

CO-OP TIONS

OCT/NOV/DEC 2017

SEVANANDA
NATURAL FOODS MARKET

Vol. XVIII Issue 4



Happy
Anniversary
Sevananda
43 years of Service

It's A "Fall Celebration"



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

FIRST WORD
General Manager
Cooperative Director

THE INSIDE SCOOP: INSIDE YOUR CO-OP

CREATING A NEW ERA COOPERATIVE



Hello Again
 Member-Owners

Sevananda is a co-op and it's Co-op Month. It's a perfect time to recommit ourselves to cooperative living,

the cooperative principles, and the cooperative values that make us unique. Not so long ago, Sevananda began rebuilding our retail operation and learning how to improve a natural foods market in the new world of natural foods. We've come a long way and we're learning more everyday. We're no longer alone and retail competition is stiff. The management and staff are doing an amazing job Improving on providing better customer service, ways to order better, stock products better, manage inventory, manage expenses, increase sales, empower staff, get new products, offer specials, and meet customer requests and needs. Now it's time to begin rebuilding the cooperative aspect of our business. We're no longer alone in the natural foods business and retail competition is stiff. So understanding and demonstrating our co-op difference is even more essential to our success.

The retail operation is the brick and mortar building, the vendors, the products on the shelves, the staff, and systems that allow the operation to run. The cooperative is the association of people who come together to create the business which meets a particular need that they decide has value to them and their community. The cooperative ideally exists to serve its owners. This is where, if we do it right, we can stand out, with our co-op difference. Over time we have become less focused on our owners and more on the basic consumer relationship. That would be okay if we were only a retail store like other retail operations. But we're not. We're a cooperative which means we must also have a deeper level of commitment to our staff, vendors, owners and the principles and values the model holds dear. In the cooperative model, owners pay an equally important role to the staff and Board of Directors to fuel the future vision of the business they created. It takes time, but better owner relationships and understanding what we are creating and working towards together, are key to moving us forward. In addition to other economic benefits like patronage refunds at year end, this is what the cooperative model is designed for. If we keep on our current sales track we'll be in a position to begin considering patronage refunds again as early as 2018. We'll keep you posted on that. Don't get me wrong, we love our customers too! Which is why at Sevananda everyone can shop and anyone can join. But the true power of the cooperative model begins and ends with the potential power of its owners and what they can do together, unified, with a clear vision. All they have to do is collectively decide

what possibility they want to make real at a particular time. In partnership and with the support of a strong Board and staff that understand this basic premise, there's nothing that can't be accomplished. So in this area of learning how to facilitate cooperation in everything we do, we're starting over and rebooting, and reestablishing what this will mean for Sevananda Natural Foods Market.

Cooperatives can be used as tools to achieve particular ends. Raising awareness, educating, changing legislation, or health and wellness initiatives, or even more specialized in a niche like vegan/vegetarianism lifestyles, like us and only two more co-ops in the country! The possibilities are endless. I recently spoke to owners who reminded me of a few things. They reminded me what this was all about. Cooperatives can be about anything the owners and management decide, but none of it works if there is no glue holding it all together. The glue is connectivity. It's essential to the success of any system. But, more importantly to the success of a co-op model. I've come to realize that human connectivity is seldom designed or made up. Sure you can strategize about it but in order for it to work and be sustainable, it has to be authentically experienced and real, for the magic to happen. It can't be forced or sped up to suit anyone's fancy. It's organic and has its own timeline. We just have to create more opportunities for that to occur and be patient. I trust that the time is now!

We're getting back to co-op basics. We're creating a new foundation from which to build and it's all hands on deck to make our triple bottom line (economic, environmental, social) approach more real everyday in our business practices and in all the relationships that create a strong cooperative. (Staff, vendors, customer, and owners). Sevananda's Board of Directors and Linkage Chair, Adama Alaji are making owner engagement a priority and will be inviting you to engage in dialogue, brainstorming, visioning, and more, to get owner input for future plans. We hope you'll join us along the way.

In Service,
 Ahzjah



1. VOLUNTARY AND OPEN MEMBERSHIP: Cooperatives are voluntary organizations, open to all people able to use its services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

2. DEMOCRATIC MEMBER CONTROL: Cooperatives are democratic organizations controlled by their members—those who buy the goods or use the services of the cooperative—who actively participate in setting policies and making decisions.

3. MEMBERS' ECONOMIC PARTICIPATION: Members contribute equally to, and democratically control, the capital of the cooperative. This benefits members in proportion to the business they conduct with the cooperative rather than on the capital invested.

4. AUTONOMY AND INDEPENDENCE: Cooperatives are autonomous, self-help organizations controlled by their members. If the co-op enters into agreements with other organizations or raises capital from external sources, it is done so based on terms that ensure democratic control by the members and maintains the cooperative's autonomy.

5. EDUCATION, TRAINING AND INFORMATION: Cooperatives provide education and training for members, elected representatives, managers and employees so they can contribute effectively to the development of their cooperative. Members also inform the general public about the nature and benefits of cooperatives.

6. COOPERATION AMONG COOPERATIVES: Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

7. CONCERN FOR COMMUNITY: While focusing on member needs, cooperatives work for the sustainable development of communities through policies and programs accepted by the members.

