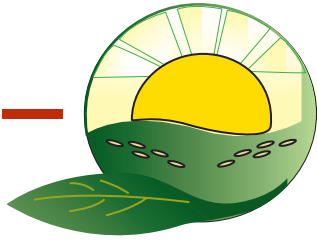


C-OPTIONS



SEVANANDA
NATURAL FOODS MARKET



July/Aug./Sept. 2019

Vol. XX Issue 3

**Enjoy Your
Summer
With a Sevananda
Plant-Based
Burger**

VEGAN BURGER
Sevananda
Beyond
Bliss



The Inside Scoop

by Ahzjah Simons



**General Manager
Cooperative Director**

45 years and counting!
By the time you read this, we'll be in the throws of summer AND Sevananda Natural Foods Market's 45th summer in business I might add! This is one of my favorite seasons of the year. When I lived up north, fall ran a close second with the foliage as a highlight of the year. Still for me, nothing can beat the time of year when I get to put my toes in the sand and be hypnotized by the sunlight, the sight, sound and

rhythm of ocean waves.

As another Sevananda summer is upon us, we have another perfect opportunity to try new healthy summer recipes. Great products to help keep us cool, drinks that are GMO-free and limit the sugar content. We can enjoy our favorite ice-cream treat and flavor, no longer limited to only dairy content. We have non-dairy, vegan, soy-free, and other allergy-free options. We also have hot and cold freshly made food for your vegan and vegetarian pleasure.

Even after 13 years exploring the products at Sevananda, I still haven't seen them all, and I don't know them all. I don't get tired of the next new local product creation or meeting the creative and entrepreneurial spirit/mind of the person behind that product. It's really quite an honor.

For many years and still today, Sevananda Natural Foods Market continues to be a place where folks can enjoy their favorite foods with a vegetarian or vegan twist that maintains health value without compromising deliciousness! Sev as she is affectionately known, strives to sustain her place as a health and wellness icon in our community. It's a safe place for shoppers to explore a variety of alternative products to support their wellness journeys, nutritional food plans, and lifestyle transitions with physical imbalance/ailment that has just emerged in their life. Last and not least, Sevananda also maintains a feeling of family and love that permeates our entrance, aisles, and overall co-op culture. The goal is still to foster authentic connections with each soul we encounter here, and truly become ONE as humans on separate trajectories. We strive to stay unified in pursuit of being the best humans we can be. We have high aspiration, but one I trust we give a sincere effort to daily. From our Board of Directors to Shoppers, owners, staff, and vendors alike, each making their own unique contribution to our co-op, we each play key roles in supporting our growth, evolution, and continued success. Not just those of us who serve today, but everyone who has served before us.

So what's next as we move into our 45th year of life? Well, it's definitely a cause for celebration! I think we've been listening, practicing, observing, testing and fine tuning our steps for a long time. As we work to be innovative in creating a new future for our new era co-op, it is evident that it can't become a new version of itself without seeing some challenges that are part of the journey. We can certainly keep forging ahead by focusing on our goals, mission, values, and principles. We will remain vigilant, relevant, influential, and impactful in a positive way. Thanks for stopping by!

Condolences:

Please join me in extending our deepest sympathy and condolences to our Sevananda family member Kim Purefoy, (Wellness Manager), who's daughter made her transition from this life on June 10th and was laid to rest June 17th. Kim has served as Sevananda's Wellness department Manager close to four years and has led the department to new heights of success under her leadership. Our hearts and blessings are with her and her family at this time. If you would like to join Sevananda in offering financial support to Kim and her family, please feel free to visit Sev.coop and click on the memorial donation link, this link will be active until July 10th. All proceeds will go directly to Kim Purefoy. For those who would like to donate without electronic means, may do so at the dropbox in the wellness department. The priority now is Kim's healing heart and continuing to provide service for our loyal customers. Sylvia Yorke and Shyria Coleman are in place as Interim Wellness Lead Team for the next 90 days, at which time we'll have more updates for our Sevananda family.

Support to Kim for her daughter



Co-op Culture 101:

Please note that many of our amazing staff have reported on repeated occasions, experiencing some type of harassment by customers. We ask that all be mindful and respectful when engaging with our staff and treat them with care so that they can continue to care for you!

Our goal is to offer you high quality customer experience and help you find what you need as swiftly as possible. We'll be putting up signage to support that process for those few who may need to be reminded to follow the Golden Rule. We'll also practice it more, internally.

Member Meeting and 45th Anniversary Celebration:

Slated for October 2019 Location and date to be announced. Check website, email inbox and in-store signage for updates. Be sure we have your most recent email and physical address so we can keep you posted on all things Sevananda. We're still missing quite a few email addresses. You can update at the Customer Service desk.

Board/Member-Owner engagement:

Elections have come to a close and there's more work to be done! Congratulations to the winners! Email Adama@sevananda or jasmine@sevananda for more information regarding owner comment box and or up coming activities you would like to participate in.

Sevananda Summer:

In honor of National Ice Cream Month, Sevananda celebrates with "Ice Cream Sundays" every Sunday in the month of July from 1:00pm - 4:00pm.

Stay tuned for more cool deals, values, Sevananda Summer Socials and more...



Freezers & Coolers:

Since my last letter regarding cooling units, we decided to get a final assessment with the folks who manufactured our refrigeration units. They reported that our units are in great condition and with the right TLC they can be restored and up and running like the day we opened! Hussmann Contractors will be working over the next 3-4 weeks to get the units back up and running in full working order. What you can do? Be patient while we are under reconstruction and let folks know we're still going strong, just doing some restorative surgery on the heart of the physical business. Remember to keep shopping the co-op! That's the foundation for everything we want to do to be realized. As we ride through this storm, we have to maintain sales so we can get back on track with all of our great plans for a new cafe area, a new self serve hot bar, satellite locations, our farm, an expansion, and to keep providing support for the life of our community!



