

HOW TO Use PAN One-Pagers

Why use them?

These flyers give introductory information with proper references, to the most important questions about PAN, what we do and why. You can use them for outreach to people who are not yet familiar with PAN as an organisation, what its mission is and the concepts around it.

The flyers cover the following topics:

- What is PAN?
- What is Whole Food Plant Based Nutrition and why do we recommend it?
- What are the benefits of WFBP nutrition for individual health and treatment of NCDs?
- What are the benefits of WFPB nutrition for Planetary Health?

They are designed to help you in your **outreach activities**. You might find they are useful to hand out, especially if your time is limited, so people can read more in their own time.

When to use them?

These flyers are great to use as introductory materials in **any outreach event**. Since all their content was **created, vetted and referenced by professionals**, they are good for the **general public, students and professionals**, and anyone who may not be particularly familiar with the concepts approached or who has never heard about PAN.

In-person events are a great opportunity to use these flyers. Feel free to use them to spark discussions or in any other context that makes sense to you and your audience.

How to use them?

The PDF format of the flyers is **available for download** and **can be shared with members of the public**. These are some example of use:

- **Print them out** on an **A4 page, using both sides**. We kept the content short enough to stay within this limit, and to **minimise waste** and environmental impact.
- You can share the **digital version** (already available in English and German):
 - in outreach emails (i.e. student newsletters)
 - during online events

- on the university website or students forum
- Link to document to a **QR Code** and add it to your presentations (online or in-person)

No changes to the content can be made. If you would like **to translate** these materials into your local language, please get in touch with **Roberta Alessandrini** who will be happy to guide you through the process.