

ABOLITION ART KIT

Art brings hope and vitality to our lives and has historically been a cathartic response and reflection on social justice issues. We can use art to process emotions, metabolize trauma, and archive a moment or a movement. Art can be a 15-foot mural or inspiring words written on cardboard. This kit is for your inspiration to think about how you and your family commit to racial justice and abolition. You can create your own artwork at home as a reminder of your commitment to the movement in 2021 and beyond.

SOME QUESTIONS TO CONSIDER INCORPORATING IN YOUR ARTWORK:

What does it mean to be an abolitionist today?

How will we further engage in racial justice movements as co-op members?

What does it mean to commit to Black liberation as a co-op community? What will we commit to?

LOW-WASTE/LOW-COST ART MATERIALS

- Cereal boxes and pizza boxes can be cut up for sturdy signs to paint or draw on
- BIG art signs can be made on old bedsheets using fabric or acrylic paints
- Acrylic paints can be used to paint on rocks for your garden
- Sidewalk Chalk Paint Recipe

For each batch of sidewalk chalk paint:

1/3 cup baking soda

1/3 cup cornstarch

3/4-1 cup water

Food coloring - gel works best

Stir cornstarch into water in a bowl, breaking up any clumps. Add baking soda and mix thoroughly. Squeeze a few drops of food coloring into the mixture and mix well. Do this for as many batches and different colors of sidewalk chalk paint you want to make. Use paint brushes or squeeze bottles to paint messages and art on your sidewalk!

WIN A GIFT CARD!

Post a picture of the artwork creation or coloring page you make at home or at the Art +Abolition event to social media by June 30th with the hashtag #CoopArt4Abolition to be entered into a drawing for a \$50 gift card to your co-op!

MORE INSPIRATION

www.memorializethemovement.com/gallery

seward.coop/public-art-at-seward-co-op-buildings/

ANTI-RACISM RESOURCES ON BACK >



"We are the Future"
Artist: Maiya Hartman

@MAIYALEAART

ANTI-RACISM RESOURCES

- **Seward Co-op's 2020 Annual Owner panel discussion on racial justice and abolition in the cooperative movement** featuring Resmaa Menakem, Mankwe Ndosi, and Sophia Benrud—activists, artists, and community organizers whose work is at the forefront of Black liberation and racial justice. [WATCH ON VIMEO](#)
- **“If They Only Knew- The Unbearable Whiteness of Alternative Food”** by Julie Guthman [READ ONLINE](#)
- **“A Future Beyond MPD”** presentation by Black Visions Collective [WATCH ON FACEBOOK](#) presentation begins at 20:05

BOOKS:

- **My Grandmother's Hands** by Resmaa Menakem
- **Collective Courage: A History of African American Cooperative Economic Thought and Practice** by Jessica Gordon Nembhard
- **A Good Time for the Truth: Race in Minnesota** edited by Sun Yung Shin
- *For young children: I am Enough* by Grace Byers
- *For fourth graders and up: What Lane* by Tony Maldonado



Seward
COMMUNITY CO-OP



mississippi
market
co-op



“Liberation Garden”
Artists: Leslie Barlow, Sarah Nicole,
Sam Dunne, Sevilla Arradondo

◆◆ We Can Rise and Shine Together! ◆◆



COMPASSION

GROWTH

LOVE

KNOWLEDGE

COLLABORATION

HOPE

REPAIRATIONS

LAND BACK

COMMUNITY

RESPECT

ACCOUNTABILITY

LISTEN

UNITY

EQUALITY

BIAS

OPPRESSION

RACISM

HATE

WHITE SUPREMACY

SILENCE