

Carissa's Dream Website.

June 25th 2026.

A Future Homepage Headline could be:

Building a Healthier Caribbean Through Food, Education, Agriculture, and Community.

Then beneath it:

Home of the Ital Food Festival, Caribbean Ital Network , Community Learning Hub, and Rivers Organic Goods.

LAYOUT

ITAL IS VITAL TT (UMBRELLA)

The website could look something like:

Home

- The movement.

Ital Food Festival Trinidad and Tobago (IFFTT)

- Event information
- Tickets
- Past festivals
- Speakers
- Sponsors

Caribbean Ital Network (Economic Arm)

- TT Vendor directory
- Products
- Regional showcase opportunities
- SVG and Caribbean expansion

Seeds of Strength Foundation (Charitable Arm)

Phase 1: Community Learning Hub:

- Recipes
- Videos
- Plant-based guides
- School programs
- Cooking demonstrations
- Volunteer opportunities
- Youth programs
- Community gardens/ programs
- Success stories
- Research
- Food security
- Support/ Grants

Rivers Organic Goods

- Farming initiatives
- Produce

About

- My story and mission.

CONTENT:

Ital Is Vital TT: The movement. "The Home of the Caribbean Ital Movement"

Mission: Connecting people through Ital food, culture, health, sustainability and community.

Pillar 1: Celebrate



Ital Food Festival

Annual festival

Conference (future)

Awards

Entertainment

Vendor showcase

For-Profit Activities include:

- Festival and other events
- Catering or product sales
- Merchandise
- Consulting
- Regional showcases

Seeds of Strength: Nonprofit Arm: How do we help people?



Pillar 2: Learn

Community Learning Hub

Plant-based recipes

Cooking videos

Nutrition education

School programs

Corporate challenges

Meatless Monday resources

Purpose:

- ★ Nutrition Education
- ★ School gardens
- ★ Community learning
- ★ Research

- ★ Food security
- ★ Grants

Rivers Organic Goods

Pillar 3: Grow

Farming projects
Seedling programs
Community gardens
Food production

Caribbean Ital Marketplace

Pillar 4: Trade/ Enterprise

Vendor directory (Membership, Advertising, sales commissions as revenue stream)
Product listings
Regional showcases
Export opportunities
SVG and other island partnerships

The Nonprofit Arm (Phase 2)

Pillar 5: Serve

Food security projects
School gardens
Youth development
Community outreach
Grants and scholarships
Sustainability Model

Other possible options for the Marketplace to be called:

Ital Earth Network

Roots & Rivers Foundation

Caribbean Ital Alliance

Ital Community Network

The nonprofit focuses on: