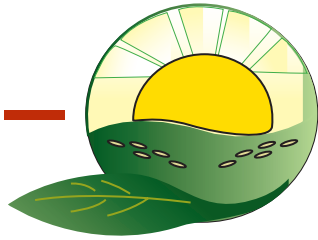


CO-OP TIONS



April/May/June 2019

SEVANANDA
NATURAL FOODS MARKET

Vol. XX Issue 2



It's Time for
"Spring Cleaning"
Detox

467 Moreland Avenue NE Atlanta Georgia 30307 www.sevananda.coop 404-681-2831



Happy Spring



THE INSIDE SCOOP



**General Manager
Cooperative Director**

I hope you're enjoying the change of season and all that arrives with spring. Both of my sons were born in spring and it was such an amazing and beautiful experience. The arrival of my two sons, 2 years apart, and the arrival of spring. I can still smell the air, see the trees blossoming, and remember my first step into my home with each of my sons in my arms. For many of us spring brings great memories, and a sense of renewal, excitement, inspiration, and anticipation of the year to come. It's unlimited potential of what we'd like to create, but also the fruition of what we germinated during the winter months. I love this time. With this spring's arrival, I'd like to say a big thank you to Tony Castaldi, one of the co-owners of Rainbow Natural Groceries. After 40+ years of business, Rainbow recently closed their doors, but not their hearts, to the community. We had never met, but due to the closing we connected. I wish we had met sooner. A couple of SEV managers, our Board President and I stopped by Rainbow to get acquainted. It was great to meet Tony and it felt like I already knew him. He donated a lot of items from Rainbow to Sevananda. We can use them right away, and with that offering, Rainbow lives on through Sevananda.

We chatted about future collaborations, with Tony offering his 40+ years of wisdom, over lunch. I'm looking forward to that. If you are a former, Rainbow Natural Grocery shopper, we welcome you and would love to have you as part of the Sevananda family. Please be sure to stop at Customer Service and give them your name, email, and number, so we can do something special for you to say welcome and thanks for stopping by. If there's something you're looking for, please ask or complete a comment card with your contact, or a product request form and we'll do our best to find it for you. We also invite you to join Sevananda Co-op! We'd be honored if you joined us. With this spring's arrival, we're growing, and our parking lot is trying to hold on and so are we! We've brought on additional security on Thursdays after adding Friday and Saturday during the day, to keep watch. We've had some turnover in store support, but we're in the process of replenishing now. What's next? Send us your ideas and thoughts. At this point, I'm open to even getting a Sevananda shuttle service to shuttle folks from a parking spot further away, drop them off at our doors to shop, and then shuttle them back to their cars.

What's New!

I'd also love to share with you details about the Little 5 Points Alliance. That is a collaborative of property owners, business owners, neighborhood residents, and the CID (Community Improvement District) for our district. The purpose is to come together and inform, educate, promote and share resources, ideas, and solutions to neighborhood and business issues of concern. It is an opportunity to imagine what the best future of Little 5 Points might look like and how we can all support existing projects as well as have a voice in new ones. We'll be tackling health and wellness, security, parking, and other collective solutions to keep Little 5 safe and secure, healthy, and alive! For more information visit L5PA.com

Appreciation! Never Too Much...

If you have a moment, please say, "Thank You!" to a staff member. It can be one you have been meaning to thank. It can be one you just met or one you think offered you great service. I'm learning that you can never say "thank you" or "I appreciate you" enough. Our staff provides, encourages, uplifts, advises, shares, and gives, day in and day out, day after day. They make it all happen. If they didn't, we couldn't be a successful co-op. They are amazing human beings. Talented, creative, loving, sincere, dedicated, loyal, committed, and inspiring people, here to support their community. And they do a wonderful job! We've got a great crew and we want to keep them. So please treat them kindly, respectfully, with care, and thank them every chance you get for doing what they do. On behalf of health and wellness, of community, of transformational economic models and for providing the best service they can muster up for you, our shoppers and member-owners.

Never a dull moment at the Sevananda Co-op Ranch! Excitement, fun, challenges, growth, passion, purpose, and after all is said and done, hopefully we have created "Blissful Service". It's what the Sanskrit word, Sevananda, means - Service is Bliss. We have reacquainted our-selves with that concept at our most recent staff meeting. Reconnecting with what our name means, and the opportunity we have to live it every day is helpful in providing a focus for why we're all here. Here on the planet, here in existence, and here at our dear co-op. Achieving our goals and dreams and doing the work that makes us most complete, keeps us passionate and focused on what is important in our lives. It helps us stay aligned with what supports us and allows for the state of bliss many of us are aiming to achieve. I think that's what our founders were attempting to convey.

It's spring time and it's about clearing out and cleaning out the gunk. Doing this at all levels - mentally, emotionally, spiritually, and physically so we can be

focused and clear to stay on the path of our goals. Detoxing and cleansing will support that process and can be done seasonally or monthly. Some of it can even be done daily. What's important is that we do it. Clear out the old stuff, bring in the new. Take out the trash! Try doing this in every aspect of your life! Do a mental inventory, emotional inventory, spiritual inventory, and of course a physical inventory, of what is getting in the way of your goals.

We mostly speak of the body detox, but there is much more detoxing to be done. There are ways to support the detoxing of our body by also detoxing our emotional and mental parts. I've been surprised at all the things, people, environments, and circumstances that I have held on to not realizing they were toxic on multiple levels. They kept me from my goals. It wasn't until I actually took a conscious inventory that I could "see" it all. Sort of like when you are working on health and nutrition goals and you keep a food journal to really become intimate with what you are putting in your body. Suddenly things become clearer and you can refine your course.