Other News:

Industry:

1. I attended the NCG Spring Meeting, where leadership within the organization is launching a big push to:
 - a. be more inclusive as a leader at the forefront of the cooperative movement
 - b. begin refining our co-op messaging across the board, so people easily "get" the co-op model, what it's all about, and the benefits or value of joining one.
 - c. simplify the NCG end statement and invite member cooperatives to interpret so they can better support us into the next era and help us maintain our relevance, influence, and significant and positive impact. "NCG exists so that member co-ops are successful, and the total cooperative grocery sector grows in size and scope".
2. I also attended the annual CCMA Conference with a few of our Board Members: In addition to learning how to run better, stronger co-ops and network with supporting co-op industry folks like NCG, Columinate, and where their big push to be more inclusive of POC (people of color), LGBTQ populations, and other marginalized segments of our communities. Keynote speaker, Dara Cooper of the National Black Food and Justice Alliance delivered a fun, uplifting, very inspiring, and impactful message to the CCMA audience and was received with a standing ovation and lots of great energy to embrace change and take next steps. The conference was complete with two affinity spaces one for POC and one for LGBTQ, where the sharing process was free to begin. Although there is much work to be done, both external and internal dialogue began that day and the rooms sent a clear message that CCMA was taking a first step in setting a new tone and positive direction.
3. As member-owners you should also be aware that UNFI, the main natural foods distributor in the southeast, is experiencing major discontinues and product deficit due to conventional stores purchasing power demands and constraints. Our supplies have been decreasing over the last 3-5 years with everyone doing a "deer in the headlights stance". With recent mergers, and whole foods, amazon, UNFI, and changing roles in the industry landscape, NCG is working on alternative plans to support alternative product sourcing, and product supply meeting product demand as more and more consumers go natural, vegan, vegetarian, health, etc. Its very challenging, but we're focused on creating alternative means to meet our shopper needs. We'll also be focusing more on new and emerging local vendors who can offer high quality unique products and affordable prices. More on the GM vlog/and co-op podcast starting September 1.

-Findley Plaza construction also schedule to begin early Winter
Little Five Alliance (Little five residents, property owners, and business owners) will be working to engage the Little Five Points community as well as Candler Park and Inman Park residents on activities taking place and business offerings during construction.
-Exploring shuttle options for customers to get to Sev during construction if necessary, launch winter 2019

More News:

-Online Shopping testing begins Sep 2019 for member-owners
-New website under construction now. Launch Winter 2020

Up Coming Staff Trainings:

Harassment
Amazing Customer Experience
Inclusivity/Unconscious Bias

Member-Owner Ed:

Co-op 101
How to shop the Co-op
Co-op Tours
Herb N Zen Monthly Webinars (tips for herbal and holistic living) coming soon
iJourneyTV Chat N Chew program (Tools for transitioning to healthier lifestyles) coming soon

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Messages from SEVANANDA'S BOARD



Dara Cooper, national organizer for the National Black Food & Justice Alliance, was the keynote speaker at this year's CCMA Conference

*Jerilyn Bell
Board Member
Shares her experience
at CCMA*



This year was my first trip to the Consumer Cooperative Management Association (CCMA) conference. The conference was held in Durham, North Carolina, June 6 to June 8, 2019. The CCMA conference is a training and networking event for cooperative board of directors, general managers, and staff members. The conference brings together our diverse experiences and reminds us of all the good we have done, are doing and can do. The conference also gives us the opportunity to engage with other co-op leaders and share ideas.

I had heard other Board of Directors talk about the importance of the CCMA to Sevananda, but it was hard to grasp the importance of a nationwide network as we did our day to day Sevananda duties. As a member of the board we could easily fill our time focusing on oversight of the co-op and protecting the member-owners stake in a prosperous cooperative organization. But there is another part of our job that the CCMA conference helps us to connect with which is envisioning the future of Sevananda.

For me, the conference began by proudly watching our own Ahzjah Simons, the Sevananda general manager, present on lessons learned from some of the struggles Sevananda has weathered in the past. In the first breakout session, Communicating When Times Are Tough, Ahzjah shared techniques for communicating with member-owners and the board in hard times as a means to convey information and, sometimes, request help. Ahzjah's thought-provoking journey through some of Sevananda's hard times made me doubly grateful that Ahzjah is our general manager. After reflecting on the past, it was time to think about Sevananda moving into the future. What can we learn from other co-ops? How can we best serve the interest of the member-owners, while maintaining our commitment to the neighborhood that surrounds us? What service can we provide to those that are less advantaged than we are?



To further my growth as a board member, I took the opportunity to join Leslie Watson and Martha Whitman, Cooperative Board Leadership Consultants from Columinate (formerly CDS Consulting), who taught The Art & Science of the Boards Oversight Role. Their presentation was helpful in explaining how we can't balance our oversight of the general manager without a vision for growth and expansion.

CCMA also took a step forward this year in actively initiating discussions surrounding race. As my first experience with CCMA, it was interesting to experience the reactions of longtime members through this growth process. For the first time, there were designated meeting spaces for Persons of Color (POC) and for those that identify as LGBTQIA. I spent time in the POC Affinity Meeting space which was created to facilitate discussions about the role of race in the management and operation of co-ops. Having a safe space to share experiences was liberating to attendees of color. The members I talked to were also grateful for the opportunity to get advice from other co-op leaders of color.

The CCMA also welcomed Dara Cooper, a national organizer for the National Black Food & Justice Alliance as the keynote speaker Saturday morning. Dara's work specifically targeting the needs of the underserved African-American population in the inner-city was inspiring. Her initiative to start a mobile produce store on the south side of Chicago showed that if you challenge the normal construct of storefronts and focus on your goal (serving the underserved) not only will you find a way forward, but you can succeed.



Dara's talk was also a call to action. Speaking frankly about the need for white Americans to join the fight for food justice for African-Americans, she encouraged members to start an honest discussion and what each of us can do to solve this epidemic that is sweeping inner cities across the United States. Expansion has been on everyone's mind since Sevananda has reached a point of financial stability, but it is important that we remain true to the Ends of the Sevananda mission as well. For me, Dara's talk expanded the possibilities we can consider in our own efforts to fight for food justice in Atlanta. people and lovers of co-ops all over the United States.



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

the Board of Directors

GOES TO CCMA 2019 IN DURHAM NC

*Jasmine Simone
Board Member
Shares her experience
at CCMA*



As The 2019 CCMA Cooperative Tapestry conference, took place in Durham, North Carolina June 6-8th and was no doubt worth the trip. The trip began with a very enlighten car ride with several of my fellow Board members and Board President. The road trip isn't simply a means by which we arrive at our intended destination, it's space to get to know one another on a deeper level, engage in meaningful dialogue, it's time to laugh, listen and reflect on what being on a board as great as Sevananda, truly means.

Upon arrival at the conference, I was delighted to converse with very friendly hostesses at the registration table. While picking up my badge, which included a raffle ticket, meal preferences (vegan, vegetarian, etc.) I noticed that there were gender pronoun stickers available on the table, which one could place on the name badge to let others know how they desire to be addressed ("she", "he", "they", "ask me", "don't ask me"). I could tell that the conference was going to hold true to its name: Cooperative Tapestry, Fostering Democracy and Equity in Our Communities I was interested to see how this theme would be demonstrated through-out rest of the conference.

