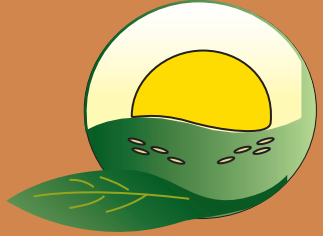


JANUARY - MARCH 2023

SEVANANDA

Natural Foods Market



C
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S



winter vegetable
brussel sprouts

— 2023 —



As we enter the new year, it is time to reflect on our accomplishments and lack of accomplishments this past year and how we can improve these in 2023. Some of the major events at Sevananda during the past year were:

Parking lot disaster: In early summer of 2022, a large truck ventured into the back parking lot and caused enough of a collapse to close off the back lot. This made an already difficult situation much worse. Our parking was cut down to 20 spaces. After several months passed, plans were made to repair the lot. There were delays for steel, and other items. We eventually had this repaired and now we have a new and improved lot. The staff of your coop deserves much praise for taking care of our customers during the holidays with minimal parking.

Your Co-op is faced with a problem that is prevalent in the retail industry. That is the issue of underpay and wage compression. It is very difficult to hire staff at a low starting rate and more difficult to retain quality staff. The Coop is taking steps to move the beginning rate to a more competitive salary with the desire that retention will improve. In addition, your Co-op is reviewing the current pay scale for possible revisions.

The store is in the process of improving the bulk offerings and adjusting the quantity of items within our product mix. We are also planning to re-merchandise the entire store. As we become more sustainable, we will upgrade some of the equipment needs.

We are beginning our 49th year as a Co-op and have served the people of this area very well. There have been many changes in the business world since the Co-op began and I am sure there will be many more. I think it would be great to look into the future another 49 years to see how Sevananda would do business in the year 2071. I know I would find this interesting.

The most important thing that has made your Co-op successful the past 49 years has been the staff and members that believe and support the Co-op. This is also what will take the Co-op through another 49 years and beyond. Your Co-op is a landmark in the Atlanta market and has been the “place to go” for natural foods, supplements, and other healthy products. In this time of extreme competition from every direction, we need your continued support to see another 49 years.



Garland McQueen

Thank you and see you at the Co-op !

WHY CO-OPS?

Who owns your grocery store? Food co-ops are owned by folks in their communities, just like you, who value healthy, delicious food that's good for everyone. We believe that food helps us celebrate our differences and brings us together!

Everyone is welcome to shop, eat and hang out at food co-ops. And everyone is welcome to join a co-op and enjoy the benefits of being an owner. There's always great food and warm community at the co-op — and there's always a place for you.

NCG.coop

To become a Member: Invest \$120 (which is payable in installments of \$20.00 each, renewable each year). However can be paid at any time before the year.

Contact sharlise@sevananda.coop with any questions about membership!

We here at Sevananda would love for you to join our Sevananda Family!

See Whats New at Sevananda?

PLANT BOSS®

Meat has met its match!

Meatless Crumbles \$4.29



Plant Crumbles



Plant Burger Mix



Plant Taco

Breakfast
Plant Sausage



Italian
Plant Sausage



GKEWIE FRUITIES®

ORGANIC CANDY CHEWS

Flavors:
Apple
Cherry
Lemon
Assorted



\$4.09

Oat-based
Oatmilk \$5.49



ShiLaChef

Peachy
Keen



Cali
Livin

Berrylicious



Ginger
Lemonade's
\$4.29



Dr. Bronner's
Organic
Chocolate Bars

\$4.89

Mude
Natural Taste \$3.39



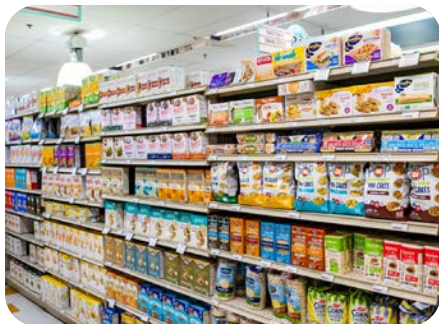


SEVANANADA

Grocery Team

We are happy to introduce to you Sevananda's Grocery Team: Left To Right (**Barry Harvey Manager**, Kia Waire, Jonathan Oliver, Darrell Morgan)