Once you complete the inventory, start fasting from each thing or just eliminate cold tofurky! You'll be amazed at the things that shift as a result. We'll be doing the same on this end, inventorying what we'll be releasing and letting go of. And the new things that we'll be allowing in. We'll be sharing those stories on our social media platforms and we'll be inviting you to do the same. Portia Fox, a local Atlanta radio celebrity, will also be taking the ride with us as she begins her detox journey at Sevananda. She's inviting her audience of followers to share in the ride and learn more about Sevananda and all that is offered here.

I'll be on my very own detox journey riding along with fellow Sevananda comrades as well as other staff, Board, and community members. Of course, right here at Sevananda, we have everything you need to support your Wellness Journey. Our Wellness Manager, Kim Purefoy is passionate about being a Wellness Warrior. She and the Wellness Warrior Team are ready to share more about our educational resources and support you in owning your health and getting all the tools you need along the way. Enjoy the ride! Bliss awaits you!

In Joyful Service,
Ahzjah



COME TASTE WHAT SEVANANDA IS TALKING ABOUT...



Vegan Chopped
Cheese Sandwich & More!



Ingredients

- Beyond Burger Patty
- Follow c/our Heart American Cheese (Vegan)
- Wheat Hoagie Roll
- Vegan Mayo
- Ketchup (Organic)

Tasty Tuesdays every 1st and 3rd Tuesday of the month 12pm - 5pm. Features tastings and samples from SevanandaVendors. Come in and be a part of the Tasty Experience!

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Messages from

Elections

Greetings Sevananda Member-Owners!

It's that time of year again... Elections for your Board of Directors. In alignment with our Bylaws, we have three seats currently up for candidates to be voted in by you to serve for a three-year term.

We're excited to announce a new voting platform for the 2019 elections. In the past, we've only used paper ballots, however, Sevananda has partnered with Simply Voting to provide both paper ballots, online and in-store kiosk voting. Simply Voting Inc. is a full service, secure and online voting platform. They are headquartered in Montreal, Canada with a field office in Iowa and serve over 2000 customers. Third parties have successfully audited their product, technical and corporate infrastructure. We're excited to offer this new option to make voting easier and more efficient.

Here are some things to keep in mind as we experience this new change together. Voting period begins May 3rd through June 1st. You will receive your ballots via email or mail.

- If you have an email AND an address on file, the voting ballot will ONLY be emailed to the email on file.
- If you ONLY have an address on file, the voting ballot will be mailed to the address on file.
- Whether you receive the voting ballot via email or mail, you can vote in the store at the kiosk.
- If an email is not on file for you and you'd prefer to receive your ballot via email, please visit the customer service desk or call into Sevananda to add an email to your membership profile. A customer service representative will gladly add one for you.

Key Dates for the 2019 Elections

APRIL 1- APRIL 15: Review of Candidate Packets

APRIL 16TH: Elections Committee Presents list of Candidates to the full board

APRIL 20TH: Candidates notified they are cleared to move to the voting phase.

MAY 3- JUNE 1: Voting Phase

- Weekly Tabling by the Elections Committee and other board members
 - *This will give member-owners assistance and encourage voting
- Candidate Meet and Greets
 - *The Board will host two during the voting phase to give member-owners a chance to meet your candidates and get to know them better.
 - *Dates To Be Announced
- Candidates and member-owners will also have new opportunities to get to know the candidates throughout the voting period.

the Board of Directors

Linkage



We are in the midst and at the threshold of many major shifts in our individual, local and global realities! The increase and expanded mindfulness and attention to alternative modalities to create, enhance and facilitate greater health and wellness positions us at the forefront of the conversations and responsibility to stay ahead of the curve in getting and staying tuned in, turned on and aligned with the needs of our constituents, customers, members, vendors and the loop that allows us to be in the light as the Southeast's largest natural food co-op and market.

Board member Pearletta Graves and I attended the Co-op Café sponsored by National Co-op Grocer (NCG), National Cooperative Bank (NCB) and produced by the CDS Consulting Co-op event in Durham, N.C. with the theme "Everybody Can Shop at the Co-op". There were ten Co-ops participating, speaking to our shared and unique differences and concerns from our respective cities and towns.

The initiative of the Co-ops to attract and appeal to the diversity of their respective populations was a focus. Focus groups that were filmed confirmed that Co-ops are not viewed by the African American, Hispanic American or other immigrant families as being for them. Some methodologies of attracting others into the Co-ops is to get to know them by inviting them out for events. Other grocers are now adding aisles that are labeled "International Foods", as they too are realizing that there must be an effort in acknowledging and meeting the needs of our global family locally. Co-ops are hiring to reflect diversity. This is one way of appealing to cultural differences, also noting that it creates other issues for staff and members.

Sevananda is unique in that we are situated in a rapidly evolving and diverse community. Atlanta is growing exponentially and has become an international city, whereas some of the other Co-ops represented are still relatively polarized in black or white/African or Caucasian. We must exert the effort to address locally, our global concern for all ethnicities and beings upon Mother Earth. Listening to our customers, member-owners, vendors, and staff as to what more can we do as a collective to broaden our appeal and expand our reach into other areas of Metro-Atlanta.

Our request is for your active engagement in our upcoming Board of Directors elections. Please write your concerns, praise, desires, suggestions for improvement in the suggestion box at Customer Service. Let us know what membership with Sevananda means to you. We have grown tremendously in 44 years of community service. Having turned the corner on previous years' problems, Sevananda is thankful. Now, we are nationally known and respected for our progression in our viability as an outstanding Cooperative. Our continued initiative is to be on the front line. We will be facilitating and participating in more community health and wellness education, development and partnerships. We will do this with others who also respond to the need for true care, love, wisdom, harmony and inclusion.

