Form **990-EZ**

Short Form Return of Organization Exempt From Income Tax

OMB No. 1545-0047

Department of the Treasury Internal Revenue Service

Under section 501(c), 527, or 4947(a)(1) of the Internal Revenue Code (except private foundations) Do not enter social security numbers on this form, as it may be made public. Go to www.irs.gov/Form990EZ for instructions and the latest information.

Open to Public Inspection

A F	or the	2022 calendar year, or tax year		01/01/2022	and ending	12	2/31/202	22
B 0	heck if ap	pplicable: C Name of organizat	tion			D Emp	loyer ide	entification number
=	Address c		PLANT BASED NUTRITION SUPPORT GROUP					7-2327443
	Name cha	•	Number and street (or P.O. box if mail is not delivered to street address) Room/suite E Telepi				ohone nu	ımber
=	nitial retur	3906 Baldwin Roa					248	8-310-2400
=	Amended return City or town, state or province, country, and ZIP or foreign postal code F Group							nption
	Application pending Auburn Hills, MI 48321 Number							
G A	Account	ing Method: Cash Ac	ccrual Other (specify):		H Check	if the	organization is not
I V	Vebsite	: www.pbnsg.org						ach Schedule B
		npt status (check only one) - 🗾 5	01(c)(3)) (insert no.)	(a)(1) or 527	(Form 9	90).	
KF	orm of	organization: 🗹 Corporation	Trust		Other:	•		
		s 5b, 6c, and 7b to line 9 to deter	mine gross receipts. If	gross receipts are \$200,0	000 or more, or if	total assets		
(Par	t II, col	umn (B)) are \$500,000 or more, fi	le Form 990 instead of	Form 990-EZ			. \$	82,401
Pa	art I	Revenue, Expenses, a	nd Changes in Ne				ctions	
		Check if the organization						
	1	Contributions, gifts, grants,					1	21,794
	2	Program service revenue inc					2	60,607
	3	Membership dues and asses					3	0
	4	Investment income					4	0
	5a	Gross amount from sale of a	ssets other than inv	entorv	5a	0		
	b	Less: cost or other basis and		•	5b	0	-	
	С	Gain or (loss) from sale of as	5c	0				
	6	Gaming and fundraising eve						
	а	Gross income from gamir		e G if greater than				
ne		\$15,000)		_	6a	0		
Revenue	b	Gross income from fundraisi	ing events (not inclu	ding \$	0 of contrib	outions		
è		from fundraising events rep	•					
_		sum of such gross income a	and contributions exc	ceeds \$15,000)	6b	0		
	С	Less: direct expenses from	gaming and fundrais	ing events	6c	0		
	d	Net income or (loss) from g			6a and 6b and	subtract		
		line 6c)					6d	0
	7a	Gross sales of inventory, les	s returns and allowa	inces	7a	0		
	b				7b	0		
	С	Gross profit or (loss) from sa	ales of inventory (sub	tract line 7b from line 7	7a)		7c	0
	8	Other revenue (describe in S			•		8	0
	9	Total revenue. Add lines 1,					9	82,401
	10	Grants and similar amounts					10	0
	11	Benefits paid to or for memb	•	•			11	0
S	12	Salaries, other compensatio	n, and employee bei	nefits			12	0
nse	13	Professional fees and other					13	0
Expenses	14	Occupancy, rent, utilities, ar	· ·				14	113
Щ	15	Printing, publications, posta					15	538
	16	Other expenses (describe in					16	108,040
	17	Total expenses. Add lines 1					17	108,691
···	18	Excess or (deficit) for the year	ar (subtract line 17 fr	rom line 9)			18	-26,290
šet	19	Net assets or fund balances	,	,				•
ASS		end-of-year figure reported					19	35,634
Net Assets	20	Other changes in net assets	or fund balances (ex	xplain in Schedule O).			20	1
Ž	21	Net assets or fund balances					21	9,345

