

Resources & Next Steps



Embarking on a plant-based dietary journey can be both exciting and daunting. However, having access to reliable information, practical tips, and supportive communities can make all the difference. Whether you're just beginning to explore plant-based eating or you're looking for additional guidance and inspiration along the way, the following suggestions can empower and support you on your plant-based journey. By equipping yourself with the knowledge, tools, and community connections you need, making the transition to a plant-based lifestyle will become more accessible, enjoyable, and sustainable. There are many resources to be found however, here are a few to get started with:

1. **Forks Over Knives Community:** [Forks Over Knives \(Forks Meal Planner Community Group\)](#) offers an online community platform where members can access resources, participate in discussions, and connect with like-minded individuals who are passionate about plant-based living. The community features forums, groups, and events tailored to various interests and needs.
2. **Plant-Based Cooking Facebook Groups:** There are numerous Facebook groups dedicated to plant-based cooking and lifestyle. Joining groups like "[Plant-Based Cooking](#)," "[Plant Based & Vegan \(Easy Recipes\)](#)," or "[Vegetarian & Vegan Recipes for Beginners](#)" can provide a supportive environment for sharing recipes, asking questions, and finding inspiration. There are many groups. Here are another couple of examples, [Plant-based Beginners](#) and [Cheap Vegan Meal Ideas](#) .
3. **Instagram Plant-Based Communities:** Instagram is a great platform for connecting with fellow plant-based enthusiasts and discovering new recipes and meal ideas. Follow hashtags like #PlantBased, #VeganRecipes, or #PlantBasedCommunity to find accounts and communities that resonate with you.
4. **Online Forums and Websites:** Websites like [VeggieBoards.com](#), [plantpurecommunities.org](#) [thevegansociety.com](#) offer online forums and communities specifically for vegetarians and vegans. The Vegan Society (although more about ethics than just diet) provides extensive resources, support, and information in the form of guides, recipes, and forums where individuals can connect with each other and find valuable support on their plant-based journey. These platforms provide a space for discussion, support, and sharing resources related to plant-based living. Other useful online resources are [plantbasednews.org](#) which offer incredible amounts of useful information and they are also on Instagram.
5. **Local Vegan and Vegetarian Societies:** Many cities and regions in the UK have local vegan and vegetarian societies or groups that organize events, potlucks, and meetups for members of the community. These groups can provide valuable support, resources, and social connections for individuals transitioning to a plant-based diet.

Remember to engage with online communities that align with your values, preferences, and goals. Whether you're seeking recipe inspiration, nutritional advice, or just a sense of camaraderie, these online communities can offer valuable support and encouragement on your plant-based journey. More useful information to help you can be found in the "Dispelling Myths About Plant-Based Eating Guide" which can be found via the ACAN website.

Written by on behalf of Alton Climate Action Network (ACAN) Dee Panes MBPsS -BSc Health Sciences & Psychology, Certification: Plant Based Nutrition – eCornell, University USA, Certification: PlantBased Nutrition, A Sustainable Diet for Optimal Health – University Winchester UK, Certification: Lifestyle Medicine for Cancer Prevention & Survivorship, Affiliate Member of Plant Based Professionals UK, Member British School of Lifestyle Medicine