Our registration packet included a complete list and description of the all of the panelists and presenters, brief bio and description of their talk. I immediately combed through the guide to find the room where our brilliant General manager, Ahzjah Simons was speaking. She was joined on a panel with Maggie Sullivan, Board President at Bloomingfoods. The talk was moderated by Program Manager, Erin Hancock. Ahzjah finessed the talk with poise and grace. She provided tangible tools that other co-ops could utilize to mirror the growth that Sevananda has experienced since Ahzjah's tenure as General Manager. She spoke about communication opportunities with member-owners, potential member-owners, and team members. She spoke about the delicate nature of communicating with customers when real day-to-day operational realities (such as the store freezer and refrigerators) need to be addressed. In a nutshell, she skillfully invited the audience into the Sevananda family by taking them on a journey through the joyful inspiring times as well as the times that present opportunities for continued growth. As I sat and listened, I felt a deep admiration and appreciation for our General Manager and for the dynamic team members who make the magic happen every single day. All of the Sevananda Board members at the conference were in attendance to support our General Manager as she spoke on the panel.

With the exception of Ahzjah's presentation, in order to maximize the information, we received the Board made a collective decision to attend different presentations throughout the weekend. I attended several including, but not limited to, Out of the Box Financing Strategies, Brand Ambassador and What Just Happened? Micro-Aggressions and Implicit Bias.



The conference keynote address was given by Dara Cooper, co-founder of the National Black Food and Justice Alliance, activist, 2018 James Beard Award recipient and proud Sevananda supporter. Dara moved the audience of well over 200 people and called them to action in an effort to end what she calls, "nutritional violence", the phenomenon of hunger in America. Met with a standing ovation, she offered the audience facts such as: "According to the Census of Agriculture, between 1920 and 1992 the number of Black American farmers declined from 925,000 to only 18,000. The devastating impact on Black communities can be seen in everything from maternal morbidity to chronic illnesses, such as diabetes and hypertension, in so-called "food deserts," a term that the food justice community rejects wholesale."

All in all, this conference, presented by Center for Cooperatives, University of Wisconsin-Madison, was an indeed rich tapestry of intersecting ideas, information, people and lovers of co-ops all over the United States.

2019 CONGRATULATIONS! 2019 Winners! New Elected Board Members








Adama Alij
200 Votes



Wanique Shabazz
190 Votes



Melissa Fortune
141 Votes

President	Interim Vice Pres	Interim Secretary	Treasurer
 Wanique Shabazz	 Tracy Dornelly	 Jerilyn Bell	 Jessica McMorris
Board Member	Board Member	Board Member	Board Member
 Adama Alij	 Mason West	 Pearletta Graves	 Jasmine Simon

Sevananda Co-Options July/Aug./Sept.2019

*Sevananda Produce Dept Manager.
Communicates your Concerns*

SEVANANDA
NATURAL FOODS MARKET



*Keene Shipmon
Produce Manager*

Leroy
Need a bunch of organic celery

Leroy,

The Celery market was recently hampered by cold weather conditions, affecting not only the quantity or organic celery produced but impacting the quality as well. This coupled with the current health trend of juicing celery daily for a variety of health benefits caused our distributors to nearly triple the cost of organic celery - which caused us to throttle what we would normally order.

The great news is that now our local farmers are producing beautiful crops of celery which we order as much as our shelves can handle. Please give us a call and we'll let you know what our stock looks like - but as it stands, we are getting a steady influx of gorgeous celery for your culinary and nutritional needs.

Thank you!
Derie Keene Shipmon

Deborah Musch
SERVES BY Kenya (excellent)

I just wanted to make sure mgmt. knew your produce section is always stocked and well organized. I go into a lot of stores and Kenya does one of the best jobs with making everything look great. It's always appealing and makes you want to buy produce here

Deborah,
Thank you so much for your kind words! Yes, Kenya does an incredible job as one of our lead Produce Specialists - ensuring that we maintain our high standards of quality produce along with exemplary customer service. We are forever thankful and committed to our customers throughout our shared pursuits of a health centric lifestyle - Thank you again, we sincerely cherish your feedback!

Derie Keene Shipmon
Sevananda Produce Manager

Travon Bracey
*Scored us 9.5
Bring back STARFRUIT*

Travon,

Starfruit (Carambola) is currently in between the 1st half and 2nd half the starfruit season. Florida growers divide their starfruit crops into a 1st half and a 2nd half, of which we were fortunate enough to catch the ending of the 1st half of the season.

With all signs pointing to Florida growers having a bountiful crop of Starfruit for the second half of its' season you can rest assured that they will be on our shelves as soon as they come to market. Thank you so much for your request - we are committed to providing you with best organic produce available and feedback such as yours allows us to accentuate our role as Atlanta's premier natural / organic foods market.

Derie Keene Shipmon
Sevananda Produce Manager

*Kudo's to
Sevananda!*

Robin Becker

Thank You
Thank you for putting cones in between the handicap parking spaces. Too many times i see people park in handicap spaces who are not handicapped. Handicapped people need extra space to get in and out of cars.

Joe

They went above and beyond from my initial phone call to visit.

Rene Fisher

Served by: Ibrahima
Ibrahima was very helpful when I was having card issues and i am very appreciative of his patience while I handled my issue.
Thank You!

*Concerns to
Sevananda!*

Shavon

Would like to see the Unchicken served cold.
Thanks

Yahanna

Please stop putting Soy Milk in your soups.

Donna Mayer Todd

Please bring back Garden inn Turkey Cutlets
We Miss Them!



Tell the World You Own It

By: Co+op, stronger together



You may be surprised by all the types of co-ops around you. From groceries to health care, co-ops are a vital part of everyday life for people all over the globe. Consider the cup of coffee you enjoyed at breakfast. It was likely purchased from a coffee grower co-op in Africa or Central America. Or the light fixture you're standing under might be powered with electricity from a co-op owned by people in your community.

A co-op is a business model that allows a group of people to combine their resources to meet their common needs. Grocery co-ops are one such kind of co-op. They are the true pioneers of the natural and organic food industry and they're deeply committed to providing delicious, high quality, healthy food; supporting local, sustainable agriculture; and strengthening their communities. Cooperatives, including grocery co-ops, are much more than bricks and mortar stores. Cooperatives are built on the idea that local owners, not far-away investors, gain the benefits of business success. Simply put, cooperation is for everyone.