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Message from the Board of Directors

President



Wanique Shabazz

Secretary



Chi-Ma'at

Asst. Secretary



Jessica McMorris

Treasurer



Jim Williamson

Board Member



Adama Alaji

Board Member



Rajnikant Mehta



Tracy Dornelly



Pearletta Graves



Mason West



We are already in the third and final quarter of the year, amazed at how quickly this year 2017 has come and is moving us forward. We are pleased that we have weathered the storms and are amid the calm, breathing in fully more life-force with which to rejoice and celebrate the blessedness in Being, while we continue to look at the various components and facets of our invigorating cooperative. We thank our General Manager, Ahzjah Simons, the managers, staff, patrons, member owners, vendors, educators, and security for all they do daily ensuring that our foundations upon which to build stronger alliances are stable and operating within the principles of the cooperative spirit.

It is with great excitement that we announce the outcome of the 2017 Sevananda Board Elections. We express immense gratitude for all members who engaged in the process, voted, and awaited with patient anticipation for the results of this election cycle. In the coming days, weeks and years we are purposing to increase the momentum of member engagement through a robust enactment of our member linkage. We have much gratitude and thanksgiving to the candidates who put themselves forward in the spirit of Sevananda's core value of service.

The Board is so grateful for the intensive efforts and leadership of Director Jessica McMorris who accepted the challenge of carrying out the 2017 election with fidelity and high integrity as Chair of the Board Elections Committee. Through her efforts and assessments, we have gained additional insight in this year's election process; which will be presented as proposals for both refinement in the process and raising the bar on our expectations for our elections in the September monthly board meeting.

Member representation is the foundation of how we operate cooperatively, it is our responsibility to offer the best quality candidates we can recruit for directorship. It is with that spirit, and having been blessed with a wondrous outpouring of the board's collective effort, organizational talents and energy with this election, that we introduce our three new Sevananda Board of Directors:

We celebrate the contributions and service of our three outgoing Directors; Debra Bonaparte Ntianu Alghanee, and Jed Davis and thank each of them for their passionate and committed service to the vision of Sevananda Natural Foods Co-operative. We look forward to them serving in the coming years in equally important ways in the community, as we also look forward to our next phase of work with our new directors on board!

In Service, Your Board of Directors

Sevananda Ends Policies

Sevananda exists such that the Commonhealth is sustained.
The Commonhealth is a community characterized by:

- A culture of service
- Knowledgeable members
- A network of local, viable services
- An environment that is sustainable and nourishing
- Local, regional, global connectedness
- Relationships which are fair, inclusive, interactive and empowering
- An economy that is thriving, [(autonomous) or (self-reliant)], and mutually beneficial for all involved

Happy Anniversary



Come Celebrate with Us!



Anniversary Mixer with Dialogue

Free Admission for Member-Owners with current/valid Sevananda Card
\$5 Admission for Friends, Family & General Public
Sevananda Community Room

It all begins at our anniversary mixer, after the celebration and food sampling, the new Board of Directors and linkage chair, Adama Alaji will host an owner dialogue and co-op vision session to begin building the way forward for our new era cooperative with owner input. October 19, 2017, 6-7:30 celebration. 7:30-9pm owner dialogue. Healthy, Wealthy, and Wise Trailblazing in 2018 and Beyond.

Attention Owners: owner meeting minutes and information details can be found at sevananda.coop or in-store at the customer service desk for your review or pickup. Also please check the bulletin board for other owner engagement activities.

SEVANANDA SPOTLIGHT



In Honor of Co-op Month

Sevananda Natural Foods Market and Georgia Organics Presents

Co-op Connect

We're connecting local farmers, retailers, and consumers to hear to their thoughts, concerns, and thoughtful solutions regarding local food systems, trends, new food safety legislation, and more. We're listening, opening a dialogue, and creating a collective vision for our community's future.

Join us.

Saturday, October 28, TBA
Sevananda's Community Room
(check: sev.coop for updates)

FREE

First 20 participants receive a special gift

Words From The Editor

Co-Options, Marketing/Member Services

Greetings Sevanada Owners and Customers, This is the last edition of Co-options for 2017. This means 2018 is almost here and this year's Co-options has been a GREAT JOURNEY! As Editor, I am very proud of the positive reception received from Sevananda Owners and Customers about our Co-options. . . We have tried to make sure that we have something of interest for everyone throughout the year, and look forward to adding more in 2018. I would like to thank all of the authors who submitted articles for the Co-options this year pertaining to a wealth of important information on health, environmental topics, our co-op, our region and the world. This has helped us grow both as individuals and together. . .

This quarter edition has a lot going on! OCTOBER is Co-op Month and the 43rd anniversary of Sevananda. NOVEMBER and DECEMBER are holiday months and we look forward to preparing our Holiday Dinners for you and your families. Our goal is to keep you out the kitchen and able to spend quality time with your loved ones. Please check pages 8-9 for our Holiday Menu! We are so excited and hope you will come and join us in the celebration.

We can't leave out important information to you on behalf of Sevananda's Marketing/Member Services Team. As we continue to grow, new ideas are conceived. We are keeping our owners and customer's up-to date with what's happening at Sevananda. In Marketing we realize that Social Media is very important and the best way to reach people. Daily post pictures of products that we carry, as well as what delicious food we are serving at the Hot Bar. There's nothing like being able to see what is here, as opposed to just reading about it.

A little reminder for all, 2018 is right around the corner so don't forget that if anyone would like to purchase an ad in our Co-options, please contact our Marketing Dept. and we will gladly send you a Media Kit with ad rates. Also don't forget, if anyone would like to rent our Community Room downstairs, contact Ms. Ifini Sheppard at ifinis@sevananda.coop and she will send you the Room Rental Application.