Our team does their best to satisfy our member/owners and customers with consistent, delicious foods to pick from on our shelves. Our grocery manager makes sure we have appealing displays for your view, and also makes sure our shelves are clean and well stocked by front-facing, checking codes, rotating, and removing out-of-date products. Our team members can answer any questions about our products that our customers ask, and if they can't, they will be sure to find someone who can. Our grocery team works effortlessly Monday through Sunday. So when you are in the store, let one of our team members know you appreciate them as they appreciate you!



*James (Bootie) Knighten
Grocery Administrator*





AVOCADO CAPRESE SALAD

Instructions

Cut the avocado around the equator and remove pit. Slice into rounds, then remove the peel. Lightly toss avocado slices in lemon juice.

Slice tomatoes and salt lightly.

Layer tomato slices, avocado slices, and basil leaves. Drizzle with olive oil and balsamic vinegar, if using. Salt and pepper to taste.

Ingredients

- * 4 medium heirloom tomatoes
- * 3 medium avocados
- * 1 large bunch fresh basil
- * 1 lemon juiced
- * 1 tablespoons organic extra virgin olive oil
- * Aged balsamic vinegar optional
- * Sea salt
- * Fresh ground pepper



The way we are going to stay healthy is by eating healthy. Reach for healthy options like organic fresh fruits & veggies instead of salty & sugary items. It's easy to feel bombarded by the latest healthy eating trends or buzzworthy ingredients. But good nutrition is really about consistently choosing healthy foods and beverages. With healthy eating patterns, it's possible to enjoy food and beverages that reflect your preferences, culture traditions & even budgetary considerations.



*Michelle Tabor
Deli Manager*

BUMP UP FIBER

Fiber helps maintain digestive health & helps us feel fuller longer. Fiber also helps control blood sugar and lower cholesterol levels. Fresh fruit, vegetables, whole grains, legumes, nuts and seeds are good source of fiber. To bump up your fiber, try this:

- Slice up raw vegetables to use as a quick snack. Store celery & carrots in water in the fridge will keep them crisp longer.
- Start your day off with a whole grain cereal like oatmeal or food made with bulgur or teff. For even more fiber, top your cereal with fresh berries, pumpkin seeds or almonds.
- Add ½ cup of beans or lentils to your salad to add fiber, texture and flavor

ADD MORE POTASSIUM

Potassium helps the kidneys, heart, muscles and nerves to function properly. Not getting enough potassium can increase blood pressure, deplete calcium in bones & increase the risk of kidney stones. To add more potassium, try this:

- Put some variety in your beverages with one cup of 100% prune juice or 100% pomegranate juice
- Have a banana as a snack.
- Enjoy 100% orange juice or a recommended dairy product with your meals.
- Try new recipes that use lima beans, swiss chard or beet greens

CUT BACK ON SODIUM

- Instead of using salt, add flavor to your meals with a squeeze of lemon juice, a dash of no-salt spice blends, or fresh herbs.
- Eat high sodium processed and prepackaged food less frequently. Many common foods, including breads, pizza, and deli meats, have high amounts of sodium.
- At the grocery store, read the Nutrition Facts label to find low-sodium products.
- Buy unprocessed food, such as fresh or frozen vegetables, to prepare at home without salt.

AIM FOR A VARIETY OF COLOR

A good practice is to aim for a variety of colors on your plate. Fruits and vegetables like dark, leafy greens, oranges, and tomatoes—even fresh herbs—are loaded with vitamins, fiber, and minerals. Try this:

- Sprinkle fresh herbs over a salad or whole wheat pasta.
- Make a red sauce with fresh tomatoes (or canned tomatoes with low sodium or no salt added), fresh herbs, and spices.
- Add diced veggies—like peppers, broccoli, or onions—to stews and omelets to give them a boost of color and nutrients.
- Top low-fat, unsweetened yogurt with your favorite fruit.