Yours in the Light and Love of Service,



1. VOLUNTARY AND OPEN MEMBERSHIP
2. DEMOCRATIC MEMBER CONTROL
3. MEMBERS' ECONOMIC PARTICIPATION
4. AUTONOMY AND INDEPENDENCE
5. EDUCATION, TRAINING AND INFORMATION
6. COOPERATION AMONG COOPERATIVES
7. CONCERN FOR COMMUNITY

President



Wanique Shabazz

Interim Vice Pres



Tracy Dornelly

Interim Secretary



Jerilyn Bell

Treasurer



Jessica McMorris

Board Member



Adama Alaji

Board Member



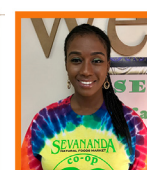
Mason West

Board Member



Pearletta Graves

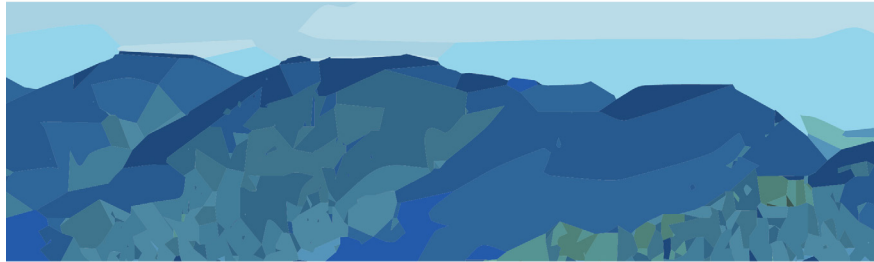
Board Member



Jasmine Simon



Naturally Alkaline Spring Water



- No Additives
- Natural pH of 7.5+
- Pristine, exactly how nature intended!

All water isn't created equal. All water doesn't have the same impact on every person. Sevananda carries a wide variety of water and food choices because we encourage shoppers to "Own Your Health" and see what works for them. No cookie cutter approaches here. Why? Because we think it's important that customers exercise the freedom of conscious and educated choices when and where possible.

I have found that while on any health lifestyle transition, the more conscious I become in what I put into my body temple, the more attune I become with how my body communicates back to me through its responses. Intuitively I would be guided to consume certain foods or drinks as well. Your body actually lets you know what it needs/wants more of and what it can't use. It's our job to understand its communication. It's a process that we can facilitate on our own and sometimes with additional support like a naturopath, herbalist, nutritionist or wellness coach.

Also at Sevananda, we receive a variety of view point and perspectives on what is best and why. Water is, as you can imagine a big part of those perspectives. We continue to do our own research and we'll continue to do more on the subject of water and share it with you. But we encourage you to do the same and make Sevananda a place where you can try an array of options and alternative water for yourself. Then listen for your body's communication. Depending on what goals you are trying to achieve or for general healthy practice, water is always essential.

For our private label water we chose to go with a naturally alkaline spring water. You can read more about Sevananda's private label water at sev.coop. If you purchase Sevananda Natural Foods Market private label natural spring alkaline water, a portion of proceeds will be donated to Sevananda Community Health Foundation, a non profit dedicated to youth empowerment, co-op, holistic health, and food safety education, co-op non profit, local business retail readiness and incubation, food equity and food justice initiatives, farmer retail training, organizational capacity building and artistry.

Projects include our Be The Change Program, Food Is Art Program, a farmers market, csa program, school garden to retail programs, Cooperative entrepreneurship programs, nutrition/cooking classes, art initiatives, and more.



What is so special about our water?

Our water comes from a confined aquifer. It's not the same as "well water"! It comes from deep underground. It travels farther, picking up essential minerals like calcium, magnesium and potassium.

Water Source

Located in Calhoun, Georgia in historic Gordon County, Nature's Big Spring is a mammoth historical landmark. For hundreds of years, the Cherokee Nation used Big Springs as their primary water source.

Bach Flower Rescue Remedies



By Ann Blackmon

One of my favorite Wellness products that I would like to see more interest in are The Bach Flower Remedies. Almost a hundred years ago in the 1920's, Dr. Edward Bach developed the remedies in England. They work on a vibrational level to help bring us back into balance. Our bodies are designed to maintain balance or homeostasis in our temperature, blood pressure, blood sugar and blood ph. When we live in a place where our basic human needs are not met (whether at home, work, or in other relationships) we can become off balance. This stress can adversely affect our equilibrium contributing to disease especially because of the negative thoughts and emotions engendered by our unmet needs. The Bach Flower Remedies help us find our equilibrium again. When we become aware of our stress or lack of ease in certain areas of our life, we can stop and bring it back into balance by making changes in our lives.



Changes such as a new job, a better diet, exercising, getting help with the children so we can get more rest – in other words taking responsibility for getting our needs met. The Bach Flower remedies can be very helpful and supportive in this process of finding our peaceful balance. They help us to see ourselves, others and situations in a way that supports the changes we would like to occur. Negative emotions and feelings are there to let us know that something is missing in our life. Respect, honesty, community, empathy, autonomy, peace – these are wakeup calls to make changes. If we fail to listen, we may become further out of balance and begin having symptoms of disease.



Chinese medicine associates a certain organ of the body with a particular emotion; for instance, the kidneys are associated with fear and especially in winter cold weather. Stress is also capable of affecting our immune system negatively. Bach Flower Remedies are very gentle, simple to use very safe and effective. They are normally safe to take when on medication, however, of course you must check with your doctor. There is one remedy (Rescue Remedy) which is a combination of 5 different remedies. It contains: Impatiens, Star of Bethlehem, Cherry Plum, Rock Rose and Clematis. Impatiens helps us deal with slow situations and people, with more calm. Star of Bethlehem helps relieve the after effects of shock and or trauma. Rock Rose helps when we are terrified. Clematis helps us to stay more focused in the present moment with clarity. When you have an emergency, like a car accident, you can take it a sip of water with 4 drops of R.R. every 5 minutes. Any major disturbance such as arguments, or chronic stressful situations may be helped by Rescue Remedy. Since this contains 5 remedies use 4 drops in your water bottle or other drink and sip often.