Many co-ops start small, with a primary focus on providing goods and services to their member-owners. But that doesn't mean you have to be a member-owner at all co-ops. Nearly all grocery co-ops, for example, welcome members and non-members alike. The co-op way of doing business is to be open, fair, and democratic. That's not just marketing speak, either. These concepts are based on a set of seven guidelines called the International Cooperative Principles that serve as the standards for how we operate.

Food co-ops demonstrate their commitment to these principles every day, by promoting a safe and sustainable food system and partnering with individuals and organizations to improve our neighborhoods. After all is said and done, when the co-op makes money, members determine how profits get used. No big box retailer is going to give local shoppers that much decision-making power. These values and principles are common to all co-ops, whether they are in business to offer electricity, insurance, or groceries.

Cooperation is such a powerful positive force that 2012 was designated the International Year of Cooperatives by the United Nations in recognition of the influence of cooperatives worldwide. Thousands of co-ops from all over the world joined together to say loud and proud how local ownership is making life better.

HEALTHY FOODS, HEALTHY COMMUNITIES

What's to love about food co-ops?

- STRONGER COMMUNITIES
BETTER FOOD
HEALTHIER WORLD
- THE AVERAGE CO-OP PURCHASES FROM
51 LOCAL FARMS
106 LOCAL PRODUCT PRODUCERS
- HEALTHY & SUSTAINABLE FOODS
CO-OP: 82% OF PRODUCE SOLD ORGANIC
CONVENTIONAL: 12%
48% OF PURCHASES SOLD ORGANIC
2%

What's to love about food co-ops? So much! Co-ops have a cool way of doing things differently. They're people working together for better food, stronger communities and a healthier world. And cooperative grocers are making a big impact. The study, *Healthy Foods Healthy Communities: The Social and Economic Impacts of Food Co-ops*,* quantifies the impact food co-ops have as compared to conventional grocery stores. The study's compelling results demonstrate the many ways that food co-ops do well while doing good.

Unlike their conventional counterparts, co-ops are owned and governed by member-shoppers and rooted in principles like community, voluntary and open membership, economic participation and cooperation. Because of these principles and practices, food co-ops inherently serve and benefit the communities where they are located. For example, the study finds that for every dollar spent at a food co-op, \$0.38 is reinvested in the local economy compared to \$0.24 at conventional grocers.

WHAT'S YOUR RELATIONSHIP WITH FOOD?



Party. Family Reunion. Birthday. Family. Many times when we think of food, we think of enjoyment and fulfillment. We may have a closer relationship with food, almost like a love affair. Think about it. When we are in a relationship or courting someone, we have to get to know about that person.

It's the same with food. We have to get to know what kind of food it is, warm up to it to see if it's our forte and then either fall in love with it or not. The relationship we have with food can be a beautiful thing, and it can have even more of a nutritional impact.

What about if we are taught to love the wrong kinds of foods? Could we be sleeping with the enemy? Tradition says we have to eat a protein, starch and vegetable. Just add a little this and then a little bit of that. Then voila! If it tastes good, then in it goes. Wait, could this so called "food" be harmful to our organs and even cause cancer? We are taught to eat to live and not live to eat. From American standards, we are not taught that

food has medicinal properties. According to Harvey Levenstein in a McMaster University article, a culture's major components are its resistance to change food habits. Progressively, the American's have changed their diet however. The drawback is the food may have essentially stayed the same. The Office of Disease Prevention and Health Promotion highlights that about ¾ of the population are low on fruits and veggies. Reversely, most Americans exceed the recommended amount of added sugars, saturated fats, sodium, high calories which are linked to obesity. In fact, there is now an obesity epidemic that of all adults and almost of all youth in America are either overweight or obese.

Fortunately, we can reclaim our relationship with food. Our current eating patterns can shift simply by our food choices which can help support a healthy weight, nutrients and decrease the risk of chronic diseases. Everything we consume is an opportunity to let nature heal.

Opposed to eating a highly processed and caloric snack having additives and animal byproducts, a nutrient dense snack is an alternative. Consider nachos and cheese. Most Americans eat yellow corn tortilla chips with little nutritional value with liquified

cheese that may not actually be made with real cheese at all. One could opt for a sweet potato tortilla chip and guacamole instead. Depending on the preparation, it can be just as tasty and fulfilling. According to Healthline, sweet potatoes are a great source of fiber and rich in antioxidants to rid the body of free radicals triggering inflammation. As for guacamole, the main ingredient is avocado and is high in healthy fats. They have even more potassium than bananas! Potassium helps maintain electrical gradients in the body's cells as well says Healthline.



By Organically Che

Ultimately, our relationship with food can be a gratifying and guilt-free one. There are memories attached to our favorite foods. Remembering to replace harmful ingredients with an alternative can be just as pleasing to your palate!



Needed

Sources
Dietary Guidelines. Shifts To Align With Healthy Eating Patterns. 2015-2020
Healthline, Kris Gunnars. 12 Proven Health Benefits of Avocado. 2018
The New England Kitchen and the Origins of Modern American Eating Habits. Harvey Levenstein. 1980

RECIPE FROM SEVANANDA'S KITCHEN



Field Roast Delight

- For this recipe you will need the following:
- 1 package of Field Roast smoked apple sage sausage.
 - 3 zucchini; (half-moons)
 - 1 Onion; (julienned)
 - 1 Package (10.5 oz.) Cherry tomatoes.
 - 4 cups Spinach.
 - 3 tbsp. Garlic (minced)
 - 3 tbsp. Salt
 - 2 tbsp. Black Pepper
 - 4 tbsp. Oregano
 - 2 tbsp. Paprika
 - ¼ cups Oil

1. Open Field Roast & remove the casing, then slice into ¼" slices.
2. In large sauté pan add oil, heat up.
3. Add zucchini and sauté until tender. Add onions & cherry tomatoes and sauté until tomatoes start to break down.
4. Add minced garlic to the veggies and Sautee for 2 minutes. Add spinach and sauté until wilted.
5. Add all seasonings. Combine Field Roast with veggies then toss until well combined.
6. Add all ingredients into a casserole dish and bake at 375 degrees for 15 minutes
7. Enjoy!

I know transitioning into veganism can be difficult at first; but we're here to help with that. I have created a quick basic summer recipe that anyone can try at home.



Chef Michelle Tabor
Food Service Manager

Sev Kitchen Schedule

Come in and Try our Salad Bar & Hot Bar for Breakfast, Lunch or Dinner !!

Breakfast M-F 8:00am - 11:00 am
Sat. & Sun. 8:00 am - 12:00 pm

Lunch M-F 11:00am - 8:00pm
Sat. & Sun. 12:00pm - 8:00pm



Whats New at Sevananda?