Form 990-EZ (2022) Page 2 Part II Balance Sheets (see the instructions for Part II) Check if the organization used Schedule O to respond to any question in this Part II (A) Beginning of year (B) End of year 35,634 22 22 Cash, savings, and investments 9,345 0 23 23 Land and buildings 0 Other assets (describe in Schedule O) . . . 24 0 24 0 25 35,634 25 9,345 Total liabilities (describe in Schedule O) . . 26 0 26 0 27 Net assets or fund balances (line 27 of column (B) must agree with line 21) . . . 35,634 27 9.345 Part III Statement of Program Service Accomplishments (see the instructions for Part III) **Expenses** Check if the organization used Schedule O to respond to any question in this Part III (Required for section What is the organization's primary exempt purpose? See Schedule O, Statement 2 501(c)(3) and 501(c)(4) organizations; optional for Describe the organization's program service accomplishments for each of its three largest program services, others.) as measured by expenses. In a clear and concise manner, describe the services provided, the number of persons benefited, and other relevant information for each program title. THE ORGANIZATION PROVIDED SPEAKERS OF LOCAL AND NATIONAL STATUS TO SPEAK AT THEIR MONTHLY MEETINGS ABOUT BETTER LIVING THROUGH A WHOLE-FOOD, PLANT-BASED DIET. THE (Continued on Schedule O, Statement 3) (Grants \$ 28a 0) If this amount includes foreign grants, check here 96,560 29 29a) If this amount includes foreign grants, check here 30) If this amount includes foreign grants, check here 30a **31** Other program services (describe in Schedule O) 0) If this amount includes foreign grants, check here 96,560 List of Officers, Directors, Trustees, and Key Employees (list each one even if not compensated – see the instructions for Part IV) Check if the organization used Schedule O to respond to any question in this Part IV (c) Reportable (d) Health benefits, (b) Average compensation contributions to employee (e) Estimated amount of (Forms W-2/1099-MISC/ (a) Name and title hours per week benefit plans, and other compensation devoted to position 1099-NEC) deferred compensation (if not paid, enter -0-) Tim Codd 1.00 0 0 0 **Director** 0 Robert Breaky MD 1.00 0 n **Director Ted Barnet MD** 1.00 0 0 0 Director **Paul Chatlin** 5.00 0 0 0 **President** 5.00 0 0 0 **Secretary and Treasurer**

Part V

	instructions for Part V.) Check if the organization used Schedule O to respond to any question in this	Part	۷.	
			Yes	No
33	Did the organization engage in any significant activity not previously reported to the IRS? If "Yes," provide a detailed description of each activity in Schedule O	33		>
34	Were any significant changes made to the organizing or governing documents? If "Yes," attach a conformed copy of the amended documents if they reflect a change to the organization's name. Otherwise, explain the change on Schedule O. See instructions	34		\
35a	Did the organization have unrelated business gross income of \$1,000 or more during the year from business			•
_	activities (such as those reported on lines 2, 6a, and 7a, among others)?	35a		/
	If "Yes" to line 35a, has the organization filed a Form 990-T for the year? If "No," provide an explanation in Schedule O	35b		
С	Was the organization a section 501(c)(4), 501(c)(5), or 501(c)(6) organization subject to section 6033(e) notice, reporting, and proxy tax requirements during the year? If "Yes," complete Schedule C, Part III	35c		>
36	Did the organization undergo a liquidation, dissolution, termination, or significant disposition of net assets during the year? If "Yes," complete applicable parts of Schedule N	36		/
37a	Enter amount of political expenditures, direct or indirect, as described in the instructions 0			
b	Did the organization file Form 1120-POL for this year?	37b		~
38a	Did the organization borrow from, or make any loans to, any officer, director, trustee, or key employee; or were any such loans made in a prior year and still outstanding at the end of the tax year covered by this return?	38a		>
b	If "Yes," complete Schedule L, Part II, and enter the total amount involved 38b			
39	Section 501(c)(7) organizations. Enter:			
a	Initiation fees and capital contributions included on line 9			
b 40-	Gross receipts, included on line 9, for public use of club facilities	-		
40a	Section 501(c)(3) organizations. Enter amount of tax imposed on the organization during the year under:			
b	section 4911: 0; section 4912: 0; section 4955: 0 Section 501(c)(3), 501(c)(4), and 501(c)(29) organizations. Did the organization engage in any section 4958			
D	excess benefit transaction during the year, or did it engage in an excess benefit transaction in a prior year			
	that has not been reported on any of its prior Forms 990 or 990-EZ? If "Yes," complete Schedule L, Part I	40b		~
С	Section 501(c)(3), 501(c)(4), and 501(c)(29) organizations. Enter amount of tax imposed			
	on organization managers or disqualified persons during the year under sections 4912, 4955, and 4958			
d	Section 501(c)(3), 501(c)(4), and 501(c)(29) organizations. Enter amount of tax on line			
_	40c reimbursed by the organization			
е	All organizations. At any time during the tax year, was the organization a party to a prohibited tax shelter transaction? If "Yes," complete Form 8886-T	40e		~
41	List the states with which a copy of this return is filed:			
42a		248-31	0-2400)
	Located at: 3906 Baldwin Road Unit 210286, Auburn Hills, MI 48321 ZIP + 4	483	321	
b	At any time during the calendar year, did the organization have an interest in or a signature or other authority over		Yes	No
	a financial account in a foreign country (such as a bank account, securities account, or other financial account)?	42b		>
	If "Yes," enter the name of the foreign country:			
	See the instructions for exceptions and filing requirements for FinCEN Form 114, Report of Foreign Bank and Financial Accounts (FBAR).			
С	At any time during the calendar year, did the organization maintain an office outside the United States? . If "Yes," enter the name of the foreign country:	42c		~
43	Section 4947(a)(1) nonexempt charitable trusts filing Form 990-EZ in lieu of Form 1041 – Check here			
	and enter the amount of tax-exempt interest received or accrued during the tax year		Vaa	NI-
44a	Did the organization maintain any donor advised funds during the year? If "Yes," Form 990 must be		Yes	No
770	completed instead of Form 990-EZ	44a		~
b	Did the organization operate one or more hospital facilities during the year? If "Yes," Form 990 must be completed instead of Form 990-EZ	44b		>
С	Did the organization receive any payments for indoor tanning services during the year?	44c		'
d	If "Yes" to line 44c, has the organization filed a Form 720 to report these payments? If "No," provide an			
	explanation in Schedule O	44d		
45a	Did the organization have a controlled entity within the meaning of section 512(b)(13)?	45a		>
b	Did the organization receive any payment from or engage in any transaction with a controlled entity within the meaning of section 512(b)(13)? If "Yes," Form 990 and Schedule R may need to be completed instead of Form 990-F7. See instructions	45h		./