BACH FLOWER RESCUE REMEDY – WHAT'S IN IT...AND DOES IT WORK?



These remedies work on an energetic level, to increase the dosage, do not take more of the remedy, simply take it more frequently. For emergencies sip every 5 minutes, the lowest effective dosage would be 4 drops, four times a day, and would take weeks or a month to see results. For more intensive use, and to see faster results, take a sip every 20 minutes or so. You could see a difference in 3-4 days. When taking R.R. with another Bach Flower Remedy use 4 drops for Rescue Remedy and 2 drops for the other ones. Seven Flower Essences are the maximum that you should combine at one time.

The Bach Foundation offers education on the Bach Flower Remedies, visit the Bach Centre's website for more information www.BachCentre.com

Skin Care Goals

"Okay skin cells now let's get in formation".

Hello humans, today's entry is brought to you in part by #skincaregoals.

Now, we all know when you look good you feel good so let's talk about facials. Everyone wants beautiful, glowing skin but you have to do the work internally and externally. Let's talk about external. Being in the entertainment industry I am required to wear make up for many different projects & I work with tons of makeup artists. In these fast pace environments makeup artists are working with close to 50 people. After doing a major fashion show and getting the pink eye from a dirty brush I realized it was my job to take care of my skin when the lights go out.

My quick & easy "go-to" facial is activated charcoal & Aloe Vera. Activated charcoal draws bacteria, poisons, chemicals, dirt and other micro-particles to the surface of skin, helping you to achieve a flawless complexion and fight acne. Aloe Vera contains over 75 different nutrients including vitamins and minerals & acts as a moisturizer but most importantly contains Auxin and Gibberellins. These two hormones provide wound healing and anti-inflammatory properties that reduce skin inflammation.

To moisturize my skin I use coconut oil. Coconut oil is universal. It is used in many natural beauty product for good reasons: It's naturally antibacterial and anti-fungal. Coconut oil for skin is an excellent moisturizer.

Now this is a wonderful external regime however, it is equally important to take care of your internal. The saying "You are what you eat." is accurate. Try to minimize or eliminate fried foods, fast food, snacks and soda from your diet. It is equally important to drink water daily. If you take your body weight and divide it by two. That would tell you how much water you should drink daily. If you follow these simple internal and external steps you'll be a few steps closer to healthier skin and a better well-being.





Sevananda is helping to lead the way to a sustainable future through our commitment to the “triple bottom line” – financial prosperity, support for our community, and environmental stewardship. Since our community happens to be located right here on planet Earth, caring for the Earth actually supports our community as well by reducing the toxic impact of our business on people’s health.

One way we do this is by recycling: reducing the volume of trash that goes into our dumpster. Long-time shoppers may recall that back in the 1990s, Sevananda members built and maintained one of Atlanta’s first recycling centers in our rear parking lot at 1111 Euclid. It was staffed by volunteers for a number of years, but eventually became too popular. The volunteers turned their efforts to lobbying the City to establish the citywide curbside recycling service we enjoy today.

In the age of climate change, recycling is one way each of us can help turn around our civilization’s headlong rush toward disaster. Almost everything we buy and consume comes in a package made of paper, metal, plastic or glass. These are made from raw materials “extracted” – the polite term for mining, oil-drilling, and clear-cutting – from the Earth. “Extracting” raw materials, shipping them from far-flung locations around the globe, and turning them into packaging uses vastly more fossil fuels than re-using the materials reclaimed by recycling once-used bottles, cans, containers, and paper of all types.

Using recycled materials also reduces the toxic impact of extraction and manufacturing on people who live near mines, refineries, and factories around the world. But recycling has health benefits for our local community too, by diverting our packaging from local landfills and trash incinerators. Plastic, in particular, breaks down into toxic chemicals that leak out of landfills into groundwater or spew from incinerator smokestacks into the air.

Meanwhile, here is a guide to the in-store recycling options we offer. Recycling bins are located at the front of the store near the seating area, and just outside the front entrance. Please pay attention to which bin you use to dispose of your waste!

The plastic “clamshells” from our deli case are recyclable, but please toss your used napkin, utensils, leftover food, etc., in the trash. It’s helpful to re-seal containers, along with jars and bottles, so leaking food or drink cannot contaminate other people’s recyclables.

The paper food containers from our hot bar are made from recycled paper, but are not recyclable themselves unless free of food residue. Please consider taking yours home and rinsing it, then depositing it in your curbside recycling bin, or wherever you recycle paper at home.

Lastly, we now offer pre-used packing material as a premium to member-owners: bubble wrap, Styrofoam peanuts, packing paper, and inflatable “pillows” received in shipments, mostly by our Wellness Dept. Just ask for Shyria at the Wellness Desk (Sunday to Thursday) or call the store at 404-681-2831 and ask to speak with her.



“African Culture and Wellness Festival” in the “Year of the Return”

In 1619 the start of the Trans-Atlantic Slave Trade began where millions of Africans were kidnapped and brought to America as free labor. This year, 2019 marks the 400-year anniversary of the arrival of the first enslaved Africans in the United States. The U.S. Congress recently passed Act H.R. 1242 – 400 Years of African-American Experience Act – recognizing the arrival as the beginning of the African American experience. In September of 2018 West Africa Ghana’s President Nana Akufo-Addo officially announced the “Year of Return, Ghana 2019” for Africans in the Diaspora. This declaration gives fresh impetus to the quest to unite Africans on the continent with their brothers and sisters in the diaspora. President Akufo-Addo said, “We know of the extraordinary achievements and [Africans in the lives of the Americans, this symbolic year—commemorate their sacrifices.” Several are planned in Ghana



contributions they diaspora] made to the and it is important that 400 years later—we existence and their festivals and activities for 2019.

