJ's first COVID-19 case. (Dr. Weiss is also addressing climate change with other projects, not mentioned in this article.)

<https://www.nj.com/opinion/2020/04/i-helped-treat-the-1st-covid-19-patient-in-new-jersey-it-provided-a-teachable-moment.html>

Some Facebook Lives:

Growing sprouts, the (extremely) easy way

Starting

<https://www.facebook.com/marjorie.roswell/videos/10156766185126174/>

Harvesting:

<https://www.facebook.com/marjorie.roswell/videos/10156781616866174/>

Chickpea soup

<https://www.facebook.com/marjorie.roswell/videos/10156766220231174/>

Kale salad

<https://www.facebook.com/marjorie.roswell/videos/10156762155491174/>

Slow-cooked onions in the Instant Pot

<https://www.facebook.com/marjorie.roswell/videos/10156768198896174/>

How I used the onions:

<https://www.facebook.com/marjorie.roswell/posts/10156768293171174>

An added note that nuts.com offers 1-, 5-, and 25-pound bags of organic beans (and rice, and nuts, and dried fruit). Legumes are the most important dietary predictor of survival...and they also offer a measure of food security as pantry-stable food.

<https://www.ncbi.nlm.nih.gov/pubmed/15228991>