MONTHLY SPECIALS
FOR YOU

January

February

March

January 1st - January 31st & March 17



**10% Off Members
5% Off Non- Members**

Start Your Year
with a
refreshing
Salad from our
Salad Bar

February 14th

Bakery

Come Get Your
**Sweet Treat for
your
Sweetheart on
Valentines Day**

**10% Off
Members
5% Off
Non-Members**



February

Place your order from January 1st until February 10th at www.sevananda.coop and order your Special Someone their sweet treat for Valentines Day !!

Regan

12/Chocolate Covered Strawberries

w/1 bottle of R.W. Knudsen Crisp Apple Cider

Share your love with someone "Special." Get your favorite scrumptious homemade chocolate covered strawberries from "Sevananda" !!



Perfect for your special someone or give your favorite client a sweet surprise

\$29.99

March 17th

ST. PATRICK'S DAY

Fresh produce



Granny Green Apples



Rainbow Chard Greens

10% Off Members
5% Off Non-Members

Get Your **Green on** for **St. Patricks Day**



SEVANANDA
Natural Foods Market

Sevananda Employee 2023 Healthy Resolutions



(Archie)
Exercise more and get counseling certification



(Michelle)
Cut out meat totally and become full vegetarian



(Bootie)
Keep on Keepin on!



(Heather)
Drink more water and tea



(Brian)
Lose more weight and eat more vegetables



(Joi)
More Internal Peace



(Cedric)
Exercise more and drink more vitamin C



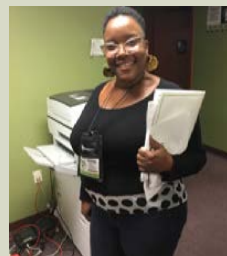
(Marcus)
Fasting more and drinking more fruit juices



(J.J.)
Focus on living a healthier life



(Jon)
Drink more alkaline water and eat healthier



(Blu)
Incorporate more raw food into my diet



(Shelly)
Give more encouraging words to others.



(Yoel)
Healthier Life style



(Michelle)
Spend more time with my grand-daughter



(MeMe)
Keep on Keepin on!



(Adam)
Be a servant of Allah



(Tree)
Lose more weight and explore Yoga



(Keene)
Improve mental health and Jiu-Jitsu



(Ano)
Detox



(Freddy)
To CONTINUE to eat right and exercise.



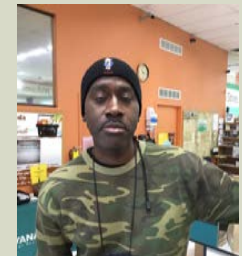
(Pita)
To gain weight in a healthy way



(Ayo)
Meditate more and more breathing exercises



(Garland)
Watch my diet and exercise more.



(Raymond)
Eat more fresh vegetables



(Tanisha)
Keep learning information about health



(Mike)
Eat only fruits and vegetables



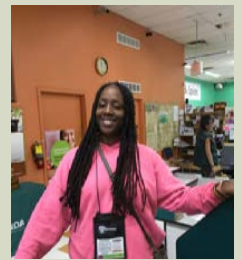
(Duvuri)
Convert to a healthier lifestyle



(Kimberly)
Stand more in my power effortlessly



(Tenoa)
Drink more wine



(Quiana)
Get more greenery: veg, outdoors, and money.



(Ibrahim)
Take one day at a time, what happens happens.



(Barry)
Keep doing what I have been doing...



(Terri)
More fasting and detox



(Shaina)
Spiritual Reset



(Deborah)
Continue on my wellness journey as I help others.



(Adolph)
Quit smoking.



CHECK OUT SEVANANDA SALAD BAR AND HOT BAR!