One bi-annual festival and for this auspicious Culture and Wellness Held on Saturday, festival was created by Dr. Sharita Yazid, Naturopath, New Body Products Ghana Chief Operating Officer, Wholistic Lifestyle Consultant, Iridologist, African Dance Instructor and repatriate to Africa. She gathered a group of natural healers, master African dance/drum instructors and fitness experts to help create a festival that will help educate, empower, and heal Africans on the continent and the Diaspora. Dr. Sherita states, “Through education we can bring longevity to our lives and live a more fulfilling existence. We are excited about this celebration and are ready to motivate our people to live healthier, happier lifestyles through culture, arts and wellness.”

held every other year, year, was the “African Festival” a.k.a. ACAWF. February 9th, this

This is more than a festival, it’s a movement with wellness presentations, vegan cooking demonstrations, African fitness via dance and drum workshops, Afro Caribbean dance, and African Marshal Arts Capoeira. It began with an early morning walk from the bottom of the mountain at Ayi Mensah Toll Booth up to the beautiful grounds of Aburi Botanical Gardens. At Aburi Gardens, 100 plus exhibitors were within a Healers Village, an African Market Place, Natural Beauty Expo and the Vegan All Stars Food Court. Yummy Ghanaian vegan food demos with Atlanta’s own Chef Tassili Ma’at of Tassili’s Raw Reality Café and Chef Beee of Essentially Chef Beee Health Coaching along with Chef Asantewa of Ghana were tasted. In the evening, the exciting Regeneration Concert featuring international Poet & Irie FM Jamaica radio talk show host, Mutabaruka and many other musical entertainments was offered. The concert was opened by former Atlantan and now Cape Coast resident, Master Drummer, Story Teller and Griot Baba Raa El. In July 2019, there will be another opportunity to visit Ghana and attend a well-loved, classic and long running festival. During the “Year of the Return”, this upcoming festival is PANAFEST (Pan African Historical Theatre Festival). Info: www.panafestghana.org. For info on the African Culture and Wellness Festival: www.go.acawf.com. For info on the Year of Return: www.yearofreturn.com



SPRING CLEANING FROM THE INSIDE OUT: DETOX TIPS



By Kim Purefoy
Wellness Manager

It's spring and many people are thinking about "spring cleaning"... aka as detoxing when it comes to our health. We want to detox our lives in all areas that tend to get clogged up with too much of what we don't need. From clutter in our corners, to toxins in the blood, to a clogged colon or junky thoughts...

blood, kidneys, detox heavy metals, plus kill parasites and candida fungus at times too. Our body can become contaminated with too many man-made toxins and pathogens that it tends to compartmentalize them. Then eventually, the body compartments will reach a certain threshold of toxicity. At that point our immune system can no longer control it and we become prone to infections and other dis-eases that show up as a result. So cleansing can be crucial.

Even drinking a glass of warm lemon water first thing in the morning can be a start as it helps flush the kidneys. Other helpful aids are cilantro, which is high in silica, along with horsetail and the product Biosil. These help to remove heavy metals. Also, using a dry heat sauna and binding agents such as chlorella and zeolite help to release fat-soluble toxins. There are many more resources available, and we invite you to come visit us to check them out, as you continue to educate yourself and "own your health".

periodic detoxing is a wise thing to do.

Most people usually think of the colon when they think of cleansing or detoxing. While that is not the only area to focus on cleansing, it is certainly a necessary starting point. That's because for whatever other areas that you may detox (the blood, liver, etc.), those toxins need a clear path to exit out of the body. So the colon must be open and moving smoothly for that to happen. Otherwise, the toxins that we're wanting so much to get rid of will just cycle back into the body, causing another round of problems again. To detox the colon, it's important to have a daily regimen to keep the colon moving. Ideally, we would have one bowel movement for each meal that we eat daily. To help that along, we need to eat enough fiber-rich foods (25-35 grams a day). That includes foods like beans, collard greens, swiss chard, peas, broccoli, brussel sprouts, raspberries, pears, apples, etc. Superfoods like flaxseed and chia seeds are also excellent to keep things moving. Adequate water intake is another essential focus for healthy colon health. A rule of thumb is to drink half your body weight in ounces daily (but not with meals), spaced evenly throughout the day. Exercise is also important to keep things moving. Plus, by increasing blood flow and circulation, exercise helps to get more oxygen to the entire gastrointestinal tract.

Beyond daily maintenance, detoxing the colon on a deeper level is usually needed also. Many people do an intentional colon cleanse program on a quarterly basis when the seasons change. Sevananda's popular bitter herbal tonics (Essence of Vitality and Universal Mind) can be effective options for this type of deep cleanse. It contains herbs (burdock, milk thistle etc.) that cleanse not only the colon, but also the blood, the liver, and kills parasites also... along with building the immune system at the same time. In addition to the tonic, we also carry other detox products that are used to accomplish a deeper cleanse.

Those other areas that also need to be detoxed are often overlooked, but are also very important to focus on. Our bodies can absorb so many chemicals from the environment, pesticides, foods, cosmetics and toiletries (including aluminum in deodorants and fluoride in toothpastes), etc. So it's a must to cleanse the liver,

Monthly Wellness Health Awareness

April- Colorectal Health
May- Women's Health/Reproductive
June- Men's Health



Porsche Foxx at Sevananda

We are happy to announce that Porsche Foxx will be in our store during the months of April - June talking about how she is slowly transiting into a healthier way of eating. She will be talking about detoxing and the foods she has chosen to eat now for a better life.