Other Information (Note the Schedule A and personal benefit contract statement requirements in the

Form 990-1	EZ (2022)						P	age -
40 -							Yes	No
	id the organization engage, directly or ir candidates for public office? If "Yes," c							. 1
Part VI			, Faili		· · · ·	· 46		<u> </u>
r art vi	All section 501(c)(3) organization		stions 47–49b and	d 52 and d	omplete th	e tables fo	or line	25
	50 and 51.	900		u. 0_, uu. 0	p			
	Check if the organization used Sch	nedule O to respond	I to any question in	this Part V	Ι			
	<u> </u>	'	<i>y</i> 1				Yes	No
	id the organization engage in lobbying		section 501(h) elect	ion in effect	t during the	tax		
ye	ear? If "Yes," complete Schedule C, Part	:11				. 47		~
	the organization a school as described in					. 48		/
	id the organization make any transfers to							~
	"Yes," was the related organization a se							
	omplete this table for the organization's mployees) who each received more than							з кеу
	mployees) who each received more than		(c) Reportable		th benefits,	C, CITICI 14	0110.	
	(a) Name and title of each employee	(b) Average hours per week	compensation	contribution	ns to employee	(e) Estimate		
		devoted to position	(Forms W-2/1099-MISO 1099-NEC)		s, and deferred ensation	other com	ipensati	on
None			,					
51 C	otal number of other employees paid over complete this table for the organization' 100,000 of compensation from the organ (a) Name and business address of each independ	s five highest compenization. If there is no	ensated independer			n received) Compensation		thar
	(a) Name and business address of each independ	ent contractor	(b) Type of Se	ervice	(0)	Compensation	JII	
None			_					
			-					
	otal number of other independent contra	•		•				
	id the organization complete Scheduompleted Schedule A	le A? Note: All se	ection 501(c)(3) org	ganizations	must attach			۱.
	<u> </u>				ha baat of my le	· V Yes		lo it is
	alties of perjury, I declare that I have examined this r ct, and complete. Declaration of preparer (other than					nowledge and	bellet,	IT IS
Sign	Signature of officer			D	ate			
Here	Marion Treece, Director of Operations							
	Type or print name and title							
Paid	Print/Type preparer's name	Preparer's signature		Date	Check] if PTIN		
Prepar	er John Hogan				self-emplo	yed P00	083520	3
Use Or	1ly Firm's name JOHN E HOGAN CPA			Fi	irm's EIN	38-318		
	Firm's address 18968 N Highlite Dr,	Clinton Twp, MI 48035		P	hone no.	586-285-		
iviay the	IRS discuss this return with the preparer	snown above? See i	instructions			. 🗸 Yes	 	10

SCHEDULE A (Form 990)

Public Charity Status and Public Support

OMB No. 1545-0047

Complete if the organization is a section 501(c)(3) organization or a section 4947(a)(1) nonexempt charitable trust. Attach to Form 990 or Form 990-EZ. Open to Public Go to www.irs.gov/Form990 for instructions and the latest information. Inspection

