

OCTOBER - DECEMBER 2022

SEVANANDA

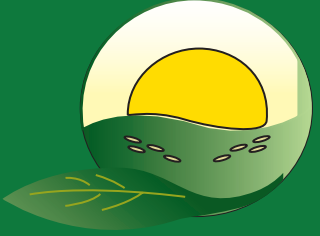
Natural Foods Market

NEW
BEGINNINGS



ANNIVERSARY

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SEVANANDA BOARD OF DIRECTORS



Member/Owner Announcement

The Board of Directors is writing to inform you of some changes that are being implemented in the cooperative. The Board of Directors has hired an Interim General Manager (IGM), Garland McQueen. Many of you know Garland from his time here several months ago. Garland is an expert in the field of cooperative management.

Additionally, we have restructured the Interim General Manager team. Garland will work with Edmund 'Richie' Richards to implement strategies that will take Sevananda further on the path to financial recovery. We thank Bleu Walker and Michelle Taber for their service on the team. We appreciate them for all of the assistance they provided to Sevananda.

We will continue to send you updates along the way, as things progress. The Board is looking forward to working with Garland and Richie as they work together in the upcoming months.

In closing, your Sevananda Board of Directors wants to thank you for investment in our beloved co-op that continues to serve as a high value wellness option for our Atlanta community. For those of you who have been with us for a long time, we deeply appreciate your loyalty and steadfastness as we continue to navigate this time of financial recovery for the organization. And, for those of you who are new to the Sevananda family, we are so happy you have decided to invest in cultivating our co-op and to participate in such a grassroots model of self-determination and democracy.

In Service,

Sevananda Board of Directors

SEVANANDA BOARD OF DIRECTORS

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



FAIRTRADE

SPONSORS SEVANANDA

FAIRTRADE AMERICA

WITH A STORE MURAL

About the Campaign

Fairtrade America, an independent, third party certification that betters the lives of farmers and workers in developing countries, has commissioned three new murals across the U.S. to celebrate the people who produce the goods we count on everyday, such as chocolate, and generate awareness for the importance of choosing Fairtrade certified products.

In Atlanta, Fairtrade America is proud to partner with the Sevananda Co-Op and acclaimed local artist Muhammad Yungai to present a mural featuring a Fairtrade certified cocoa farmer and themed around two key areas of impact for Fairtrade: promoting gender equality and combatting climate change.

The mural will be completed in time for October Fair Trade Month, and is part of a larger campaign - Choose Fairtrade. Choose the world you want. - that highlights how a simple everyday action like purchasing a Fairtrade certified product can be a powerful way to make a difference in the lives of the almost 2 million farmers and workers participating in Fairtrade. Visit www.choosefairtrade.org to learn more about Fairtrade, enter exciting giveaways and find ways to participate in Fair Trade Month.

Fairtrade is also commissioning murals in Milwaukee and Portland. Now in its third year, the Choose Fairtrade campaign brought mission-driven murals to Austin, Minneapolis and Tacoma in 2021 and to Denver, Los Angeles and Nashville in 2020.

About the Farmer

The Atlanta mural celebrates Agnes Senesie, a cocoa farmer from Mofindor in Sierra Leone and member of the Liloma Cooperative. She inherited her cocoa farm from her husband when he was killed in the Sierra Leone civil war that lasted from 1991-2002. During the war, Agnes lived in Guinea with her siblings and children. After returning to Sierra Leone, it's been challenging for war widows like Agnes to find help doing the physical labor that farm work requires. Since joining Fairtrade, Agnes has received technical assistance including establishing a nursery for cocoa seedlings, organic fertilizer distribution and best practices training as well as financial assistance for planting, farm renovations and tools. Agnes has also diversified her income by growing potatoes and vegetables during the off seasons for cocoa. Agnes is the breadwinner for her family and runs the farm while her three children attend school.



Fairtrade America's Second Annual "Choose Fairtrade. Choose The World You Want." Campaign Raises Awareness Of Fairtrade's Positive Impacts on People and the Planet

About Muhammad

Muhammad Yungai is a self-taught artist who was introduced to painting in high school by acclaimed New Orleans artist Richard Thomas. After working for years as an art teacher, he began adding warmth and color to the school where he worked with small murals. As a result, other principals in the area began asking him to paint murals at their schools. Now, you can step inside most of the acclaimed KIPP Charter schools in the Metro Atlanta area and see Muhammad's murals. His vibrantly colored murals depicting inspirational and diverse images of people of color adorn the walls in the hallways, classrooms and lobbies.