Stay tuned by following us on
facebook www.facebook.com/Sevananda.ATL and
Instagram: [Instagram.com/Sevananda_ATL](https://www.instagram.com/Sevananda_ATL) for updates

FROM THE AND DESK OF ADAMA

*Minister on Behalf of the Cosmic Communities for Conscious Cosmic Citizenship
Heraldess of the Eternal and the "Voice" of Resurrection"*

Mother Earth's Blessing Wholistic Life Center 1830 Cheshire Bridge Rd. N.E. Atlanta, GA 30324

Inspirational Life Style Change & Wholistic Wellness Consultant

Facilitator of the Step into More Power and Sistahood Empowerment Circles

*Producer & Host of the Meeting of the Inner Circle 89.3FM www.wrfg.org Thursdays Midnight-6am
www.adamaspeaks.com, www.bbsradio.com/adamaspeaks, www.youtube.com/adamaspeaks*



We live in very crucial times of decision and reckoning that requires that we reach deep within the depths of ourselves to commit

with all we have and are to living in the light and truth of ourselves. Despite all the newness and blossoming around and about many still find it difficult to fully enjoy it all due to allergies, hay-fever, depression, grief and many other issues that abound in today's pandemic of sickness, illness, dis-ease, despair and death.

In light of and despite all the goings on in the political, economic, financial and social realms of our individual and collective existence. Spring is the mark of the true new year where we are seduced by the Sun, birds, butterflies and bees into expressing more gratitude for the blessing and gift of life. Let us give thanks and take advantage of the opportunity to be renewed and recommitted to taking better care of

ourselves and those we love.

This is the perfect time to remember that though our feet walk upon the ground; we are travelers in space upon a planet that is an intergalactic spaceship. Our bodies are divinely and perfectly designed to optimize the experience of this spiritual journey through the Cosmic as living, loving, intelligent, potent and immortal points of presence of the Absolute and Supreme Being that constitutes the whole of Existence Itself! We are literally already in heaven moving through the realm of Eternity and yet, are duped into thinking that we have been given the free will to undermine ourselves and our cells!

Our perspective and perception are impacted and influenced by many factors, but none have as much influence upon us as our own commitments and values as to what truly matters to us what it is we are living for, and how closely we attune to light, love, wisdom and truth. Our blessing in this now

moment is that there is an explosion and expansion of consciousness that humanity and humankind have opportunity to experience. There is a call emanating from the exalted realms for us to clear ourselves of the shame, guilt, blame and unforgiveness that burdens our spirits leaving us feeling unworthy and undeserving of the abundant gifts of insight, intuition and alignment that opens our way to the greatness of ourselves.

This is the day of taking time to reverse the issues crystallizing in our tissues through conscious intention in breathwork, meditation, prayer, exercise and cleansing with water, herbal teas, clays, fresh fruit, vegetation and conscious commitment to live in love with that which beats our hearts and breathes us. We are the saviors the world is waiting for.

Commit, clear, cleanse, nourish, heal, serve and rejoice in the honor and reverence of Being!

***In the light and love of the Absolute!!
Adama***

Refresh & Reset



*By Carolyn R. Morris,
HR Manager & Trainer*

Spring is an exciting time because it offers the opportunity to refresh and reset! There is something special that occurs when spring arrives. There is an essential vibration of joy and bliss in the air. The days are about to be longer, temperatures warmer, beautiful flowers in full bloom and lots of smiles.

When you shop with us you have probably noticed that this exciting vibration is alive at Sevananda. Part of the reason is our name: Sevananda. The "Seva" in "Sevananda" means selfless service, and "Ananda" means bliss and joy. Those who work at Sevananda Coop are joyful servants! How we engage with you, the Member-Owners and Shoppers, no matter the season, is something we take seriously every single day. We make time to refresh and reset ourselves in order to ensure that we are giving our best effort to offer you quality service. The members of Team Sevananda take great pride in contributing positively to your shopping experience. Members of our team value each person that enters the Coop. Our name affords us the expressed opportunity to selflessly serve each other – and you, our valued member-owners/shoppers.

Have you noticed how, once in the Sevananda Coop, you quickly get engulfed in the "vortex"? You may find yourself engaged

in rich conversations with our team members, or other member-owners/shoppers. The joyful vibration of Sevananda is real. Back in the day, prior to becoming an employee, I recall bringing my children to Sevananda and shopping. Knowing Sevananda was an adventure in a vortex, before we would enter the store they'd say, "Mom could you please hurry up?" It never failed; they would be a little upset with me because the shopping experience would always last longer than planned.

Fast forward to when I began working at the Coop, I realized there is intention in a name. At Sevananda, in addition to being intrinsically about joyful service, we have a focused end game: That is the Sevananda "Ends Statement". The purpose of the Ends Statement is to help us focus on the big picture of what we seek to accomplish. All of these things combined: The name "Sevananda" joy, bliss, and an end game – the Ends Statement – equals the great experience one has each time they visit Sevananda Natural Foods Market.

SEVANANDA'S ENDS STATEMENT

Sevananda Natural Foods Market is a cooperative that exists to cultivate:

- Wholistic health and wellness
- Innovative, sustainable systems
- Informed, invested and engaged stakeholders
- Collaborative relationships that are equitable and empowering
- Economic expansion
- Local and global networks

So, as we prepare to welcome a springtime of more joy at Sevananda, we invite you to notice the awesome service you experience when you visit us. We also want you to refresh and reset with us this spring and catch the "Seva" selfless service, and "Ananda" bliss and joy vibration that is uniquely Sevananda.