HOURS
Monday - Sunday

(Breakfast)
8am -12pm

(Lunch/Dinner)
12pm -7pm



CRAIG MILTON'S WHOLE FOOD PLANT-BASED DIET (WFPB) JOURNEY BEGAN WHEN HE DECIDED THAT HE WOULD RATHER LIVE LIFE WITHOUT A FEW FLEETING PLEASURES **THAN TO DIE FROM THEM OR LIVE WITH SUFFERING BECAUSE OF THEM.**



My plant-based journey began in June of 2018 when my wife and I bought a small acreage in the country. At the time, I was a carnivore who loved meat lover's pizza and bacon double cheeseburgers more than any other food in the world. I was a heavy drinker and I was concerned with my health, but I wasn't doing anything to improve it. Certainly, I'd never go vegan.

MY WIFE WENT FROM VEGETARIAN TO VEGAN

My wife had been ovo-lacto vegetarian since I met her and never once pushed her choices on me. We shared cooking responsibilities and I would make and share many vegetarian meals but generally, I would add a meat portion to my plate.

The farmer across the road from our new home had a small herd of cattle. My wife fell in love with the young calves and enjoyed watching their antics. Soon though, it was time for the calves to be separated from their mothers.

I had grown up on and around farms. When I was a teenager, my mom married into a dairy farm and years later, I farmed hogs, cattle, and poultry myself so I had experience with farm animals. My wife was a town girl and had little experience with farm animals.

Soon the calves were moved to a small pasture nearby where they could not see their mothers but could hear them. They cried constantly for two days and nights before they were moved farther off. My wife was mortified by the cruelty. She decided then and there she was vegan. No dairy. No leather. No eggs. She was done with all animal products. Vegetarian was no longer enough.

I DECIDED TO MAKE A CHANGE TOO

As I did much of the cooking and grocery shopping at the time, I figured I'd better learn about veganism to ensure I was shopping in a manner that would support her decision. I watched documentaries and lectures and soon came across Dominion on YouTube. I believed I knew all about the agriculture industry. I was wrong. I didn't know how much I didn't know. Dominion changed my life. Before I finished it I was vegan. I have never deliberately consumed animal products since that day.

I simply decided I would rather live without a few fleeting pleasures than die for them or live with suffering because of them.

For the next two years, I was a "for the animals" junk food vegan, and my wife and I had a great time shopping and cooking. Becoming plant-based together really made our relationship even stronger. Of all the great things that she has brought to my life, this is among the greatest. I lost 30 lbs without even trying, and I still overate all the things I used to love. I just learned to do it all with plants.

FROM JUNK FOOD VEGAN TO HEALTHY WHOLE FOOD PLANT-BASED

I was happier than I had been in years. I had a deep compassion for animals and a new connection to the natural world. Being cruelty-free brought a lightness of spirit I hadn't anticipated and a profound positive impact on my mental health. Yet junk food was keeping me down and I still drank heavily so my weight began creeping up again.



On Oct. 25th, 2020 I woke up feeling particularly rough after too many drinks. I sensed I was headed for some serious health issues if I didn't quit drinking. So, after countless failed attempts, I quit once and for all. It was hard at first but got easier over time. Once the alcohol was out of my system and I was not derailed by lowered inhibitions, it became easier to make better food choices.

I saw a before/after post on a whole food plant-based nutrition (WFPB) Facebook community group page, and it really struck a chord with me. So much about this poster's story mirrored mine. After Googling to get more information, I started that day living all I was learning about food.

For two years I had thought about how many folks in mine and my parent's generation were suffering from or succumbing to illnesses others were mitigating or even prevent simply by eating plants. It felt foolish to

keep heading down the path I was on.

I began to track my food and nutrients by eating foods that had the highest nutrient density per calorie. I wasn't eating only for pleasure anymore. I was eating for my well-being as well. If I was consuming calories they had to matter. I cut down on my quantities and ate until I was satiated not stuffed.

My overall health began to improve and as I lost weight it became easier to exercise so I started walking in the mountains behind my property and in just six months, from January to June, I lost 73 lbs. Now, I am down from my all-time high of 300 lbs. before plants to 205 lbs. today at nearly 6'-3" tall.