With your continued support, we at Sevananda will continue to grow with "Love and Purpose"! We want you to know that Sevananda is a unique experience for maintaining holistic health and we are your home away from home and an important component of your family's overall wellness.



Sharlise Lowe
Editor-Marketing /Member Service Manager



Learning and Getting Better with Age

LEARNING
IS A TREASURE THAT WILL
FOLLOW ITS OWNER
EVERYWHERE.

Chinese Proverbs
inspirational.com

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



Sevananda is super excited to be relaunching our training opportunities. Last year we offered training to both Sevananda employees and Owners. We are reintroducing the training program, and this time it will be online for employees through an e-learning series. This will afford our employees 24/7 accessibility, as e-learning materials may be made accessible anytime. This makes it possible for employees to learn at their own pace and in comfortable settings.

There will also be continued learning opportunities for member-owners. These will be in-person classes that take place in-store in Sevananda's Community Education Room. Some owners and shoppers are unaware that there is a Community Education Room downstairs! Owners are welcome to attend any of the classes they see posted throughout the store that take place in the Community Education Room. Also, in October on the second Tuesday, there will be a Co-op 101 class. This class has been designed especially

for coop owners to learn the wonders of the co-op model. Owners will cover the core principles and values of the cooperative model, and the history of Sevananda Cooperative. We are also continuing the partnership we began this summer with World System Builders (WSB), who have a national campaign for the financial literacy of 1 million people throughout North America. The goal is to increase the financial education of people and empower them to have a better financial future.

It's an exciting time for Sevananda's employees, owners and the community. The opportunity to learn new information and expand our capacity is critical, especially as we age. Sevananda turns 43-years old this October 24, 2017 so it's important that we get better with time. Just as a tree's growth and stability is measured by the center of the trunk—it's heartwood, ours is measured by how we are improving over time and avoiding stagnation.

Speaking of improving over time, we have hired some very talented individuals across the summer months. We invite you to join us in welcoming them to the Sevananda team. The next time you are in the co-op be sure to say hello to them. Their pictures are featured below. We look forward to seeing you around the coop, and in attendance at the second Tuesday of October Co-op class.

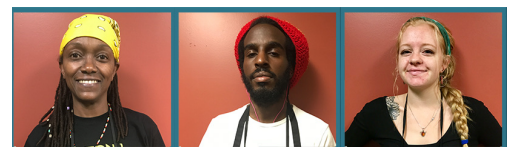
welcome to our
NEW HIRES



Andrew Harrison Bruce Brown Cedric Wells



Corey Green Macombi Kichansole Kathleen Cooley



Nicole Sebastian Wayne Fennell Zoe Spenser



Candace Amrich Michael Green Latoya Thomas



SEVANANDA LINKAGE

ADAMA CHAIR OF THE OWNER LINKAGE COMMITTEE

Sevananda, the business, is doing very well and towards that end, we appreciate and give thanks for the diligence and leadership of our managers, staff, the consistent patronage of our customers and member-owners as well as the leadership and efforts of our “not so new” GM, Ahjzah Simons implementing the objectives, vision and directives of the Board of Directors on behalf of the member-owners.

The issue, however, is that Sevananda, the Cooperative must be rebooted, which means that over the past several years we’ve lost our momentum as a Cooperative. Unlike corporate agendas or traditional businesses, Cooperative member-owners create vision, values and set the direction of growth and progression reflective of their ideals, desires, and needs, which is representative of the collective concern of families and communities.

Multi-trillion-dollar business in the creation of sickness, illness, disease and death under the tenants of capitalism and its laissez-faire (let the buyer beware), free-trade and globalization initiatives have undermined the wellness of everything and everyone everywhere. We all are impacted and influenced by it, which is the fuel that can ignite our fire to look deep within ourselves as to what

is our motivation for shopping and being member-owners at Sevananda and what can we do about it. We are not the neighborhood community coop that began over 40 years ago, we serve diverse communities, members and customers come here from the many cities outside of metro Atlanta. Many of the products that we carry can be purchased from Walmart, Kroger, Publix or many other grocery stores, but what is powerful about membership with the Coop Sevananda is the present opportunity to create a more dynamic vision for how we respond to the global initiative to delude people into thinking prosperity by any means necessary works.

To really progress in creating vision, making decisions, creating and implementing policy that facilitates our best way forward ensuring greater food security, as well as wholistic education and training in cleansing, healing and regenerating ourselves, families and communities, we must create the dialog, the conversation as to what our needs are and how can we meet those needs with the resources we have as a Cooperative.

Where are you in the greater scheme of actively exerting a full life’s urge in reclaiming your power and enthusiasm

for life? What will it take for you to become an active participant as a member-owner. I am aware that many people will not do more than they are doing unless they are motivated that translates to something meaningful and tangible for them, just as many people work the jobs they do because of the financial benefit, if they were not getting paid they wouldn’t be there. We must be clear about our “why” we are members and “what” matters to us that we would invest time, energy and resources to show up at meetings or conference calls to have a say in the way forward. If you are ready to take your involvement to another level, call me 678-760-9299 to discuss it or go to www.sevananda.coop look at the list of committees you may be interested in and fill out an application at the Customer Service desk.