The power of community-owned food stores in the age of grocery giants



With British Food Fortnight ready to start, what lessons can we learn from grocery co-ops in North America?

“If we want to have a long-term grocery store that supplies communities with good food, the most resilient model is the co-op model,” says Jon Steinman, author, broadcaster and member of the Kootenay Co-op, a consumer food co-op in Nelson, British Columbia (BC), Canada.

Fifteen years ago Mr Steinman moved to Nelson, starting a show about food at the local co-op radio station; Deconstructing Dinner evolved into a television and web series exploring the realities of where food comes from. He then joined the Kootenay Co-op, where he spent 10 years on the board and witnessed first-hand the positive impact co-ops can have on the local community.

“Over those 10 years, our big focus was to build a new store,” he says. “We took the plunge and became the developer of a four-storey building, which became the city’s largest new development in recent history.”



The top three floors of the building now comprise 54 residential units, with the ground floor occupied by commercial units.

Here, the Kootenay Co-op sits in a space three times the size of its previous location, with a full sized commercial kitchen, deli, cheese shop, frozen fish section and an in-store restaurant.

“We moved in over December,” says Mr Steinman. “Through the whole process, I was inspired by how a local food store can engage in significant development in a community. It’s brought more engagement to downtown – and showed the power of a grocery store to support a local economy. This was a story that wanted to be told.”

Mr Steinman plans to tell this story through a new book, *Grocery Story*, which was successfully funded through Kickstarter in August, which will look at how local economies are positively impacted by community food co-ops.

As well as exploring the challenges they face, *Grocery Story* will include profiles of food co-ops in the US and Canada and discuss the unique ways they engage with communities – from operating their own farms and non-profits to educational engagement with members and local schools.

The benefits of going local

National Co-op Grocers – the business services co-operative for retail co-op grocery stores – has already done work tracking the benefits of using the co-op model. In North America, grocery co-ops have a higher rate of organic produce sales (82% compared with 12% for conventional privately or investor-owned stores), higher average earnings (\$14.31 compared with \$13.35) and better rates of recycling (74% of food waste against 36%).

Of greatest interest to Mr Steinman is local impact. Consumer-owned co-ops work with an average of 157 local producers (65 for conventional stores), around 20% of products sold are locally sourced (6% for conventional stores) – and 38% of revenue is spent locally (compared with 24%).

At the Kootenay Co-op, where annual sales top C\$14m, \$3.5 of purchasing is from local suppliers – with \$2m of that directed to farmers. “The book will also share the stories of some of these suppliers,” says Mr Steinman.



“When local producers sell to the local co-op, where does that money then go within the local community, from hairdresser to lawyers? Through co-ops, we can see food dollars recirculating through local communities.”



By Miles Hadfield
Miles is the Co-op News digital editor.

Whats Your Favorite Product at Sevananda?

By: Nai Gray
Marketing/Outreach
Assistant



Barbera Robinson



"believe it or not, I come to pick up wheat grass for my cat. My cat isn't spoiled is She?"

Calvin V.



"The colorful display of the produce draws me in every time"

Audrey Ferguson



"I have tried every last flavor of Kimchi sold in Sevananda"

Cal Crutchfield



"I drive a long distance every week for your massage oils"

Liz Marvel



"The Soups are always delicious"

Chris Amos



"I love being surprised by the hot bar, always great options"

Gabrielle North



"Sevananda's Kale and Quinoa gives me life!"

Jamilah Shakir



"The candles of all colors and sizes are my shopping favorite"

Lee warren



"I come for the herbs but my favorite overall is burdock root"

Michale Miller



"I eat Cocoyo and blueberries every morning"

Danielle Rusk



"I'm so happy the Gingerade Kombucha is always in stock when I come visit"

Dana Wilson



"This is the only place i come to get my Shea Butter whipped or raw"

Tyrone Stevens



"I like the produce here, it's fresh and stays crispy"

LaSonya Walters



"The Essential Oils are Great!"

Evie Hampton



"All the varieties of popcorn keeps me very busy"

BE THE CHANGE

April Partner "Live Healthy & Thrive Youth Foundation"



Serving the community requires love, dedication and commitment. Just ask Lori A. Manns, President and Founder of Live Healthy & Thrive Youth Foundation, Inc. "It's possible for one person to make an impact on their community and everyone should try", is the philosophy that drives Lori. A love of children combined with a desire to serve her community was the inspiration for founding the Live Healthy & Thrive Youth Foundation (LHTYF) in 2010. LHTYF is a 501(c)(3) non-profit organization whose mission is to educate, activate, motivate, and empower youth in the areas of academic achievement, health, nutrition, fitness, and overall wellness. One of Lori's favorite quotes about life highlights the importance of serving others.

"Everybody can be great... because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love." Dr. Martin Luther King, Jr.

"This quote inspires me because I know love is at the center of service. I truly believe that one person can inspire positive change and ignite the fire in others to accomplish great things in their community and even the world," said Lori.

She grew up in a household where community service and volunteerism were not just taught but practiced. She remembers feeding the homeless with her mother and sisters as a young teen. Because of the spirit of service that was instilled in her at a young age, she has a passion for empowering children towards better health. Although Lori saw acts of service and community servant modeled by her mother and father, she never planned to start a non-profit organization. Lori was motivated to inspire her family as well as the community after a health scare. She was advised to change her diet and lose weight to avoid diabetes. Her father passed in 2011 and she discovered that he had undiagnosed diabetes. This news, along with some of her father's advice before passing, gave Lori

the strength to be an advocate in the fight against childhood obesity, diabetes and heart disease.

