

## Sol Sips Transcript | Color Full Lives 4.0

Graphic: Brooklyn, NY

Graphic: Bushwick

My philosophy is I want to make sure that while I'm in the body that I'm in

Graphic: Presented by State Farm

I feel the best that I possibly can physically, mentally, spiritually and that's why I draw to it.

Graphic: A Loud Speakers Production

I'm Francesca Chaney and I'm the owner of Sol Sips in Brooklyn, New York.

Graphic: Francesca Chaney, Sol Sips

Sol Sips is a plant-based café restaurant hybrid. We specialize in vegan food, soy free options, as well as alternative coffee.

Sol Sips started in my living room. I would invite friends over to share space so we would talk, we would eat food, I would cook, I would make teas and that was the initial spark for me.

I've been vegan for two-and-a-half years, my goal is to connect people to plant-based living and using that as a way to take care of our bodies and really eating with intention, mindful consumption so that's the movement with Sol Sips.

Graphic: All of the recipes on the Sol Sips menu use just 4 ingredients or less.

The space is very intimate and that's a reflection of my upbringing.

Intimate gatherings over food and I'm really grateful that we get to have a space that allows everyone that comes in to interact with each other.

Graphic: The café is located at 203 Wilson Ave.

It's myself, my mom and my cousin on the partner end and then my cousin that works in the store with us.

A lot of the times we're looking at communities and we're seeing "food desert", but the real term for it is "food

apartheid". What can a neighborhood look like when the only option isn't fast

food? And this is not just a space for people that are vegan. This is a space

for anyone to just have some good food it just so happens that it's good for you

you and it's nutrient dense and you're leaving feeling uplifted and energized.

Graphic: On weekends, Sol Sips offers a sliding scale farm-to-table brunch, where diners pay what they can afford (\$7-\$15) for an entrée + lemonade.

It's all about just options.

Black VegFest is the first of its kind.

Graphic: Black Veg Fest, Bed-Stuy, Brooklyn

It's geared towards drawing in black and POC folks,

in general, towards vegan food and it's centered around equity and access.

That's totally in alignment with our mission.

[Background noise and laughing]

I'm just really excited

to take Sol Sips as far as we can go in terms of making

that

mindful consumption centerpiece something that is worldwide.

Graphic: Francesca was 21 years old when she started Sol Sips.

Graphic: #LiveColorFull and Listen and subscribe today on Apple Podcasts, Spotify and SoundCloud!