Alpha foods plant based nuggets



Lite life plant based burgers and grounds



Almond breeze
96 oz size
Unsweetened
Original
&Vanilla

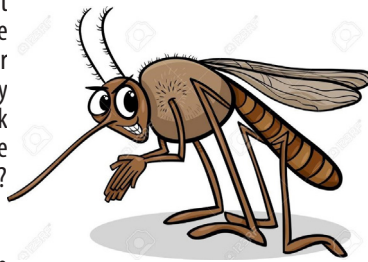


The Just Egg Product made its way into Sevananda earlier this year, has had great reviews, and currently one of the top sellers in the refrigerated department..



THE ORIGINAL PARTY POOPER

It's summer! Time for nature walks, short shorts, swimming pools, day parties, and the sun working overtime. There are some little things that summer: MOSQUITOS! These little original party poopers and their the years. They used to respectfully or maybe even the occasional neck The ankle, the face, or maybe the more worrisome pest. Why is this so?



everyone dreads about the persistent creatures are the effects have changed through draw blood from the arm, leg, bite. Now they bite anywhere. knuckle- Becoming an even

What Do Mosquitos Want?

Blood! Mosquitos need the protein and iron found in blood to make eggs and a pool of water to hatch them in. Only the female mosquito lays the eggs, goes to search for blood, collects it and then uses it as fertilizer. In the meantime you're left with an itchy bump and possibly one of the 20 mosquito-borne diseases or illnesses they sometimes carry (Malaria, Dengue, West Nile Virus, Chikungunya, Yellow Fever, Filariasis, Tularemia, Dirofilariasis, Japanese Encephalitis, Saint Louis Encephalitis, Western Equine Encephalitis, Eastern Equine Encephalitis, Venezuelan Equine Encephalitis, Ross River Fever, Barmah Forest Fever, La Crosse Encephalitis, and Zika Fever, Keystone Virus and Rift Valley Fever). There are so many risks, with little time to prevent them.

"Mosquitos seem to only bite me, and not my friends"

According to Markham Heid in a Time Magazine article, Mosquitoes use CO2 as their primary means of identifying bite targets. CO2 is your metabolic rate, or the amount of carbon dioxide (CO2) your body releases as it burns energy. Your blood type is also a factor. There's evidence that supports that one blood type (O) attracts mosquitoes more than others (A or B).

Harmful Solutions

Mosquitos are like night time ninjas. They fly up unbeknownst, collect and leave. Therefore it may seem almost impossible to catch it in the act and politely ask it to leave. There are the alternatives of mosquito-proofing the area around you or using a topical solution. According to an article in "Made Safe", the problem with aerosols and topical solutions is they have more harmful active and inactive ingredients than helpful, i.e., Deet (N,N-Diethyl-Meta-Toluamide), Cyfluthrin, Permethrin, Pyrethroids... etc. sheesh!

Helpful Solutions

According to DIY (Do It Yourself) featured in an article by Organic Aromas, here are some of the essential oils that naturally repel mosquitoes effectively:

Citronella	Peppermint	Lemon	Eucalyptus	Basil
Clove	Thyme	Lemongrass	Geranium	Lavender

Preparation and Application

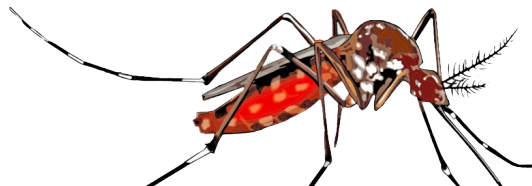
Here is a recipe for an all natural lotion to repel mosquitos, using just a few of the essentials and coconut oil.

- 8 drops of tea tree essential oil
- 8 drops of lavender essential oil
- 8 drops of lemongrass essential oil
- 6 drops of citronella essential oil
- 6 drops of eucalyptus essential oil
- 4 ounces of virgin coconut oil

You'll want to first mix all of your essential oils, and then mix them thoroughly with Virgin Coconut Oil. Once thoroughly mixed, allow the Coconut Oil to harden. Apply to skin, then you can go out and show out, pest free!

Sources

Time Magazine, BY Markham Heid. You Asked: Why Do Mosquitoes Always Bite Me?. September 10, 2014
 Made Safe, Chemicals of Concern in Bug Repellent, 2019
 Organic Aromas Chad Pegura., DIY Natural Mosquito Repellent Using Essential Oils. May 21, 2017



By: Nai Gray
Marketing/Outreach
Assistant

Long before organics were the darling of massive retailers, they were embraced by co-ops.

The world headquarters for Whole Foods Market spreads out across a vast, capacious megaplex in Austin, Texas, not far from the Colorado River. On the surface it looks like business is booming.

But late last week, the Washington Post reported that Whole Foods is experiencing its worst performance in a decade. Sixteen months ago, the giant natural and organic foods retailer boasted it would expand from 470 U.S. locations to more than 1,200. Now, the Post reports, Whole Foods is closing nine stores in the wake of six consecutive quarters of falling same-store sales.

What's hurting Whole Foods? Ironically, it's the popularity of organics. Organics are everywhere, from small markets and general stores to monolithic conventional retailers like Walmart. Whole Foods' claim to fame, once a niche, is now ubiquitous.

"Organic products are now available in nearly 20,000 natural food stores and nearly 3 out of 4 conventional grocery stores," the USDA's Economic Research Service reported on its website.

In the early days of the organic movement, organic products were the lifestyle choice for a small share of consumers. Today, organics are consumed by a majority of Americans.

One of the first events I ever attended when I started at the Co-op 17 years ago was a panel discussion on organics, then just a burgeoning movement on the brink of bigger things. At the time, you could only find organics en masse at food co-ops. But speakers predicted that day that organics would one day lead the food industry. They were right.

Each year, Dr. Phil Howard and folks at the Cornucopia Institute release updated versions of the popular chart, "Who Owns Organics." (For a high-res version, click below.) Howard is an Associate Professor in the Department of Community Sustainability at Michigan State University and a member of International Panel of Experts on Sustainable Food Systems. The Cornucopia Institute is a Washington state-based watchdog group focused on organic and local agriculture.

Who Owns Organics?