Department of the Treasury Internal Revenue Service Name of the organization

Employer identification number

PLA	NT BA	SED NUTRITION SUPPORT GF	ROUP				47-23	27443
Pai	rt I	Reason for Public Cha	rity Status. (All	organizations mus	t comple	ete this p	oart.) See instruction	ons.
The o	organi	zation is not a private founda	ition because it i	s: (For lines 1 through	12, chec	k only or	ne box.)	
1	\square A	church, convention of churc	hes, or associati	on of churches descri	ibed in se	ection 17	0(b)(1)(A)(i).	
2	\square A	school described in section	170(b)(1)(A)(ii).	(Attach Schedule E (F	orm 990)	.)		
3		hospital or a cooperative hospital						
4	A medical research organization operated in conjunction with a hospital described in section 170(b)(1)(A)(iii). Enter the							
_	hospital's name, city, and state:							
5	_	n organization operated for ection 170(b)(1)(A)(iv). (Com		college or university	owned o	r operate	ed by a government	al unit described in
6 7	✓ Aı	federal, state, or local govern n organization that normally escribed in section 170(b)(1)	receives a subs	tantial part of its sup				the general public
8	\square A	community trust described i	n section 170(b)	(1)(A)(vi). (Complete I	Part II.)			
9	or ur	n agricultural research organ runiversity or a non-land-gra niversity:	nt college of agr	iculture (see instruction	ons). Ente	r the nan	ne, city, and state of	the college or
10	re Sl	n organization that normally inceipts from activities related upport from gross investment by the organization a	to its exempt ful t income and uni	nctions, subject to ce related business taxal	rtain exce ble incom	eptions; a ne (less se	and (2) no more than ection 511 tax) from	331/3% of its
11	☐ Aı	n organization organized and	operated exclus	sively to test for public	c safety.	See sect i	ion 509(a)(4).	
12		n organization organized and						
		ne or more publicly supported						
	tn	e box on lines 12a through 12		• • • • • • • •			•	
а		Type I. A supporting organ the supported organization supporting organization. You	(s) the power to	regularly appoint or e	lect a ma	jority of t		
b		Type II. A supporting orga		•			unnorted organizati	on(s) by having
~		control or management of organization(s). You must	the supporting o	rganization vested in	the same			
С		Type III functionally integ its supported organization(ally integrated with,
d		Type III non-functionally that is not functionally integree requirement (see instructional see instruction)	grated. The orga	nization generally mus	st satisfy	a distribu	ıtion requirement an	
е		Check this box if the organ functionally integrated, or	Гуре III non-func	tionally integrated sur				e II, Type III
f		er the number of supported o	-					
g		vide the following information	about the supp	orted organization(s).				
	(ii) Name of supported organization (iii) EIN (iii) Type of organization (described on lines 1–10 above (see instructions)) (iv) Is the organization (v) Amount of monetary support (see instructions) (vi) Amount of other support (see instructions)					other support (see		
					Yes	No		
(A)								
(~)								
(B)								
(C)								
(D)								
(E)								

Support Schedule for Organizations Described in Sections 170(b)(1)(A)(iv) and 170(b)(1)(A)(vi) Part II (Complete only if you checked the box on line 5, 7, or 8 of Part I or if the organization failed to qualify under Part III. If the organization fails to qualify under the tests listed below, please complete Part III.) Section A. Public Support Calendar year (or fiscal year beginning in) (a) 2018 **(b)** 2019 (c) 2020 (d) 2021 **(e)** 2022 (f) Total Gifts, grants, contributions, and membership fees received. (Do not include any "unusual grants.") . . 100,002 105,808 135,792 98,687 82,401 522,690 Tax revenues levied for the organization's benefit and either paid to or expended on its behalf The value of services or facilities 3 furnished by a governmental unit to the organization without charge **Total.** Add lines 1 through 3 . . . 4 100.002 105,808 135,792 98,687 82,401 522,690 5 The portion of total contributions by each person (other than a governmental unit or publicly supported organization) included on line 1 that exceeds 2% of the amount shown on line 11, column (f) **Public support.** Subtract line 5 from line 4 522,690 Section B. Total Support Calendar year (or fiscal year beginning in) (a) 2018 **(b)** 2019 (c) 2020 (d) 2021 (e) 2022 (f) Total 7 Amounts from line 4 100,002 105,808 135,792 98,687 82,401 522,690 8 Gross income from interest, dividends, payments received on securities loans, rents, royalties, and income from similar sources 9 Net income from unrelated business activities, whether or not the business is regularly carried on 10 Other income. Do not include gain or loss from the sale of capital assets (Explain in Part VI.) **Total support.** Add lines 7 through 10 11 522,690 Gross receipts from related activities, etc. (see instructions) 12 First 5 years. If the Form 990 is for the organization's first, second, third, fourth, or fifth tax year as a section 501(c)(3) 13 Section C. Computation of Public Support Percentage Public support percentage for 2022 (line 6, column (f), divided by line 11, column (f)) 100 % 14 15 Public support percentage from 2021 Schedule A, Part II, line 14 331/3% support test - 2022. If the organization did not check the box on line 13, and line 14 is 331/3% or more, check this ~ 331/3% support test - 2021. If the organization did not check a box on line 13 or 16a, and line 15 is 331/3% or more, check 17a 10%-facts-and-circumstances test - 2022. If the organization did not check a box on line 13, 16a, or 16b, and line 14 is 10% or more, and if the organization meets the facts-and-circumstances test, check this box and stop here. Explain in Part VI how the organization meets the facts-and-circumstances test. The organization qualifies as a publicly supported 10%-facts-and-circumstances test - 2021. If the organization did not check a box on line 13, 16a, 16b, or 17a, and line 15 is 10% or more, and if the organization meets the facts-and-circumstances test, check this box and stop here. Explain in Part VI how the organization meets the facts-and-circumstances test. The organization qualifies as a publicly supported

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Schedule A (Form 990) 2022 Page **3**

Part III Support Schedule for Organizations Described in Section 509(a)(2)

(Complete only if you checked the box on line 10 of Part I or if the organization failed to qualify under Part II. If the organization fails to qualify under the tests listed below, please complete Part II.)