Muhammad's mother previously worked at the Sevananda Co-op, so he has close ties with the staff



Come out and celebrate with us the revealing of our mural on October 15, 2022



Pick Up DAYS ARE TUESDAY NOV. 22ND & WEDNESDAY NOV. 23RD

Dinner for 2: \$69.99

- 1 Entrée
- 2 Sides(pints)
- ½ Pint Cranberry Relish
- 1 Pint Rosemary Gravy
- 4 Dinner Rolls
- 1 Dessert

Entrees:

- Tofurky Ham Style Roast w/ Brown Sugar Glaze
- Celebration Field Roast w/ Mushroom Gravy
- Mushroom Lentil Loaf

Desserts:

- Pies 8"
- Sweet Potato Pie Pecan Pie

-
- Gluten Free Cakes 8"
 - Chocolate Cake Vanilla Cake

Dinner for 4: \$89.99

- 2 Entrée
- 4 Sides(quarts)
- 1 Pint Cranberry Relish
- 1 Quart Rosemary Gravy
- 8 Dinner Rolls
- 1 Dessert

Sides:

- Sweet Potato Casserole
- Collard Greens
- Garlic Smashed Potatoes
- Cornbread Dressing
- Rosemary Gravy
- Cranberry Relish
- Vegan Mac & Cheese
- Broccoli Casserole
- Green Bean Casserole

A La Carte Options:

- Entrees: \$10.99
- Sides: \$6.99
- Rolls (4 count): \$3.99
- Pies: \$17.99
- GF Cakes: \$19.99



2022 HOLIDAY MENU ORDER CUT OFF SATURDAY NOV. 12th 2022

It's that time of year again! Thanksgiving is upon us. Let us prepare your holiday meal this year so you can spend time with your family. During these crazy times family is the most important thing! We are starting early this year. You can place your orders now & lock your spot in. Ordering will be available online only. The cutoff date for ordering will be Saturday November 12th 2022, NO EXCEPTIONS, so make sure you don't miss out. We will have two convenient pick up days for you to choose from, Tuesday November 22nd & Wednesday November 23rd. Also for all you early birds, order between October 1st & October 15th you will receive 10% off your entire order.



*Michelle Tabor
Sevananda Chef and Deli Manager*

Early Bird Special!

**Order between
October 1st &
October 15th
you will receive 10%
off your entire order.**

100% OFF



Look at What's New at Sevananda



Cinnamon
Organic Bears



Organic Elbows

field
DAY



Fusilli



Light Red
Kidney Beans



Muddy Bites
Waffle Cones



Petal
Sparkling
Drinks



Roasted Corn Cracker



Spaghetti



Penne Rigate



Himalayan Salt



Free Rain
Sparkling Water



Lakanto
Chocolate

Sevananda Produce

Since the very beginning Sevananda Natural Foods Market has been dedicated to providing healthy and mindful products not only to the L5P's community but to the surrounding metro Atlanta area as well.

We are committed to providing our customers with the highest quality of Organic and budget friendly, non gmo, wildcrafted, local (seasonal) produce / fruits & vegetables as well as a budget friendly conventional selection.

Your CO+OP's Produce Department believes in buying local and sources its inventory from over 8 local vendors / farms – that's pretty solid for a small cooperative and in spite of the chain stores strewn across the city we remain the vanguards of this industry.

We look forward to seeing you!

Keene Shipmon
Sevananda Produce Manager



Happy Co-op Month

CO-OPS BUILD
ECONOMIC POWER

THEME FOR THE MONTH

**CELEBRATING HOW CO-OPERATIVES ARE
PEOPLE WORKING TOGETHER TO BUILD
MORE JUST, RESILIENT, AND INCLUSIVE
COMMUNITIES AND RAISE AWARENESS OF A
TRUSTED, PROVEN WAY TO DO BUSINESS.**



www.coopmonth.com

Celebrated by cooperatives nationwide during the month of October, National Co-op Month is an annual opportunity to raise awareness of a trusted, proven way to do business and build resilient, inclusive communities. Under the theme “Co-ops Build Economic Power,” this year’s Co-op Month is also a chance to lift up the cooperative business model as the best way to build an economy that empowers everyone. As businesses face inflation and supply chain challenges, cooperatives provide stability and opportunity. As employees question their role in the economy, cooperatives are creating dignified, empowering jobs with paths to ownership and wealth-building. As communities tire of rhetoric, cooperatives are creating the meaningful diversity and equity at the heart of an inclusive economy. Cooperatives nationwide are encouraged to use this year’s theme and logo in their communication and outreach activities this October.

CO-OP MONTH FUN FACTS

- Minnesota was the first state to declare an official Co-op Month proclamation in 1948.
- Co-op Month has been a nationally recognized celebration since 1964, when U.S. Secretary of Agriculture Orville Freeman, a former Minnesota governor, proclaimed October Co-op Month.
- The first national Co-op Month theme, in 1964, was “Cooperatives: USDA Helps Build a Better America.”
- The U.S. Government sponsored Co-op Month from 1964-1970.
- Every October, the U.S. Department of Agriculture releases its annual Co-op Month proclamation.

FROM THE HEART AND DESK OF ADAMA



We should be extremely thankful for the many of us that have endured, survived and even thrived during the CoVidiocy agenda that was launched against the intelligence of the populace in 2020. Unfortunately, it is not only still lingering, it has morphed into extended insecurity, immune deficiencies and acceleration of complications from issues already in the tissues.

In the midst of the plethora of conversations, theories, opinions, speculation, dogma, doctrine, propaganda, lies, deception, vaccinations, boosters, distractions, detractors, wars, suffering, global warming, media manipulation, the many and mini agendas of the agents of divisiveness, zero population, depopulation and genocide; delusion and illusion seem to abound everywhere.

It is delusional to think that one can be prosperous in the trade of life currency for paper currency, investment in digital currencies, then purchase and consume processed grains, meat, dairy, eggs, chicken, sea creatures, the chemicals, hormones, antibiotics, preservatives in their tissues or the pharmaceuticals, sugary sweets and snacks or the many vegan and vegetarian alternatives that then undermine the life currency of ourselves, loved ones and our youth; creating generational commodities in the multi-trillion dollar industry of sickness, illness, disease, depletion and death. It is delusional to think that there is prosperity, wealth and riches in creating, owning, participating, managing and/or working for or in behalf of the agendas of these systems of genocide disguised as free-enterprise.

The good news is that we are living in such a dynamic time in that there are millions of people all over the planet who are lifting their eyes and voices unto the Intelligence that beats our hearts and breathes us with the respect, reverence, appreciation, apprecia-love, gratitude and thanksgiving for the wealth of ourselves as living, intelligent, potent and immortal points of Its very Presence. There are millions of people who are committing their lives to life itself; the clearing, cleansing, renewal, regeneration, healing and wholeness in Being. Prayerfully, you are one of them.

We are blessed and give thanks to all and for all who are teaching, uplifting, inspiring, transforming, creating and developing water purification systems, planting trees, growing, harvesting, foraging herbs, plants, vegetation, clays, minerals, sea plants that are necessary for our restoration, reconciliation with the earth and the integrity of divinity of all life.

To truly know peace is to truly know love as the harmony of truth and to embrace the truth that the victory, triumph and wealth in this Now moment of Eternity belongs to and with those who will be cleansed, consecrated and harmonized bloodstream, body, heart, mind, life and Spirit in and with the Laws that govern continuance in Existence, purpose in Being as well as duty, responsibility and obligation to exalt life, honor the rights of all ones, human and non-human to have the right to their lives.

There is absolute truth and Law that what we focus on expands. When we focus on the divinity, sanctity and sacredness of life, Being, the infinity of possibilities allowing life and love to continually reveal their mysteries and beauties to our hearts, minds and our souls; there is power available to us to create heaven on earth; provided that we have the clarity of mind, discipline and insight to focus upon the phenomenal blessedness in Being and the reality that even without the rain; we are dwelling in the rainbow.

In the Harmony of Truth and Love of the Light,

Adama



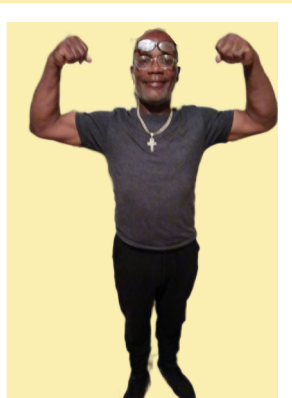
\$10 \$15 \$20 \$25 \$30 \$40 or more

**Want to give the perfect gift?
Make Someone's Day.....TODAY !!!**

Ask our Customer Service how to purchase yours now!

GLAD I FOUND SEVANANDA

arrived in Atlanta September 28, 2021. I was overweight and I could barely walk! I had torn my ACL's in both knees and was told by doctor I would need surgery to walk again. I wasn't too keen on that because with surgery comes pills and I didn't want to be over 50 and dependent on meds.



Mike Whittle (After)



I was off my feet for 14 months and gained a lot of weight. Doctors suggested I get on blood pressure medication immediately to avoid a possible stroke. Cholesterol was high, was on the brink of diabetes, there was concern about my heart. I had acid reflux; indigestion and I was in pain. I told my friends, "Oh, I'm gonna do the electric Slide again."

October 1, 2021 I bought a juicer and a weight scale. I started juicing fruits and vegetables and practicing walking. I also slowly eliminating meat, dairy, rice, beans, breads, processed foods, junk foods and fast foods. After five months I started seeing a change and feeling better about myself. In February I applied for a job at Sevananda and was hired. I found not only the foods I targeted to improve my health but also the support and motivation from co-workers and customers alike. After joining the team, I indulged in the organic foods and the herbs. I made fruit juices and herb drinks and continued my efforts. While at Sevananda I lost over 50 pounds bring my total to 106 pound loss on 9 months.

Now my blood pressure is normal, cholesterol is normal, no threat of diabetes or heart disease, no acid reflux, no indigestion and without the excess weight I now can tie my shoes without cutting off my wind! I'm grateful

I am a part of a supportive team! Shout Out to the entire staff at Sevananda!



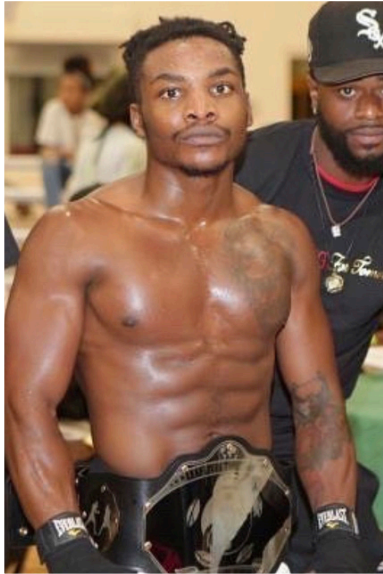
Mike Whittle (Before)

SHOUT OUT TO THE ENTIRE STAFF AT SEVANANDA!!

Fitness & Owning Your Health



“THE BEST WAY TO FIND YOURSELF IS TO LOSE YOURSELF IN THE SERVICE OF OTHERS”



Gaiyon Reavish

My deep passion for health and success is how I, Gaiyon Reavish was introduced to fitness through sports. Since the young age of seven I became inspired by circumstances in my environment and life that would drive me to work harder and smarter with each goal and milestone achieved.

Nineteen years later I have a plethora of experiences that speak to the spiritual, physical and

mental power and benefits one could gain when dedication, hard work and patience is applied.

I am currently a boxer/mixed martial artist. My professional fight resume is (11-0 2KO) and I am really enjoying this part of the journey.

Football taught me hard work, courage and bravery through comradery. Wrestling honed my discipline and pushed my mind to unforeseen limits. As I grew older, I leaned to more technical sports skateboarding, basketball, boxing and soccer.

Growing up I didn't have many friends. We moved a lot from neighborhood to neighborhood, state to state and that bothered me as a child. Not feeling stable or grounded, yet I learned to transmute those feelings. I created new experiences for myself outdoors by continuously meeting new people and engaging with them through friendly conversation and sports.

Nelson Mandela said sport has the power to change the world. It has the power to inspire. It has the power to unite

people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair.

I bear witness to this universal truth. I have connected with some of the most beautiful people in the world inside and out through fitness. Looking back, I can confidently say I am infinitely grateful for all the experiences in my life and individuals I met along the way. Intangible wealth instilled in me has become a ladder for the youth behind me and my elders leading the way. We are all connected in one way or another.