My desire in sharing my story is to show folks, not only can plants improve their physical health, but that living cruelty-free is the single biggest impact we as individuals can have on the world around us. Whatever your motivation is, personal health, the environment, or the welfare of animals, nothing has a bigger impact than eating plant-based.

It is a change you can make today, right now and see results instantly. I want people to realize that anyone can do what I have done and we do not need to commodify animals to be happy and healthy. In fact, it is quite the opposite.



MY DESIRE IN SHARING MY STORY IS TO SHOW FOLKS, NOT ONLY CAN PLANTS IMPROVE THEIR PHYSICAL HEALTH, BUT THAT LIVING CRUELTY-FREE IS THE SINGLE BIGGEST IMPACT WE AS INDIVIDUALS CAN HAVE ON THE WORLD AROUND US.

IT'S OUR TIME TO RISE

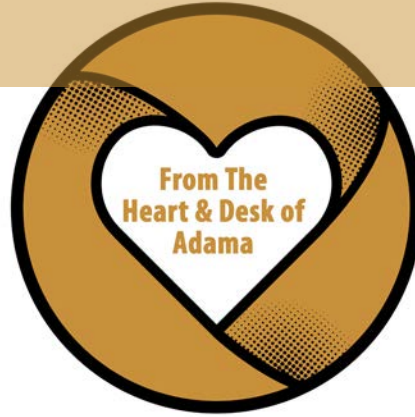
Adama



We are on a planet that is a bio spheric intergalactic spaceship that is 80% water in flotation and rotation in the realm of Eternity within this galaxy; the miraculousness, phenomenalness and perfection of it all is the Supreme and Divine Intelligence that has orchestrated unfathomable order, beauty and Absolute reality that is beginningless, endless and Eternal

We each have come to the earth from another realm of Eternity into this realm of temporality, corporeality, physicality and materiality through the wombs of our mothers, sparked by the divine sacred fluid from our fathers and though we are living in the midst of worlds, realms and heavenly places and spaces; we have yet to respect the divinity, sanctity and sacredness of Existence itself. We are living, intelligent, potent and immortal points of the Presence of the Absolute, we have yet to respect the divinity, sanctity and sacredness of our own lives; bodies, hearts, minds or understand that there is purpose in Being that would facilitate our harmonization with our Souls. It is absolutely amazing that our bodies are perfectly and divinely designed. We are all breatharians first, it is the breath that is the animating, maintaining and sustaining forces of our lives. Our bodies, like the Earth, is 80% water and requires nutrients that are coming from water based substances in order to harmonize with the planet as well as with each other.

We have so much knowledge available to us as to how our bodies function, and yet, the Earth, her creatures and the populace have become the Cash Cows in the multi-trillion dollar businesses of sickness, illness, dis-ease, pain, suffering, depression, degradation, adulteration, inebriation, intoxication, de-



filement, stupefication, and death. This agenda of genocide is systemic violation of the laws of life affecting all of our lives as well as our families and loved ones. The intention of genocide is the phasing out of the lineages of a genealogy. It is unacceptable, unsustainable and now is our time to be decisive as to what truly matters as to how we live, progress and mature or whether we are satisfied with being in decline, deterioration, degeneration and default in existence. The Intelligence of Existence has gifted Itself to absolutely everyone and everything, everywhere; no one has to beat anyone up to take theirs; nor should anyone think or feel entitled to undermine oneself or anyone else, yet we have hundreds of wars being waged on the planet currently.

The world-conquering rampage that was initiated upon the planet and populace centuries ago never stopped as is evidenced in the rising numbers of abortions, cancer, diabetes, obesity, lupus, sarcoidosis, renal failure, liver disease, alcoholism, drug addiction, pharmaceutical dependency, surgeries, butcheries, mastectomies, hysterectomies, and numerous other organ and glandular surgical procedures. No one has been authorized by the Intelligence of Existence, the will of Existence or the Cosmic mother to legislate and

perpetuate death as popular and common activity, collective learning and education or the path of prosperity.