Secti	on A. Public Support					,	
Calen	dar year (or fiscal year beginning in)	(a) 2018	(b) 2019	(c) 2020	(d) 2021	(e) 2022	(f) Total
1	Gifts, grants, contributions, and membership fees						
	received. (Do not include any "unusual grants.")						
2	Gross receipts from admissions, merchandise sold or services performed, or facilities						
	furnished in any activity that is related to the						
	organization's tax-exempt purpose						
3	Gross receipts from activities that are not an						
	unrelated trade or business under section 513						
4	Tax revenues levied for the						
	organization's benefit and either paid to or expended on its behalf						
_	'						
5	The value of services or facilities furnished by a governmental unit to the						
	organization without charge						
6	Total. Add lines 1 through 5						
7a	Amounts included on lines 1, 2, and 3						
	received from disqualified persons .						
b	Amounts included on lines 2 and 3						
~	received from other than disqualified						
	persons that exceed the greater of \$5,000						
	or 1% of the amount on line 13 for the year						
С	Add lines 7a and 7b						
8	Public support. (Subtract line 7c from						
	line 6.)						
	on B. Total Support		1	I	1		
	dar year (or fiscal year beginning in)	(a) 2018	(b) 2019	(c) 2020	(d) 2021	(e) 2022	(f) Total
9	Amounts from line 6						
10a	Gross income from interest, dividends,						
	payments received on securities loans, rents, royalties, and income from similar sources.						
	•						
b	Unrelated business taxable income (less section 511 taxes) from businesses						
	acquired after June 30, 1975						
С	Add lines 10a and 10b						
11	Net income from unrelated business						
••	activities not included on line 10b, whether						
	or not the business is regularly carried on						
12	Other income. Do not include gain or						
	loss from the sale of capital assets						
	(Explain in Part VI.)						
13	Total support. (Add lines 9, 10c, 11,						
	and 12.)						
14	First 5 years. If the Form 990 is for the	-			-		
0 1:	organization, check this box and stop he						
	on C. Computation of Public Suppor			10 1 (f)		45	0/
15 16	Public support percentage for 2022 (line a Public support percentage from 2021 Scl		-				<u>%</u> %
16 Secti	on D. Computation of Investment In					16	70
17	Investment income percentage for 2022 (ov line 13 colu	ımn (f\)	17	%
18	Investment income percentage for 2022 (-			
19a	33 ¹ / ₃ % support tests—2022. If the organ						
·Ju	17 is not more than 331/3%, check this box						
b	331/3% support tests—2021. If the organiz	_	-	-		=	_
~	line 18 is not more than 331/3%, check this						
20	Private foundation. If the organization di	_	_	•	· · · · · · · · · · · · · · · · · · ·		

Schedule A (Form 990) 2022 Page 4

Supporting Organizations Part IV

(Complete only if you checked a box on line 12 of Part I. If you checked box 12a, Part I, complete Sections A and B. If you checked box 12b, Part I, complete Sections A and C. If you checked box 12c, Part I, complete Sections A, D, and E. If you checked box 12d, Part I, complete Sections A and D, and complete Part V.)