In the Light and Love of Service,

Adama,



WELLNESS WARRIORS



By Kim Purefoy

Here in the Wellness Department at Sevananda we call ourselves “Wellness Warriors” because each of us in this special place consider ourselves to be here for more than a job. We understand the fact that just as Sevananda stands as a light and pioneering force in the community, celebrating our 43rd year of service, that we as “Wellness Warriors” serve in an honored and

crucial role as well. Our charge is an act of service that is part of a larger movement- which has touched countless people on many levels over the years, and it continues onward. And our current team respectfully stands on the shoulders of the many brilliant, dynamic “warriors” who have served before us and have had a life-changing impact on this community. So in this sacred space in history and place we continue on in humble, yet courageous service to you... all those who seek to be empowered and supported along your personal path to healing and heightened well-being. In that spirit, we welcome you to our Wellness department.

At the same time, as graciously as we seek to serve you, and as honored as we are to be entrusted with this role, we call ourselves “warriors” for other good reasons. From the time that I spent my first few weeks in the Wellness department three years ago, I realized that this magnetic magical corner is truly like an “emer-

gency room”. And even though we are always mindful and must state the legal disclaimer that “we are not doctors and that we cannot diagnose, prescribe or recommend”... we are presented with critical issues on a daily basis, in an often high-volume environment. It is a challenging and sometimes sobering experience at times- as we encounter everything from headaches to hair loss to heart issues... and more. But it is also inspiring and fulfilling to see you as our guests leave uplifted and encouraged and empowered to press on along your wellness journey. Some may simply need a dose of that uncommonly wonderful Sevananda spirit during your visit. But also many have returned to share testimonies with us about how the natural resources and assistance received in the Wellness department have made a crucial difference for you and your families. And for those profound reasons... we proudly ‘warrior’ onward.

We thank you for your presence and your trust, and for the ongoing opportunities to serve you. Our aim is to continue to have what you need and to bring in more quality products as we partner with creative local vendors and companies who are committed to meeting your needs at reasonable prices. We have many health highlights to share with you... like the amazing benefits of everything from Curcumin to Vitamin K2, to Moringa, Bladderwrack, Neem, to Matcha Green Tea and the much-talked about Maca and Black Seed Oil. So, stay tuned. And continue to ask us questions, and share your thoughts and interests. We remain committed in service to you, and to our larger mission of empowerment, access to quality natural options, and to greater health and wellness.

Peace and Love,





by *Annakeara Stinson*

The Major Difference You Need to Know Between Organic and All-Natural Foods

There are a lot of labels on food. That kind of goes without saying. But it can still be pretty difficult to discern what those labels mean exactly, and who actually decides to put them there. Like, what is it that deems something “healthy” on a label, for example? Or who makes sure something is really gluten-free? And, my personal greatest confusion, what, if any, is the difference between organic and all-natural foods?

As it turns out, there are distinct differences between all these labels, and how they get assigned and decided upon is a pretty interesting (albeit it kind of confusing) process.

For the most part, it’s the FDA that regulates the kinds of words that can be used to describe products. And of course, it’s the nutrition label itself that is supposed to be the most informative means of customer choice, identifying ingredients, nutrition facts, suggested daily values, and net weight.

According to Barbara Schneeman, Ph.D., director of the FDA’s Office of Nutrition, Labeling, and Dietary Supplements, “the food label is one of the most valuable tools consumers have.” She added on the FDA website that a thorough label puts more power into the hands of the consumer, so they are able to make choices for themselves according to their particular nutrition concerns. But the thing that can make it a lot more difficult to figure out what’s what in the grocery store is how insanely similar some of these labels are to one another. “Organic,” “all-natural,” and even “healthy” all kind of sound like the exact same thing, even though they’re not. At least, they’re definitely not the same thing from a regulatory point of view.

But the guidelines and restrictions on whether or not food companies can use the “natural” label on a product are not as strict or specific as some of the other labels. In order for the FDA to label a food “healthy,” for example, there are very specific rules and criteria

the food product must meet. This criteria has to do with limits of sodium, fat, saturated fat, and cholesterol. Food labeled “healthy” must also have a certain minimum requirement of beneficial nutrients, like vitamins and minerals.

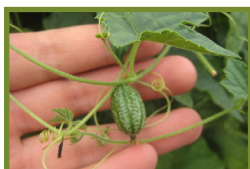
“Organic” food isn’t actually regulated by the FDA; it’s regulated by the Department of Agriculture. This is because “organic” refers to how the food is produced (like the way it’s grown, how it’s treated, etc.). To call something organic means the crops were grown without pesticides, synthetic fertilizers, or genetically modified organisms. Animals and animal products that are organic also haven’t been given any growth hormones or antibiotics.

But these things can get really confusing for consumers who are simply trying to make choices about what’s best to put in their bodies. A 2014 survey by Consumer Reports showed that the majority of Americans surveyed believed a “natural” label meant the food had no genetic engineering, no pesticides, and no artificial ingredients.

But alas, as you’ve learned, calling something all-natural doesn’t have anything to do with how the food was treated or produced. That’s “organic” territory, my friend. The term “all-natural” only refers to what the food contains. For instance, “natural” tomato sauce could definitely contain “natural” tomatoes that have still been treated with pesticides.

And because the definitions of these things aren’t necessarily common knowledge or particularly clear on the product labels, it seems like it’s up to a little more interpretation than one might like to think.