Now is our time to stop participating in the genocide by exalting a full effort in living, doing everything within ones power to do nothing to undermine ones cells or oneself and secondly to do everything one can to be completely cleared, cleansed, purified, renewed, regenerated, revived, made whole and resurrected!

This now moment of Eternity is calling humanity as well as humankind to remember that Purpose in Being is to be harmonizing with the Wheel (Will) of Existence in the continued exaltation and perpetuation of life, as men, the progenitors of the lineages and as women, the perpetuator of lineages. It is our time to purge, clear and cleanse from the hands of those who do not have anyone's best interest at heart as well as the behavior modifying toxins, chemicals, metals, viruses and bacteria that is root cause of all disease that are heavy laden in that stuff called "food" which is the tool of oppression and the weapons of mass destruction are the tobacco, alcohol, refined white sugar products and pharmaceuticals.

It is time to exalt a full effort in caring, cleansing, healing, living, loving, forgiving, honoring, cherishing, treasuring, uplifting, facilitating, rejoicing, and regaining our footing upon the path of light, eternal life and conscious immortality on behalf, the glory and on behalf of those who could not. It is our time to Rise!

Words from the Editor and Sevananda Marketing & Member Services

As Editor of the Co-options and Marketing/Member Services Manager for Sevananda, I say Farewell to 2022 with Victory, and Greetings to 2023 with Pride. Over the last couple of years times for our Co-op have been trying, however we made it through. We now gather our minds, bodies, and souls to start new beginnings for another new year.



Sharlise

Forecasting the coming New Year, as it pertains to Marketing/Member Services, we value our members knowledge that is shared with us when joining the Co-op, and your ideas and visions of the future that you have will and can enhance our ability to create a more dynamic community center here at our food Co-op. Even with the crises that we have had over the last couple of years we had 347 new members to join the Co-op family.

We are looking forward to a tighter linkage of our Owner/Members and Sevananda's Board of Directors. Our Board is the voice for our Owner/Members and we are hoping that our members will get more engaged by attending the monthly Board Meetings held every 3rd Tuesday of each month starting at 6:30. Owner/Members make sure we have your email address and your membership is current so that you will be able to attend these meetings. Check your email monthly for the invite. I look forward to our continuous engagement with our present members, and the future members coming in. We understand that it is important to continue to have personal relationships with our member/owners to earn credibility.

As it pertains to Marketing, the plan is to step up our Marketing Dept. in an innovative way to gauge more of what our customers want to see and hear. We are bringing back our Be The Change Program. Unfortunately, because of Covid over the last few years we temporarily stopped this program. We miss the engagement with the Non-Profits that are like minded as Sevananda which is to be community involved so we feel it's time to get back to those partnerships. Check our website and your email for when the program will start again.

We are planning events this year that will share with everyone great tasting food from our Deli and introducing our vendors who we carry their great products that our customers purchase daily and enjoy.

We are also re-opening our education room for education classes, meditation classes, food classes and more. These classes will be given on behalf of Sevananda and can be rented out to others who would like to do the same. Feel free to contact me for more information and room rental cost.

I would like to highlight our last event that we had which introduced the beautiful mural sponsored by FairTrade America on the side of our building designed by the artist Mr. Muhammed Yungai. If you missed this event you missed a treat. It was one of our greatest events and even with our parking lot issues that we had the turnout was a success.

Lastly I would like to say if you have a great story to share about your relationship with Sevananda or even your journey to healthy living, we would love to spotlight you in one of our editions of the Co-options. Your article will need to have pictures as well. Please feel free to email me at sharlise@sevananda.coop

Sevananda is looking forward to engaging with everyone for a "GREAT YEAR TO COME" !!





Sevananda Board of Directors
MEMBER Meeting
Every 3rd Tuesday of each month

Board Members

Wanique Shabazz Jessica McMorris Jerilyn Bell
Melissa Fortune Staton Winston
Tracie Green Lucy LaVouille Dr. Tiffany Gilliam

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