Se

Secti	on A. All Supporting Organizations			
			Yes	No
1	Are all of the organization's supported organizations listed by name in the organization's governing documents? If "No," describe in Part VI how the supported organizations are designated. If designated by class or purpose, describe the designation. If historic and continuing relationship, explain.	1		
2	Did the organization have any supported organization that does not have an IRS determination of status under section 509(a)(1) or (2)? If "Yes," explain in Part VI how the organization determined that the supported organization was described in section 509(a)(1) or (2).	2		
3а	Did the organization have a supported organization described in section 501(c)(4), (5), or (6)? If "Yes," answer lines 3b and 3c below.	3a		
b	Did the organization confirm that each supported organization qualified under section 501(c)(4), (5), or (6) and satisfied the public support tests under section 509(a)(2)? If "Yes," describe in Part VI when and how the organization made the determination.	3b		
С	Did the organization ensure that all support to such organizations was used exclusively for section 170(c)(2)(B) purposes? If "Yes," explain in Part VI what controls the organization put in place to ensure such use.	3c		
4a	Was any supported organization not organized in the United States ("foreign supported organization")? If "Yes," and if you checked box 12a or 12b in Part I, answer lines 4b and 4c below.	4a		
b	Did the organization have ultimate control and discretion in deciding whether to make grants to the foreign supported organization? If "Yes," describe in Part VI how the organization had such control and discretion despite being controlled or supervised by or in connection with its supported organizations.	4b		
С	Did the organization support any foreign supported organization that does not have an IRS determination under sections 501(c)(3) and 509(a)(1) or (2)? If "Yes," explain in Part VI what controls the organization used to ensure that all support to the foreign supported organization was used exclusively for section 170(c)(2)(B) purposes.	4c		
5а	Did the organization add, substitute, or remove any supported organizations during the tax year? If "Yes," answer lines 5b and 5c below (if applicable). Also, provide detail in Part VI , including (i) the names and EIN numbers of the supported organizations added, substituted, or removed; (ii) the reasons for each such action; (iii) the authority under the organization's organizing document authorizing such action; and (iv) how the action was accomplished (such as by amendment to the organizing document).	5a		
b	Type I or Type II only. Was any added or substituted supported organization part of a class already designated in the organization's organizing document?	5b		
С	Substitutions only. Was the substitution the result of an event beyond the organization's control?	5с		
6	Did the organization provide support (whether in the form of grants or the provision of services or facilities) to anyone other than (i) its supported organizations, (ii) individuals that are part of the charitable class benefited by one or more of its supported organizations, or (iii) other supporting organizations that also support or benefit one or more of the filing organization's supported organizations? <i>If "Yes," provide detail in Part VI.</i>			
7	Did the organization provide a grant, loan, compensation, or other similar payment to a substantial contributor (as defined in section 4958(c)(3)(C)), a family member of a substantial contributor, or a 35% controlled entity	6		
	with regard to a substantial contributor? If "Yes," complete Part I of Schedule L (Form 990).	7		
8	Did the organization make a loan to a disqualified person (as defined in section 4958) not described on line 7? If "Yes," complete Part I of Schedule L (Form 990).	8		
9a	Was the organization controlled directly or indirectly at any time during the tax year by one or more disqualified persons, as defined in section 4946 (other than foundation managers and organizations described in section 509(a)(1) or (2))? If "Yes," provide detail in Part VI .	9a		
b	Did one or more disqualified persons (as defined on line 9a) hold a controlling interest in any entity in which the supporting organization had an interest? If "Yes," provide detail in Part VI .	9b		
С	Did a disqualified person (as defined on line 9a) have an ownership interest in, or derive any personal benefit			
	from, assets in which the supporting organization also had an interest? If "Yes," provide detail in Part VI.	9с		
10a	Was the organization subject to the excess business holdings rules of section 4943 because of section 4943(f) (regarding certain Type II supporting organizations, and all Type III non-functionally integrated supporting organizations)? If "Yes," answer line 10b below.	10a		

b Did the organization have any excess business holdings in the tax year? (Use Schedule C, Form 4720, to

determine whether the organization had excess business holdings.)

10b

Schedule A (Form 990) 2022 Page 5 Part IV **Supporting Organizations** (continued) Yes No Has the organization accepted a gift or contribution from any of the following persons? a A person who directly or indirectly controls, either alone or together with persons described on lines 11b and 11c below, the governing body of a supported organization? 11a **b** A family member of a person described on line 11a above? 11b c A 35% controlled entity of a person described on line 11a or 11b above? If "Yes" to line 11a, 11b, or 11c, provide detail in Part VI. 11c Section B. Type I Supporting Organizations Yes No 1 Did the governing body, members of the governing body, officers acting in their official capacity, or membership of one or more supported organizations have the power to regularly appoint or elect at least a majority of the organization's officers, directors, or trustees at all times during the tax year? If "No," describe in Part VI how the supported organization(s) effectively operated, supervised, or controlled the organization's activities. If the organization had more than one supported organization, describe how the powers to appoint and/or remove officers, directors, or trustees were allocated among the supported organizations and what conditions or restrictions, if any, applied to such powers during the tax year. 1 Did the organization operate for the benefit of any supported organization other than the supported organization(s) that operated, supervised, or controlled the supporting organization? If "Yes," explain in Part VI how providing such benefit carried out the purposes of the supported organization(s) that operated, supervised, or controlled the supporting organization. 2 Section C. Type II Supporting Organizations Yes No Were a majority of the organization's directors or trustees during the tax year also a majority of the directors or trustees of each of the organization's supported organization(s)? If "No," describe in Part VI how control or management of the supporting organization was vested in the same persons that controlled or managed the supported organization(s). 1 Section D. All Type III Supporting Organizations Yes No 1 Did the organization provide to each of its supported organizations, by the last day of the fifth month of the organization's tax year, (i) a written notice describing the type and amount of support provided during the prior tax year, (ii) a copy of the Form 990 that was most recently filed as of the date of notification, and (iii) copies of the organization's governing documents in effect on the date of notification, to the extent not previously provided? 1 Were any of the organization's officers, directors, or trustees either (i) appointed or elected by the supported organization(s) or (ii) serving on the governing body of a supported organization? If "No," explain in Part VI how the organization maintained a close and continuous working relationship with the supported organization(s). 2 By reason of the relationship described on line 2, above, did the organization's supported organizations have a significant voice in the organization's investment policies and in directing the use of the organization's income or assets at all times during the tax year? If "Yes," describe in Part VI the role the organization's supported organizations played in this regard. 3 Section E. Type III Functionally Integrated Supporting Organizations Check the box next to the method that the organization used to satisfy the Integral Part Test during the year (see instructions). The organization satisfied the Activities Test. Complete **line 2** below. The organization is the parent of each of its supported organizations. *Complete line 3 below.* С The organization supported a governmental entity. Describe in **Part VI** how you supported a governmental entity (see instructions). 2 Activities Test. Answer lines 2a and 2b below. Yes No Did substantially all of the organization's activities during the tax year directly further the exempt purposes of the supported organization(s) to which the organization was responsive? If "Yes," then in Part VI identify those supported organizations and explain how these activities directly furthered their exempt purposes, how the organization was responsive to those supported organizations, and how the organization determined that these activities constituted substantially all of its activities. 2a b Did the activities described on line 2a, above, constitute activities that, but for the organization's involvement, one or more of the organization's supported organization(s) would have been engaged in? If "Yes," explain in Part VI the reasons for the organization's position that its supported organization(s) would have engaged in these activities but for the organization's involvement. 2b Parent of Supported Organizations. Answer lines 3a and 3b below. a Did the organization have the power to regularly appoint or elect a majority of the officers, directors, or trustees of each of the supported organizations? If "Yes" or "No," provide details in Part VI. 3a