To avoid confusion, I personally try to keep things as simple as possible when I’m grocery shopping. While I do try to stick to organic purchases, I also try to find foods with labels that have the least amount of ingredients in them.



Vegan/Vegetarian
November & December Holiday Menu
PLACE YOUR ORDER NOW!



**Dinner for 2
\$34.99**

- 1 Entrée
- 2 Sides
- 1/2 pint Cranberry Relish
- 1/2 pint Rosemary Gravy
- 4 Dinner Rolls
- 1/2 Dessert

**Dinner for 4
\$54.99**

- 1 Entrée
- 4 sides
- 1 pint Rosemary Gravy
- 1 pint Cranberry Relish
- 8 Dinner Rolls
- 1 Dessert

**Dinner for 8
\$99.99**

- 2 Entrees
- 6 sides
- 2 pint Rosemary Gravy
- 2 pint Cranberry Relish
- 12 Dinner Roles
- 2 Desserts

Entrees

- Tofurkey Roast
- Field Roast
- Lentil walnut loaf

Sides

- Green Beans Almondine
- Spicy Collards
- Garlic Herb Smashed Potatoes
- Broccoli Casserole
- Corn Bread Dressing
- Butternut Squash Casserole
- Rosemary Gravy
- Cranberry Relish
- Dinner Rolls



**12 inch
Carrot and Chocolate
Vegan, Gluten free
Holiday Cakes \$36.99**

Desserts

- Sweet Potato Pie
- Apple Pie Crumble
- Cherry Pie
- Carrot Cake
- Pecan Pie



SEVANANDA

NATURAL FOODS MARKET



Individual Pricing

Entrees

Tofurkey Roast \$10.99

Field Roast \$ 9.99

Lentil walnut loaf \$ 12.99

Sides

\$5.99 each

Dressing and Relish

\$3.99 each

Extra Dinner Rolls are sold as a 4 pack for \$2.99

Desserts

Sweet Potato Pie \$14.99

Apple Crumble Pie \$16.99

Cherry Pie \$10.99

Carrot Cake 5 inch \$12.99

Pecan Pie \$14.99

12 Inch Carrot and Chocolate

Vegan, Gluten Free Holiday Cakes \$36.99

Pumpkin
Cheesecake



Pumpkin
Soup



Pumpkin
Lasagne



Pumpkin
Bread



Pumpkin
Muffins



Pumpkin
Ravioli



Pumpkin
Spice Doughnuts



Pumpkin
Risotto

Pumpkin pie Doughnuts

1 cup all-purpose flour
1/2 cup sugar
1/2 Tbsp. baking powder
1/4 tsp. salt
1/2 Tbsp. pumpkin pie spice
1/2 cup soy milk
1/2 tsp. apple cider vinegar
1/2 tsp. vanilla extract
1 Tbsp. applesauce
2 Tbsp. pumpkin purée
1/4 cup vegan margarine

Glaze:

2 Tbsp. confectioners' sugar
1 tsp. soy milk

Cinnamon-Sugar Coating:

2 Tbsp. cinnamon
2 Tbsp. pure cane sugar
1/2 Tbsp. pumpkin pie spice

- Preheat the oven to 350°F.
- In a large bowl, combine the flour, sugar, baking powder, salt, and pumpkin pie spice and mix thoroughly.
- Combine the soy milk, vinegar, vanilla, applesauce, pumpkin purée, and vegan margarine in a small saucepan over medium-low heat and mix until the margarine is just melted. This should be slightly warm to the touch, not hot.
- Add the wet mixture to the dry and mix.
- Using a tablespoon, scoop the resulting dough into an ungreased non-stick doughnut pan, either full- or mini-size.
- Bake for 8 to 10 minutes, or until a toothpick inserted into a doughnut comes out clean. Invert the pan over a cutting board or cooling rack to release the doughnuts. Allow to cool completely before decorating.
- To make the glaze, whisk the confectioners' sugar and soy milk together until smooth.
- To make a cinnamon-sugar coating, combine the cinnamon, sugar, and spice.
- Dip the cooled doughnuts in the glaze and then roll in the sugar mixture.

Find other pumpkin recipes at:

<https://www.peta.org/living/food/pumpkin-recipes>



Pumpkin is a terrific ingredient that keeps food dishes moist, makes them extra-filling, and loads them up with a uniquely delicious flavor. If you're feeling adventurous, try pumpkin-izing other recipes!

Vegan Fall Treats !!

Pumpkin Soup

4 Tbsp. extra-virgin olive oil
2 cups finely chopped onions
2 green onions, tops included, thinly sliced
1/2 cup finely chopped celery
1 green chili pepper, chopped
6 cups vegetable stock
1 bay leaf
1 1/2 tsp. ground cumin
1 cup plain soy milk
1 Tbsp. cornstarch
1/2 cup cooked wild rice
1/2 tsp. sea salt
1/2 tsp. ground black pepper

For the Soup:

- In a large saucepan, heat the olive oil. Add the onions, celery, and chili pepper. Sauté until the onions are translucent.
- Add the stock, 2 cups of the reserved pumpkin purée, the bay leaf, and the cumin. Bring to a boil. Reduce the heat and simmer, uncovered, for 20 minutes, stirring occasionally.
- Remove the bay leaf. Add the soy milk and the cornstarch and whisk until smooth. Cook over low heat for 5 minutes.
- Stir in the rice and cook for an additional 5 minutes.
- Add the salt and the pepper.