As the chart shows, the organic movement is big business. A small group of huge corporations controls much of the organic industry, flooding markets across the country with organic products. Recent updates to the chart include:

- WhiteWave's acquisition of So Delicious/Turtle Mountain for \$195 million and Wallaby Yogurt for \$125 million
- General Mills' acquisition of Annie's Homegrown for \$820 million
- Pinnacle Foods' acquisition of Boulder Brands for \$975 million
- Post's acquisition of various cereal and egg brands

COOPERATIVES ORGANIC BEFORE ORGANIC WAS COOL



I've written a lot over the years about small organic producers being acquired by massive companies. Often, representatives for a small producer insist the deal won't change their company. Instead, they say, the move puts more organic products in front of consumers, a good thing. They also claim they can be a force for reform at their new parent company. "I hear that one a lot," Amanda Charland, the Co-op's conscientious Director of Outreach and Member Services, once told me. "My question is, where are all these reformed mega companies?"

As mega companies swallow up small organic producers, and large grocery chains compete for a piece of the organic pie, some retailers are losing their competitive edge. But at many food co-ops, the situation is different. Cooperatives and organics are still a thriving partnership.

Co-ops believed in organics long before others jumped on the bandwagon, and co-ops are still true to what the organic movement stands for. As a result, today, even as organics are available everywhere, many consumers still look to the local food co-op first.

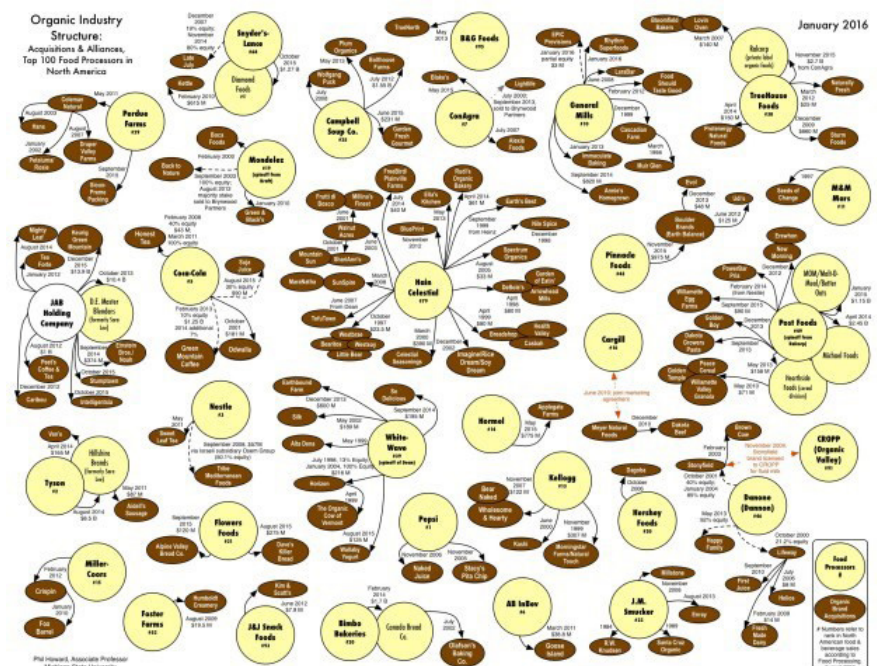
Our stores did \$11.8 million in sales of organic items in 2016, up from \$10.8 in 2015. We flag organic items as those that qualify for the USDA Organic seal, meaning the product contains at least 95 percent organic ingredients.

"All-natural and organic foods are nothing new to us," said Ed Fox, Co-op General Manager. "Co-ops have been leaders from the beginning. We were organic before organic was cool."

Dot Benham, Co-op Perishables Merchandiser, agrees. Dot says the growing popularity of organics has been good for co-ops. She believes the cooperative movement's embrace of the organic movement decades ago created a robust, sustainable partnership for both movements.

"Co-ops are good for organics," Dot said, "and organics are good for co-ops."

- for \$1.15 billion
- JAB Holding's acquisition of several coffee brands, including Green Mountain, Peet's, Caribou, and more
- Hormel's acquisition of Applegate Farms for \$775 million



FROM THE AND DESK OF ADAMA



*Minister on Behalf of the Cosmic Communities for Conscious Cosmic Citizenship
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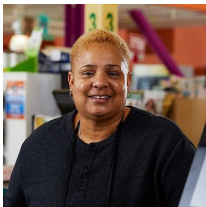
In light of and despite the good works of all those well intentioned people who are providing plant-based alternatives to the Standard American Diet that most of us grew up on; the years of consuming the flesh of dead pigs, cows, turkeys, chickens, hens, eggs, milk, sugar, tobacco, alcoholic, carbonated and artificially colored and flavored beverages have and are taking a tremendous toll on the spirits, hearts, minds and lives of everyone. Our socialization, culturalization, miseducation and religious training under the direct influences of the meat, dairy, sea creature, alcohol, tobacco and sugar industries (who I refer to as the corporate deities of death) has supported us in feeling an inherent right to undermine our cells as we were all born in sin, can never be perfect, we are just spirit beings having a human experience and death is the natural culmination, eventuality, destiny, fate of everyone. Where there have been diagnoses made, regardless of what the diag-

nosis is, the condition has been forming for quite a while, years and decades even. The general attitude that one can make slow and gradual steps in changing one's diet or eliminating the things that are bad for them does not take into account that the cancer, diabetes, sarcoidosis, and other conditions that one may have a predisposition to are already forming. If it takes 40 to 50 years to make the decision to do what is truly in one's best interest while ignoring the obvious reality that something is definitely wrong in that the belly is swelling, the feet, ankles, hands are swollen, the face is blackening, gas, flatulence, indigestion, acid-reflux, heavy cramping and menstrual hemorrhaging, weight gain, water retention and the list of symptoms can go on indefinitely; then how long will it take to restore one's health and vitality, particularly once one begins to treat the symptoms with pharmaceuticals? Most don't have that kind of time if they will not take full advantage of each and every day to jump

start the healing process from whatever one has going on, but continuing to consume all the things that have created the problems will slow, regard, delay and inhibit the process and even worse, continue to contribute to, accelerate and facilitate more rapid degeneration, toxification and disease. We accelerate the healing by accepting the truth that "I Am Healed" and facilitate it with daily internal cleansing, just like we brush our teeth and bathe the outside of the body everyday now is the time to be intentional in cleansing the inside everyday: creating a clean blood stream, reconstituting the internal environment in which we truly live for optimum cellular functioning, disease reversal and activating our inherent gifts, cultivating the wealth of ourselves and walking as liberated Beings!

*In the Light and Love of Liberation,
Adama*

COME TASTE WHAT SEVANANDA IS TALKING ABOUT...



Sharlise Lowe (Editor)
Marketing/
Member Service
Manager

Every 1st and 3rd Tuesday we at Sevananda have what we call "Tasty Tuesday" On this day we have our Vendors in the store tabling their products for you to taste.