Did the organization exercise a substantial degree of direction over the policies, programs, and activities of each of its supported organizations? If "Yes," describe in **Part VI** the role played by the organization in this regard.

3b

Schedule A (Form 990) 2022

	Tune III Non Functionally Integrated 500(a)(2) Supporting Ora		-ations	rage C
Part				
1	Check here if the organization satisfied the Integral Part Test as a qualifying			
Sect	instructions. All other Type III non-functionally integrated supporting organion A—Adjusted Net Income	IIZal	(A) Prior Year	(B) Current Year (optional)
1	Net short-term capital gain	1		(Optional)
_ <u>.</u>	Recoveries of prior-year distributions	2		
_ _ _	Other gross income (see instructions)	3		
4	Add lines 1 through 3.	4		
<u>.</u>	Depreciation and depletion	5		
6	Portion of operating expenses paid or incurred for production or collection of gross income or for management, conservation, or maintenance of property held for production of income (see instructions)	6		
7	Other expenses (see instructions)	7		
8	Adjusted Net Income (subtract lines 5, 6, and 7 from line 4)	8		
Sect	ion B-Minimum Asset Amount		(A) Prior Year	(B) Current Year (optional)
1	Aggregate fair market value of all non-exempt-use assets (see instructions for short tax year or assets held for part of year):			
а	Average monthly value of securities	1a		
b	Average monthly cash balances	1b		
С	Fair market value of other non-exempt-use assets	1c		
d	Total (add lines 1a, 1b, and 1c)	1d		
е	Discount claimed for blockage or other factors (explain in detail in Part VI):			
2	Acquisition indebtedness applicable to non-exempt-use assets	2		
3	Subtract line 2 from line 1d.	3		
4	Cash deemed held for exempt use. Enter 0.015 of line 3 (for greater amount, see instructions).	4		
5	Net value of non-exempt-use assets (subtract line 4 from line 3)	5		
6	Multiply line 5 by 0.035.	6		
7	Recoveries of prior-year distributions	7		
8	Minimum Asset Amount (add line 7 to line 6)	8		
Sect	ion C-Distributable Amount			Current Year
1	Adjusted net income for prior year (from Section A, line 8, column A)	1		
2	Enter 0.85 of line 1.	2		
3	Minimum asset amount for prior year (from Section B, line 8, column A)	3		
4	Enter greater of line 2 or line 3.	4		
5	Income tax imposed in prior year	5		
6	Distributable Amount. Subtract line 5 from line 4, unless subject to			
	emergency temporary reduction (see instructions).	6		
7	Check here if the current year is the organization's first as a non-functional (see instructions)	ally i	ntegrated Type III suppor	rting organization

Schedule A (Form 990) 2022 Page 7

Type III Non-Functionally Integrated 509(a)(3) Supporting Organizations (continued) Part V Section D-Distributions **Current Year** Amounts paid to supported organizations to accomplish exempt purposes 1 2 Amounts paid to perform activity that directly furthers exempt purposes of supported organizations, in excess of income from activity 2 3 Administrative expenses paid to accomplish exempt purposes of supported organizations 4 Amounts paid to acquire exempt-use assets 4 Qualified set-aside amounts (prior IRS approval required - provide details in Part VI) 5 5 Other distributions (describe in Part VI). See instructions. 6 6 7 Total annual distributions. Add lines 1 through 6. 7 Distributions to attentive supported organizations to which the organization is responsive 8 (provide details in Part VI). See instructions. 8 Distributable amount for 2022 from Section C, line 6 9 9 10 10 Line 8 amount divided by line 9 amount (ii) (iii) Section E—Distribution Allocations (see instructions) **Underdistributions Distributable Excess Distributions** Pre-2022 Amount for 2022 Distributable amount for 2022 from Section C, line 6 2 Underdistributions, if any, for years prior to 2022 (reasonable cause required - explain in Part VI). See instructions. Excess distributions carryover, if any, to 2022 a From 2017 From 2018 **c** From 2019 **d** From 2020 **e** From 2021 Total of lines 3a through 3e Applied to underdistributions of prior years Applied to 2022 distributable amount Carryover from 2017 not applied (see instructions) j Remainder. Subtract lines 3g, 3h, and 3i from line 3f. Distributions for 2022 from Section D, line 7: Applied to underdistributions of prior years Applied to 2022 distributable amount Remainder. Subtract lines 4a and 4b from line 4. Remaining underdistributions for years prior to 2022, if any. Subtract lines 3g and 4a from line 2. For result 5 greater than zero, explain in Part VI. See instructions. Remaining underdistributions for 2022. Subtract lines 3h and 4b from line 1. For result greater than zero, explain in Part VI. See instructions. Excess distributions carryover to 2023. Add lines 3j and 4c. Breakdown of line 7: Excess from 2018 . . . Excess from 2019 . . . Excess from 2020 . . . Excess from 2021 . . . Excess from 2022 . . .