According to the Centers for Disease Control and Prevention (CDC), childhood obesity is a serious problem in the United States. Obese youth are more likely to have risk factors for cardiovascular disease such as high cholesterol or high blood pressure. The CDC also reports that obese adolescents are more likely to have pre-diabetes, a condition in which blood glucose levels indicate high risk for the development of diabetes. To address the prevalence of obesity and diabetes in youth living in the Atlanta area, LHTYF has created programs that educate children about healthy foods and proper fitness. Its flagship outdoor event, the Unite for Healthy Kids 5K Walk & Run and other projects are empowering families to get active together while building healthy habits that will benefit both parents and children.

The Live Healthy & Thrive Youth Foundation has signature programs that have impacted the lives of over 15,000 Atlanta children since 2011. Through programs such as Gardens are for Kids™, Healthy Kids Summer Camp, Healthy Kids Workshop and the Pinnacle Youth Scholarship Fund, LHTYF has served children from ages 6 to 18. These programs focus on gardening principles, cooking demonstrations as well as health and fitness lessons. Additionally, LHTYF's scholarship program awards \$1,000 book scholarships to high school students who maintain good grades and want to major in medicine, education, culinary arts or STEM programs in college. Students are awarded the scholarship at LHTYF's signature event the Pinnacle Awards and Scholarship Gala. Under the leadership of Lori A. Manns, LHTYF went from giving \$500 scholarships per student to \$1,000 scholarships per student and has given \$30,000 in scholarships in 8 years. It's safe to say that Live Healthy & Thrive Youth Foundation is living up to their motto: "Making a difference in the lives of our youth, one child at a time, one family at a time, one community at a time."



Organization Name: Live Healthy & Thrive Youth Foundation, Inc
Mission: To to educate, activate, motivate and empower youth in the areas of academic achievement, fitness, nutrition and total wellness.
Contact: Lori A. Manns, President
Address: 1270 Caroline Street, Suite D120-307 Atlanta, GA 30307
Website: www.livehealthyandthriveyouth.org

BE THE CHANGE

June Partner "Cool Girls"

Cool Girls was founded in 1989 in response to the plight of young girls in the East Lake housing community. Starting with a small group of ten girls, we now serve 300 girls annually. Our mission is to empower Atlanta girls by breaking the cycle of poverty, low self-esteem and teen pregnancy. Our programs are Girls Club, Cool Sisters, and Cool Scholars. Cool Girls programming begins in the 2nd grade with our Girls Club program that consists of after-school meetings and homework help. As the girls matriculate, meetings are supplemented with weekend learning and empowerment workshops. Each Club provides a secure, supportive, girls-only environment. Additional programming includes Cool Scholars, a life-skills and leadership development program for girls in 9th-12th grade engaging girls in a career and college preparatory curriculum that offers college scholarships; and Cool Sisters, a one-to-one mentoring program for girls in 2nd-12th grade. Our highly structured curriculum teaches girls critical life-skills ranging from body image and self-esteem to the prevention of bullying, drug use, pregnancy, and guidelines for how to build healthy relationships and study habits. There is no fee for any of Cool Girls programming, field trips, empowerment workshops or to attend any events.

Emani Brinson is a Cool Girl who joined in 6th grade at Sequoyah Middle School, and remained in the Cool Girls program through high school. Emani comes from a single parent household where she is the younger of two sisters. A graduate of Cross Keys High School, Emani was the Class of 2017 Salutatorian and a recipient of the Cool Girls Scholarship for college. Emani is currently a sophomore at West Georgia University majoring in Business Administration with a concentration in Human Resource Management. Speaking about her experience with Cool Girls, Emani says, "Cool Girls has allowed me to grow as an individual through constant empowerment and encouragement. Cool Girls has inspired me to reach my full potential through encouraging hard work, dedication, and motivation.



Cool Girls has given me the positive mindset that as a young woman, I can be just as successful as my male counterparts." Emani is a clear example of what a difference Cool Girls can make in the lives of girls at risk.

For 30 years Cool Girls has provided the tools needed to break the cycles of poverty, drug use, sex trafficking and teen pregnancy. "As I think about Cool Girls' 30 years of service to the Atlanta community, I can see this organization exhibit the same growth and transformation that we have seen in the over 6,000 girls who have participated in our programs," said Tanya Ekins, Executive Director. "The board and staff continue to work diligently to strengthen our programming, expand our reach and continuously improve our model. This is possible by our donors, who see great value in our work." Our life skills programs develop girls into confident women through education and exposure to a broader world of opportunity, and we will continue to inspire girls to change their worlds for another 30 years.



COOLGIRLS
INSPIRING GIRLS FOR 30 YEARS



Organization Name: Cool Girls Inc.

Mission: To empower Atlanta girls by breaking the cycle of poverty, low self esteem and teen pregnancy. Our highly structured curriculum teaches girls critical life-skills ranging from body image and self-esteem to the prevention of bullying, drug use, and pregnancy.

Contact: Alexis Buchanan, Development Manager

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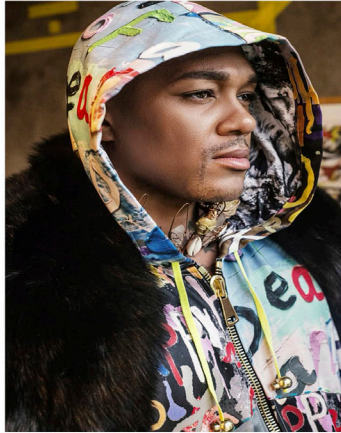
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VEGETARIAN FOOD FAIR MEAT OUT

SATURDAY, April 6, 2019
2:00 PM - 7:00PM

THEME **EAT TO LIVE**



SupaNova Slom

Artist, Author of *The Remedy & Wholistic Health Practitioner*
Atlanta Metropolitan State College
Easley Conference Center
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Atlanta, GA 30310

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