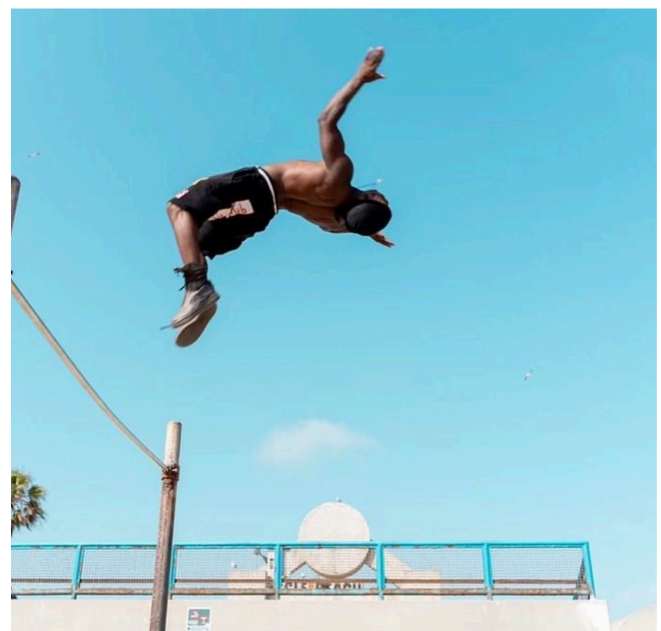
My continued inspiration recently has been driven by the beautiful people in the Sevanda community. Individuals from all walks of life, who show up joyously to serve humanity while encouraging our community to own our health as well.

The best way to find yourself is to lose yourself in the service of others. - Ghandi

Thank you Sevanda for showing me the joy of service. I am forever grateful.

#FitnessMilita #SevFit #GFT

own our health as well.



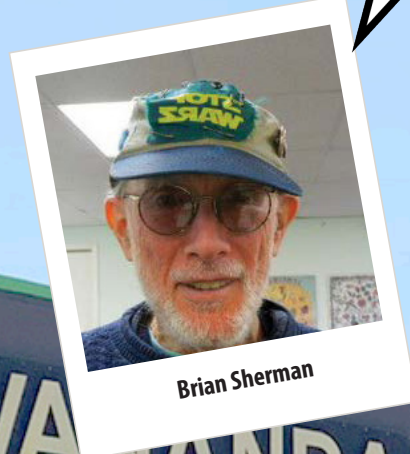
What Sevananda Means To Me!

or

Marquerite Lane

I love having a co-op that promotes progressive values in our community. In this day of corporate monopoly, we're fortunate to have Sevananda. My favorite item is the biscuits.

my favotie item at Sevananda is plain, organic, no salt rice cakes



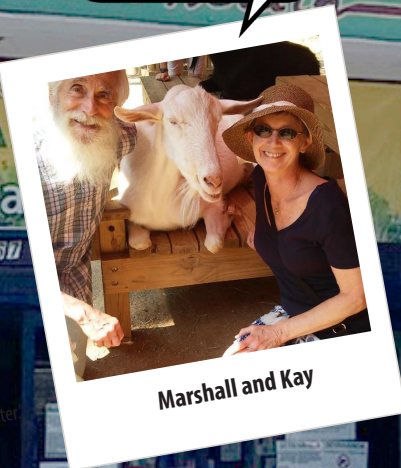
Brian Sherman

Maudesta Riggs

Sevananda means to me that I can shop knowing the products are of good quality. I buy organic products and I support local farmers. I love the bulk herbs and I get help with herbs that I am not sure of. Sevananda is a store I hope will never go out of business.

Happy Birthday SEVANANDA!

Sevananda is a resilient, consistent and rooted beacon whose cooperative spirit serves as an anchor and a balance to an era of extreme corporatism. I have shopped, worked and served on the board since 45 years ago. Sevananda IS the people.



Marshall and Kay



Ron Stephens

K

Sevananda means : TRYING to Be and Do Better while Nourishing Every Mind, Soul, Body and Spirit .

My Favorite item at Sevananda: The camaraderie from the Cashiers and Hot Bar Attendants to the Members and Customers. Alumba :) !

My Favorite Sevananda Item

Devonna Huggins

Sevananda. It's meaning incorporates all that one would expect in these words: Cooperating with the Community. There's not just a taking (consumer spending on goods and services) but a giving (quality products, discounts, info sessions, etc.) going on at Sevananda.