WHAT IS A HEALTHFUL VEGAN DIET?

“An appropriately planned vegan diet is healthful for all stages of life.”

A balanced vegan diet is made up of these four food groups: 1) legumes, nuts, and seeds; 2) grains; 3) vegetables; and 4) fruits.



The Academy of Nutrition and Dietetics states that an appropriately planned vegan diet is healthful for all stages of life. They further advise that plant-based diets may provide a variety of preventative health benefits. Of course, as with any diet, a poorly planned vegan diet could be dangerous or unhealthy.

Because individual nutrient needs and energy requirements vary due to age, activity level, and one's state of health, this guide should only be considered a broad blueprint for a balanced vegan diet. You should consult a dietitian familiar with vegan nutrition for a personalized set of recommendations.

LEGUMES, NUTS, AND SEEDS (4+ servings per day)

The legume-nut-seed group includes beans, split peas, lentils, nuts, seeds, and soy products. These nutrient-dense foods are packed with protein, fiber, minerals, B vitamins, protective antioxidants, and essential fatty acids(1). Sample serving sizes from this group include: 1/2 cup of cooked beans, 4 ounces of tofu or tempeh, 1 cup of soy milk, 1 ounce of nuts or seeds, or 2 tablespoons of nut or seed butter.

GRAINS (4-6+ servings per day)

Whole grains provide B vitamins, fiber, minerals, protein, and antioxidants. They are preferable to refined grains because the refining process removes the healthiest nutrients. Also, intact whole grains—such as brown rice, oats, wheat berries, millet, and quinoa—are nutritionally superior to whole grain flours and puffed or flaked whole grains(2). A serving is 1 slice of bread, 1/2 cup of cooked grain, or 1 ounce of ready-to-eat cereal. This group is fairly flexible with regard to servings per day. Vary your intake based on your individual energy needs.

VEGETABLES (4+ servings per day)

Eating a wide variety of colorful vegetables every day will ensure that you're getting an assortment of protective nutrients in your diet(3). A vegetable serving is 1/2 cup cooked, 1 cup raw, or 1/2 cup of juice. For most vegetables, particularly calcium-rich leafy greens, it's nearly impossible to eat “too much.”

FRUITS (2+ servings per day)

Most fruits, especially citrus fruits and berries, are a great source of vitamin C. All fruits provide antioxidants. Choose whole fruits over fruit juices to get the most benefit, particularly from dietary fiber. A serving size is 1 medium piece, 1 cup sliced, 1/4 cup dried, or 1/2 cup of juice.

REGARDING OILS AND SPREADS

Concentrated fats, such as oils and oil-based spreads, do not fall under a food group. They are not required for optimal health, as essential fats are found naturally in whole foods like avocados, olives, nuts, and seeds, and for that reason there is no serving recommendation. However, a small amount of concentrated fats may be included in a healthful vegan diet. Choose oils and spreads that are minimally processed and limit your intake.



Flax Seed is an excellent source of omega-3 fatty acids



Amaranth is an excellent source of calcium and iron



Navy Beans are also an excellent source of calcium and iron



Quinoa is a protein-rich, wheat-free grain alternative



Oatmeal is an excellent source of protein.

BE THE CHANGE OCTOBER PARTNER

Reconciliation House, Inc.



Reconciliation House Inc. (RHI) is a long-term residential Women's Aftercare Reentry program for women who truly desire to change after spending time in prison. Located on 53 acres in Middle Georgia, it is the perfect place to develop a therapeutic community. Our housing and training has empowered women to become career leaders in many fields. The impact of their experience has caused them to return as volunteers, in hopes of helping others to reach their level of freedom, success and empowerment.

RHI provides a full continuum of care for clients and leadership training opportunities for graduates. The focus is a holistic approach to recovery from life controlling problems, and preparation for successful living. Clients receive a unique blend of discipleship, class work, life skill training, work therapy, recreational therapy, vocational development, individual, group, and family counseling. GED and tutorial services are required for clients lacking high school diplomas.

Our philosophy is that rather than viewing our clientele according to their old nature, we see them transforming to their new nature. We believe that at RHI, the newness concept is traced to the importance of choices, becoming new through renovation, nurturing and cultivating the brand new person with a new family, adopting new values, new motivations and decisions to grow spiritually and not revert to putting on the old but continuing to grow in the new. It is our belief that true recovery only occurs when you enter into a personal commitment to overcome personal obstacles and limitations and adopt a zeal for advancement.



We know that our family and donors are committed to providing the best opportunities available. We do our best to assist, however spiritual growth and recovery are the individual's responsibility. We believe that if the program is embraced wholeheartedly and maximum effort is put forth it will open doors for great opportunity.

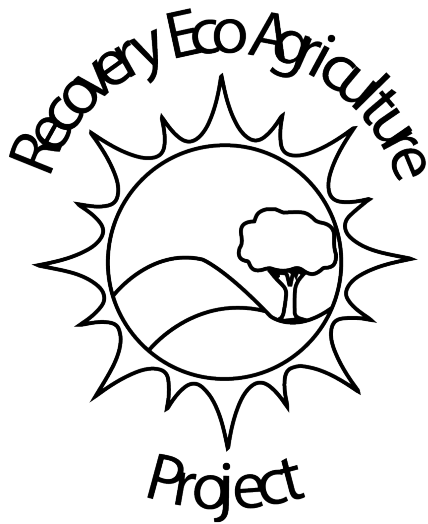
Reconciliation House, Inc. was organized in 2001 in Jonesboro under the leadership of Angela and Xavier Johnson. Angela says that she was given a vision by God "to reach out to women coming out of prison—to embrace them, and to recreate a loving and nurturing family environment for them and to connect them with the local church and community." Angela further states, that "if ex-prisoners were going to succeed on the outside of those bars, they needed key elements that were missing from their life."