Schedule A (Form 990) 2022 Supplemental Information. Provide the explanations required by Part II, line 10; Part II, line 17a or 17b; Part Part VI III, line 12; Part IV, Section A, lines 1, 2, 3b, 3c, 4b, 4c, 5a, 6, 9a, 9b, 9c, 11a, 11b, and 11c; Part IV, Section B, lines 1 and 2; Part IV, Section C, line 1; Part IV, Section D, lines 2 and 3; Part IV, Section E, lines 1c, 2a, 2b, 3a, and 3b; Part V, line 1; Part V, Section B, line 1e; Part V, Section D, lines 5, 6, and 8; and Part V, Section E, lines 2, 5, and 6. Also complete this part for any additional information. (See instructions.)

SCHEDULE 0 (Form 990)

Supplemental Information to Form 990 or 990-EZ

Complete to provide information for responses to specific questions on Form 990 or 990-EZ or to provide any additional information.

OMB No. 1545-0047

Open to Public Inspection

Attach to Form 990 or Form 990-EZ. Department of the Treasury Internal Revenue Service Go to www.irs.gov/Form990 for the latest information.

Name of the organization	Employer identification number
PLANT BASED NUTRITION SUPPORT GROUP	47-2327443
Form 990-EZ, Part I, Line 20 - Rounding	
X	

Schedule O, Statement 1

PLANT BASED NUTRITION SUPPORT GROUP

Part I, Line 16

Form: **Form 990-EZ (2022)** EIN: **47-2327443**

Page: 1

Other Expenses Structured Explanation

Other Expenses Structured Explanation		
Description	Amount	
Advertising	3,140	
Computer and IT	5,071	
Licenses and Fees	889	
Meals for volunteer workers	1,014	
Office Supplies	1,366	
Program Service Expenses	96,560	
Total:	108,040	

PLANT BASED NUTRITION SUPPORT GROUP

Form: Form 990-EZ (2022) EIN: 47-2327443

Page: 2 Part III

Primary Exempt Purpose

Primary Exempt Purpose

THE ORGANIZATION PROVIDED SPEAKERS OF LOCAL AND NATIONAL STATUS TO SPEAK AT THEIR MONTHLY MEETINGS ABOUT BETTER LIVING THROUGH A WHOLE-FOOD, PLANT-BASED DIET. THE ORGANIZATION PRESENTS AT "LUNCH AND LEARN" PROGRAMS AT UNIVERSITIES AND PROMOTE INFORMATION ABOUT PLANT-BASED CURRICULUM TO MEDICAL PROFESSIONALS, COMMUNITY GROUPS, AND COMMUNITY EVENTS. THE ORGANIZATION ASLO HAS SMALL PPERSON-TO-PERSONSUPPORT GROUPS THROUGHOUT THE AREA THAT PROVIDE INFORMATION AND SUPPORT TO THOSE CURIOUS ABOUT AND WANTING TO FOLLOW A WHOLE FOOD, PLANT-BASED WAY OF EATING. THE ORGANIZATION RELIES HEAVILY ON VOLUNTEERS TO PROVIDE SUPPORT AND SERVICES

Schedule O, Statement 3

PLANT BASED NUTRITION SUPPORT GROUP

Form: Form 990-EZ (2022) EIN: 47-2327443
Page: 2 Part III, Line 28

Page: 2

First Program Service Accomplishments Description

Description

ORGANIZATION PRESENTS AT "LUNCH AND LEARN" PROGRAMS AT UNIVERSITIES AND PROMOTES INFORMATION ABOUT A PLANT-BASED CURRICULUM TO MEDICAL PROFESSIONALS, COMMUNITY GROUPS AND AOMMUNITY EVENTS. THE ORGANIZATION ASLO HAS SMALL PPERSON-TO-PERSONSUPPORT GROUPS THROUGHOUT THE AREA THAT PROVIDE INFORMATION AND SUPPORT TO THOSE CURIOUS ABOUT AND WANTING TO FOLLOW A WHOLE FOOD, PLANT-BASED WAY OF EATING. THE ORGANIZATION RELIES HEAVILY ON VOLUNTEERS TO PROVIDE SUPPORT AND SERVICES