What we are trying to accomplish on Tasty Tuesday is to not only give you the opportunity to taste the products we have in the store, but to also build a relationship with you our member/owners and customers to also have a better knowledge about their products.

On Tasty Tuesday Sevananda also serves outside different sandwich types that you can purchase i.e. beyond burgers, tacos. Bratswurst, and more.

Come on in and be a part of a great Tuesday Event !!



by Erika Gavin

When most of us think about co-ops, we think of our funky local food co-op where we can buy kombucha and mung beans or grab a vegan meal to go. However, co-ops come in all “shapes and sizes.” There are electric co-ops, dairy co-ops, worker-owned co-ops, and housing co-ops, just to name a few. Some people may even belong to a co-op and not know it. Have you ever heard of a credit union? Well, it’s a type of co-op, too. As I was thinking about these different types of co-ops, I began to wonder if consumers realize that some of their favorite brands are actually co-ops.

Here are four brands that you may or may not know are co-ops:

1. REI

REI is consumer cooperative founded in 1938. It is an outdoor retail co-op that offers gear and apparel for outdoor recreation like hiking, climbing, and camping. Members pay a lifetime membership fee to join and receive a variety of benefits, including an annual dividend based on purchases. As a cooperative, REI answers to and works in the interests of its members, not shareholders. What started decades ago with a group of climbers blossomed into a cooperative with more than five million active members and customers.



2. Best Western



This retailers’ cooperative was founded in 1946, when M. K. Guertin decided that a centralized reservation system would make it easier for travelers to book lodging along their route. Today, Best Western has more than 4,000 privately owned hotels. Each hotel chooses to voluntarily join the cooperative. In doing so, the hotel maintains independent operations, while benefiting from the member services derived from the pooling of resources and fees. These services can include central reservations, ad campaigns, and rewards programs. Unlike other hotel chains, the profits of the cooperative benefit the member hotels, not shareholders.

3. Ocean Spray

In 1938, three cranberry growers decided to form Ocean Spray. Nearly 80 years later, this agricultural cooperative boasts more than 700 members, including both cranberry and grapefruit growers. However, these growers are not just farmers for Ocean Spray, they are its owners. These farmer-owners elect a board of directors to watch their interests and to hire the management team.



BE THE CHANGE



July Partner Pebble Tossers Inc.

Pebble Tossers was founded in 2008 and has grown into the premier youth development nonprofit in Atlanta supporting youth to lead through service. By partnering with 60+ vetted nonprofit partners across Metro Atlanta, Pebble Tossers creates pathways for youth to engage in age-appropriate volunteer activities in order to create real change in their communities and to develop leadership skills. In its first ten years, Pebble Tossers has engaged youth in over 34,000 volunteer service hours and mobilized 14,605 volunteers in Metro Atlanta.

As Pebble Tossers enters our 10th year, we recognize a need to update the Pebble Tossers' brand and digital experience to reach more youth and to better serve our stakeholders. Pebble Tossers' website serves as our primary vehicle to connect volunteers to life-changing service opportunities and holistic youth development resources. After three months of strategy and ideation, Pebble Tossers introduced a new brand, website, and volunteer management system in the Fall of 2018.

Pebble Tossers' new website simplifies the volunteer process, in order to connect an individual's passion to needs in the community through projects and nonprofits that leverage their skills. The new volunteer management system better equips Pebble Tossers to follow volunteers on their journey, to provide resources for reflection and growth, so that their first-time volunteering will grow into a habit of service, and ultimately into a lifestyle of servant leadership. Finally, the new website enables the Pebble Tossers community to better quantify their volunteer impact, as well the collective impact of the 14,000+ Pebble Tossers youth and families serving in Metro Atlanta.

Pebble Tossers Community Service Projects include the largest segment of our programming. It is comprised of several different initiatives while all falling under the umbrella of Community Service:

1. Weekly Service Projects covering 12 cause areas: The Arts, Animals, Citizenship, Education & Literacy, Elderly, Environment, Families in Crisis, Fragile Children, Global Awareness, Homeless, Hunger, and US Troops & Veterans
2. Volunteer Concierge Program:
 - One-on-One Consultation to find appropriate projects
 - Mitzvah Projects, Scouts, Civic & Faith Based Organizations
 - Corporate Groups (area for expansion)
3. 3Online Volunteer Management Portal and Account System: Includes Service Hour Tracking
4. Pebble Tossers Discovery Path - Helping youth discern where and how they want to volunteer)
5. Reflection Workshop - Helping youth critically assess and understand what they are seeing and doing)
6. Certifying Organization for President's Volunteer Service Award



Organization Name: Pebble Tossers, Inc

Mission: To empower and equip youth to lead through service

Contact: Jennifer Guynn, Executive Director

Address: 1155 Mt. Vernon Hwy, NE, Ste 800. Dunwoody 30338

Website: www.pebbletossers.org

BE THE CHANGE

August Partner "Collard Greens Cultural Festival"

Although new to Georgia, the Metro Atlanta Collard Greens Cultural Festival was rooted in the City of East Palo Alto, California nearly 20 years ago. The founder and event planner, Dr. Nobantu Ankoanda, launched the first festival in 1998 as a fundraiser for Shule Mandela Academy, where she was principal for over 20 years.

Dr. Ankoanda relocated to Decatur, Georgia in 2006 and traveled to California every July to continue organizing the festival there. Eventually, she organized a planning committee for the first Metro Atlanta Collard Greens Cultural Festival in September of 2010. It was hosted by members of the Shrine of the Black Madonna's Social Action Committee for two years.

The third year, in 2012, State Representative Able Mable Thomas and her English Avenue Project Committee hosted the festival. For the past six years (2013-2018) it has been hosted by Mayor Deborah Jackson and the City of Lithonia. The idea of moving the festival around the Metro has been a unique way of reaching larger audiences and followers. The organization committee, as it continues this phenomenon here in Georgia, will be celebrating its 9th year in the fall of 2019.

The primary mission of the festival is to promote family/community unity as well as healthy food and lifestyles, while celebrating the rich cultural heritage and traditions of African Americans. The mission in Georgia has expanded to provide alternative health providers, nutritionists and healers to the community at large as a preventive health initiative for those who require these resources year round.