Sevananda is the best example of Cooperative Mutuality as a Business Model that has the potential to provide a unique combination of high quality products and services to Member/Owners on a value-added basis.

Sevananda has been my favorite store for over 25 years. It reflects our family's motto that "Our health is our wealth. We still love Sevananda!"

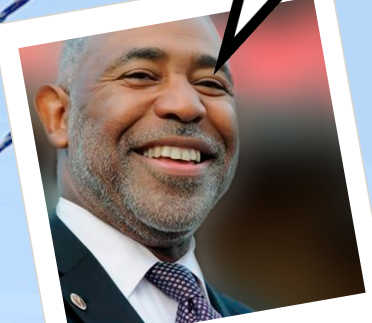


Theresa Almon

Ano
"Cut the Gut"

Greg Deloney

The veggie hot bar that is delicious and healthy. I also love my wheatgrass seeds. Harvest winter berry.

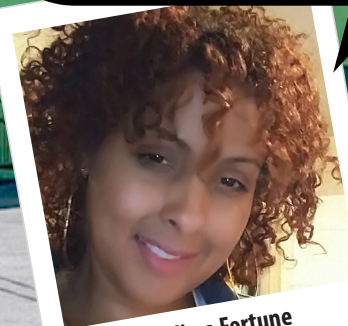


Calvin Vismale Jr.

Among other things, Sevananda is it only place in town where I can shop my needed Organic Herbs in bulk. Hbd Sevanada!!

Dimples

I moved to Georgia in 1986 and had been taking vitamins for 2 years. I looked all over for a good quality of vitamins and was out walking one day and ran into Sevanada. I have been going to the store since then and after a million years I joined the coop. Love the fruit juices, the teas the cereal the cookies and the vitamins.



Melissa Fortune



VEGAN CORNBREAD STUFFING

By Nora Taylor|

This Vegan Cornbread Stuffing is a must-have side dish for Thanksgiving! Flavorful and moist with a crispy top. Gluten free and oil free options.

Prep Time 30 mins | Cook Time 1 hr | Cornbread toasting time 30 mins
 Total Time 2 hrs | Course: Side Dish | Cuisine: American
 Servings: 12 servings | Calories: 223kcal

Ingredients

- 1 Recipe The Best Vegan Cornbread
- 2 tablespoons vegan butter
- 1 small sweet onion, chopped
- 4 stalks celery, chopped
- 1/2 cup fresh parsley, finely chopped, divided
- 1/2 teaspoon dried sage
- 1/2 teaspoon dried thyme
- 1/2 teaspoon salt
- 2 1/2 cups vegetable broth

Notes

1. Gluten free: Substitute a gluten free flour blend for the regular flour in the cornbread recipe to make the stuffing gluten free.
2. Oil free: Substitute applesauce for the oil in the cornbread recipe, and use water instead of vegan butter to saute the onion/celery in.
3. Make ahead option: Make the cornbread a day or two in advance. You can also prepare the vegetable/broth mixture a day ahead, and store it in a container in the refrigerator until ready to make the stuffing. When ready to serve, toast the cornbread in the oven, pour the vegetable/broth mixture over the cubes in a casserole dish, and bake until warm and toasty.

Instructions

Prepare the Cornbread

1. Make the vegan cornbread, preferably a day in advance. Let it cool for at least an hour, or overnight.
2. Preheat the oven to 250 degrees F. Slice the cornbread into 1-2 inch cubes, and place them on a baking sheet. Bake for about 30 minutes, so they can dry out and become a bit toasty. Remove from the oven and set aside while you prepare the other ingredients.

Make the Stuffing

1. Increase the oven temperature to 375 degrees F and lightly grease a 9 x 13 inch casserole dish.
2. Heat the vegan butter in a small skillet over medium-high heat. Saute the onion and celery for 2-3 minutes, then add in 1/4 cup of the parsley, sage (1/2 tsp), thyme (1/2 tsp), salt (1/2 tsp) and the vegetable broth (2 1/2 cups). Bring to a boil and stir. Once boiling, remove from heat and set aside.
3. Add the cornbread cubes to the casserole dish, evenly. Pour the broth/vegetable mixture over the cornbread cubes, and stir slightly. Bake for 30-35 minutes, until toasted on top. Sprinkle the rest of the parsley on top and serve immediately.

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