Reconciliation House, Inc. moved to middle Georgia in 2003 and has been working in that community ever since, doing some amazing things! One of those efforts to prevent recidivism is its annual Fun in the Sun camp for children of the incarcerated. Participants receive mentoring and leadership training. Another effort is when Reconciliation House and volunteers from the community work together to prepare meals delivered on Christmas Day.

How does Reconciliation House do so much for the community? It receives help directly from churches and volunteers and works through donations received. Reconciliation House, Inc. goals include feeding over 250 people for Christmas at \$10 each, sponsoring over 100 children for camp at a cost of about \$200 per child, and housing 5 women at about \$600 per month for a total of about \$30,000.00. Each donation received will assist in their efforts to help reduce recidivism.



Organization Name: Reconciliation House, Inc.
Mission: Building a therapeutic community to end recidivism and reconcile families.
Contact: Angela Johnson, CEO
Address: P. O. Box 143, Yatesville, GA 31097
Website: www.reconciliationhouse.org



NOVEMBER PARTNER

Recovery Eco Agriculture Project (REAP)

Recovery Eco Agriculture Project is an educational nonprofit that promotes sustainable land use and practical application of skills for growing food. We conduct education and research at our demonstration market garden, "Tierra Sonrisa" located on four acres in Palmetto, Georgia. We are about thirty five miles south of Sevananda. At Tierra Sonrisa we grow about thirty different types of vegetables, around twenty types of herbs, between thirty to forty varieties of cut flowers and fifteen types of fruits. It is an integrated system that employs Biodynamic methods. We also use Permaculture design concepts and Integrated Pest Management.



The concept is to take an old hay field and turn it into a balanced ecosystem. What that means is that it is always in some state of development. We make compost with hay on the land. We save about seventy five percent of our seed. We have grafted some of our fruit trees. The idea is to be a demonstration of a sustainable farm. We are also planning to develop examples of appropriate technology, like a solar food dryer, a solar oven, water catchment, etc.

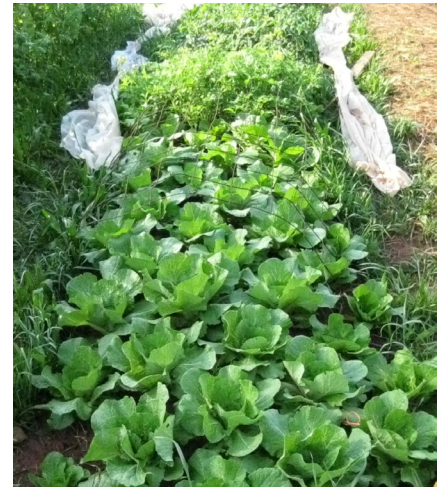
Programs at Tierra Sonrisa are seasonal and ever changing. The vision is to use this garden as an open classroom for learning. There is also a need to improve on the huge disconnect between farmers and consumers. Most people do not know where their food comes from. The importance of knowing where your food comes from is necessary if you want to support sustainable food practices. Local farmers markets help with this yet most farmers are not good educators since they are also learning.

Through Recovery Eco Agriculture Project (REAP) my work has taken me to several parts of the U.S. and to seven different countries. Our current focus is to promote and develop around the local food movement in Georgia. REAP does this through education programs such as workshops, children's gardens and research. REAP also works with local farmers developing ideas toward more sustainable production. Teaching future farmers by offering educational tools on how to use land efficiently and sustainably is one of our goals.

During my visits to local farms I have found that many small scale farmers are not incorporating good stewardship practices. You do not need a license or training to be a farmer. But you do need training to become a good steward of the land. There are very limited resources for learning how to grow organically. During my time working for the University of Georgia I found that they were not knowledgeable or receptive to using organic practices. That is because most, if not all of their endowments come from large companies that promote and manufacture synthetic chemicals for agribusiness. This is what is referred to as the land grant university system.



Community gardens do not have the resources to learn good garden skills either. So, most people decide to reinvent the wheel by not learning before they start. This takes its toll on the land and is hard for the land to recover from, hence the name, Recovery Eco Agriculture. This has motivated me to write a book which due out next year. The title is: "Radical Regenerative Gardening and Farming", and will be published by Rowman and Littlefield.



Organization Name: Recovery Eco Agriculture Project (REAP)
Mission: To provide education, research & development of small scale farming and sustainable land. Making a connection between land and the people it provides for.
Contact: Frank Holzman, President
Address: 579 Carlton Pointe Drive, Palmetto 30268
Website: www.tierrasonrisagarden.com

DECEMBER PARTNER: Here's to Life, Inc. (HTL)



Here's to Life, Inc. is a non-profit, 501(c) (3) community based-organization that provides quality education and counseling to individuals who are experiencing or are at risk for substance use disorders. Our goal is to develop and implement activities and programs for individuals and their families that will prevent and/or provide appropriate treatment of substance use disorders. We do this by providing a safe atmosphere for individuals to freely address their addiction as well as the behaviors typically developed through active drug/alcohol use. It is also our intention to ensure that our communities are well informed about the ramifications of substance abuse, HIV, STD's, domestic violence and other negative issues that plague our communities.