According to Dr. Ankoanda, "Our food is an expression of our love. Today, we must learn to take soul food favorites such as collards and prepare them in new and healthier ways. Of course, we are talking about more than just your Mother's cooking. There is an opportunity for men and women to test their creative collard dishes in the King and Queen Collard Greens Cook-Off to win monetary prizes and gifts. Participants feast on everything from organic greens with dumplings to collard green chips. Curiosity has brought many to the festival for the pièce de résistance, the 'collard green ice cream.'" Ankoanda insists that it is "the healthiest frozen dessert on the planet!"

Why a Collard Greens Cultural Festival? It is all in

Organization Name: Collard Greens Cultural Festival

Mission: To promote family/community unity and healthy lifestyles while celebrating the rich cultural heritage and transforming "soul food" traditions of African Americans into sustainable healthier diets to ensure the "surthival" of our future generations.

Contact: Nobantu Ankoanda, Ed. D., Founder/Event Planner

Address: 206 Fayetteville Road Decatur, GA 30030

Website: www.atcollardgreensculturalfestival.com

the greens. As a community, in many ways, we have always lived green. For centuries, African and Indigenous peoples have faithfully served as stewards of Mother Earth. This legacy is often hidden from the masses but has been substantially researched by respected scholars. Today, we have begun to understand the vital role that these strong belief systems, traditions and profound lifestyles played in preserving the land as well as ensuring harmony and mutual respect between the natural world and humanity. Another role of the festival is to provide awareness and resources to overcome the GMO industry that is gradually sickening our populations globally. The festival's planning committee has collaborated with a sustainable organization to help launch the African Sustainable Online Summit in October 2015, to serve as a support network open for people from all walks of life who wish to embrace lifelong learning, wellness and self-reliance – free of GMOs and toxic environments. In 2019 it will be held



in Costa Rica.

Other features of the festival consist of vegetarian/raw cooking demonstrations; a Wellness and Sustainability Pavilion; and a Farmer's Market with rural/urban farmers selling organic fruits and vegetables. Attendees learn from some of the best alternative healers in Georgia and are able to obtain a brief health analysis, massages, Reiki, Kemetec Yoga and Belly Dancing demonstrations at our Wellness Pavilion. The Sustainability Pavilion provides information and demonstrations on everything from solar cooking to organic gardening. Youth are "edutained" with a focus on "growing gardens" in the Children's "Sprout Land." They listen to stories by local Storytellers and engage in fun activities such as face painting and pony rides. They are engaged in learning activities that focus on visions of a greener future. There is an African Marketplace that showcases talented arts and craft vendors from Georgia and neighboring counties and states. We also have a Farmer's Market in collaboration with Lithonia's Farmer's Market.

Finally, the festival's live soundtrack presents some of Atlanta's hottest local performers, with Gospel, R&B, Jazz, Reggae, Blues, Zydeco, and other musical genres. They have many community partners including Soul Food Museum, Truly Living Well, Shrine of the Black Madonna, English Avenue Project, First African Church, and many others. The Metro Atlanta Collard Greens Cultural Festival is fast becoming a compelling tradition in Georgia. Dr. Ankoanda promises to leave you wanting to "Eat Mo Greens!"



BE THE CHANGE

September Partner "Georgia Cooperative Development Center (GCDC)"

Georgia Co-operative Development Center (GCDC) is a nonprofit 501(c)(3) organization whose mission is to provide assistance to startup and existing cooperative businesses across the state of Georgia with the goal of addressing the social needs of our communities and creating a more equitable economy. GCDC's origins are (at least) two-fold: GCDC grew first out of a need in Georgia for entrepreneurs interested in sharing the risks and responsibilities of ownership democratically. Second, on a more personal level, GCDC grew out of a capstone paper written for the Master's of Management: Co-operatives and Credit Unions program at Saint Mary's University in Halifax, Nova Scotia. Matthew Epperson (Executive Director of GCDC) completed that program in the fall of 2015. His capstone focused on the challenges and opportunities for US southern cooperators, particularly those involved with the Southern Grassroots Economies Project (SGEP). Seeing this need, Matthew completed the Art and Science of Cooperative Development by CooperationWorks! in December 2017 and is now a certified cooperative developer. Through this training he is ready to help startups and existing co-ops with services including co-op 101 introductory education, pro forma (sources and uses of money) creation, business planning assistance, board retreat planning and facilitation, professional service referrals (for legal and accounting needs), networking/development opportunities, events, research and more.

Today, GCDC is working with co-ops of all shapes and sizes, from a small tamale producer co-op, to a statewide group of meat producers interested in owning their own meat processing plant cooperatively, to a worker-owned cleaning co-op or vegan pecan milk co-op. Projects that are led by poor and marginalized folks using cooperation to lift themselves are a particular focus area of GCDC's as we work to build a more equitable economy in Georgia. We do this in partnership with many other organizations including the West Georgia Farmer's Co-op, Cooperative Atlanta, and members of the SGEP as well. A needs assessment will be conducted in 2018 to help us better understand the co-op landscape in Georgia, its impact and its needs which GCDC will aim to address. You can stay up to date

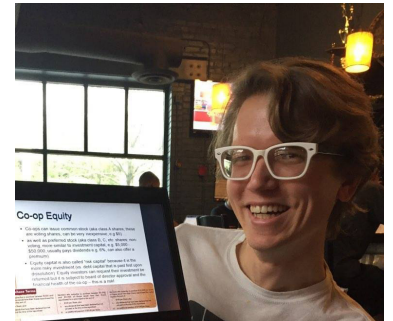


GEORGIA COOPERATIVE DEVELOPMENT CENTER

by visiting our website (www.georgiacoopdc.org), and you can follow us on Facebook and subscribe to our newsletter.

A more cooperative future in Georgia, in which regular folks can see that they have the power to own their own economic and social destinies through cooperation – that is what we envision with GCDC. Our economy, particularly in the areas of food, business conversions, and elder care, shows great promise for more and more co-ops. From farm to fork, we have co-ops already growing food, storing, packing and shipping food, and selling food to customers.

GCDC is a new organization, and much is still growing and changing – we hope you'll connect with us. Whether that is as a donor, subscriber to our newsletter, as a partner-client (or referral) or just drop us a line, we'd love to be in touch. GCDC is here to help see more co-ops growing stronger together in Georgia. Thanks for reading!



Organization Name: Georgia Cooperative Development Center (GCDC)

Mission: Georgia Co-op Development Center provides assistance to startup and existing co-op businesses across the state of Georgia with the goal of addressing the social needs of our communities and creating a more equitable economy.

Contact: Matthew Epperson, Executive Director

Address: PO Box 307 Athens, 30603

Website: www.georgiacoopdc.org

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 8am - 10pm

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It's going to be a BLAST, make sure you are there.

Place, Time, and Date TBA soon !!!