Our team is a multi-disciplinary and multi-cultured team of professionals with collectively over 50 years of experience to indigent populations relative to substance abuse, i.e., HIV, homeless and LGBT communities. Our staff includes certified and/or licensed substance abuse counselors, certified clinical supervisors, mental health specialists, recovery coaches and of course gay men who also serve on the organizations advisory board. The Deputy Director, Michael Banner has led the agency since May 2016. Michael came to Here's to Life with over 18 years of experience working in the HIV arena. He was a major organizer of Atlanta's first World AIDS Day mega HIV testing event. He is a Certified Addiction Counselor and Supervisor. Patricia Brown, is founder and Executive Director. She continues to provide leadership and support to this growing organization.



To ensure access and cultural competence, the Ryan White program places special emphasis on the active involvement of its clients in program enhancement. In 2012, HTL convened an Advisory Committee comprised of LGBT members, some who at some point in their lives experienced homelessness. Now community advocates, medical professionals, i.e., psychiatrists, physicians as well as consumers of services, this group is a major contributor of information used in program planning, service delivery and retention methods. Client feedback was analyzed and utilized to drive program improvements.

Since the agency's inception in 2007, a seat on the Board of Directors is reserved for a consumer. The client representative acts as a two-way conduit giving the board members information regarding the population and quality of the agency services, while acting as an intermediary from the board to the clients. Clients are encouraged to participate in the EMAs Ryan White Planning Council, Consumer Caucus, as well as volunteer with the African American Outreach Initiative. Through existing partnerships, we collaborate with health fairs and educational workshops focusing on HIV/AIDS, HIV testing, substance abuse, and other health and behavioral issues.

HTL recognizes that service providers should be competent to deliver services for substance abusers, including experienced personnel in the drug culture, its social structure and language. Staff and volunteers are indigenous to the population we serve. Some are recovering addicts, have HIV, are MSM and have been homeless. Substance abuse counselors have a minimum of 10 years of experience working in addiction treatment settings. Substance abuse counselors (CAC) are state or nationally certified. The Project Director/Clinical

Coordinator is a Certified Clinical Supervisor (CCS) through Georgia Addiction Counselor Association. In addition to addiction counseling qualifications, staff must possess cultural competence such as knowledge of the community; its culture and traditions. HTL is sensitized to the need for representation of the impacted communities on our board, our volunteer team and as part of our clinical team and is located in Atlanta's Historic West End.



Organization Name: Here's to Life, Inc. (HTL)

Mission: To eradicate the suffering brought on by the dual diagnosis of HIV/AIDS and substance use disorders in adults & youth in Atlanta by providing individualized addiction & other behavioral health counseling services.

Contact: Michael Banner, Deputy Director

Address: P1115 Ralph D. Abernathy Blvd., Atlanta 30310

Website: www.herestolifeatl.org

Sevananda Natural Foods Market

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Store Hours

Monday-Sunday
8am - 10pm

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Opinions expressed in this newsletter are the writers' own and do not necessarily reflect the opinions of Sevananda Natural Foods Market. Permission to reprint any article must be obtained from the Editor.

Submissions from the general public are accepted, but there is no guarantee of publication.

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BLISS IN ME MEDITATION

SUNDAYS ~ OCTOBER 8, 15, 22 @ 4pm to 7pm
Info: www.blissinme.com
SEVANANDA EDUCATION ROOM

S.O.S. MEDITATION ~ Science of Spirituality

THURSDAYS ~ 7pm to 8pm
OCTOBER 12th & OCTOBER 26th / NOVEMBER 9th & NOVEMBER 30th
SEVANANDA EDUCATION ROOM

Natural Mystic Fair

SATURDAY ~ 12pm to 6pm
OCTOBER 17th
Tassili's Raw Reality
1059 Ralph Abernathy Blvd. SW
Atlanta, 30310

ATLANTA VEGAN FOOD & TEA FESTIVAL

SUNDAY, OCTOBER 8 - 1pm to 6pm
Atlanta Metropolitan State College
Easley Conference Pavilion ~ Atlanta 30310
Info: 404-585-1043



**Ifini Sheppard
Community Relations &
Education Liason**



SEVANANDA MEMBER DIALOGUE & BIRTHDAY MIXER

THURSDAY, OCTOBER 19th ~ 5pm to 9pm
SEVANANDA EDUCATION ROOM

LSP HALLOWEEN PARADE & FESTIVAL

SATURDAY, OCTOBER 21
SEV BOOTH TIME: 12pm to 6pm
PARADE: 4pm
SEVANANDA PARKING LOT

ATLANTA VEG FEST

SATURDAY, NOVEMBER 11th ~ 10am to 6pm
Cobb County Civic Center

QUILTING WORKSHOP

SATURDAY, NOVEMBER 18th ~ 11am to 2pm
SEVANANDA EDUCATION ROOM
Info: 678-837-8286

WANT TO BECOME A SEVANANDA VOLUNTEER?
Active participation of members is the foundation of any cooperative. Sevananda Natural Foods Market Co-op working members who diligently supported the operations of the Co-op.
We are now asking for our members to Volunteer their time to help us. Like our working members, volunteer members help make Sevananda successful.
VOLUNTEER TODAY !! Please Ask Us How !!



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