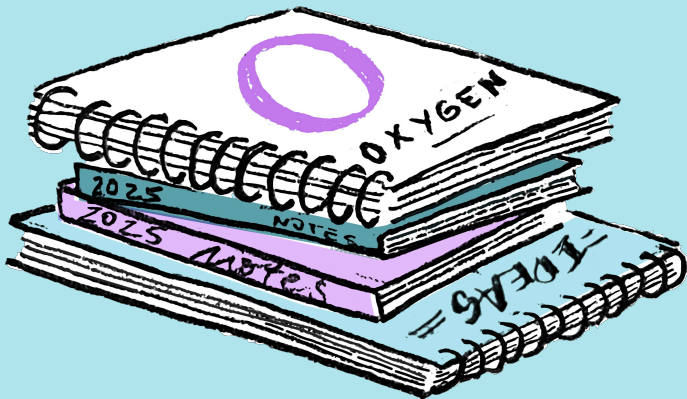


# COMMUNION

MAVEN LEADERSHIP COLLECTIVE 2025 IMPACT REPORT



CHAPTER 3. ESSAY 1

Taste & See

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**Maven Nzingah Onisowa** (she/her)

Maven Wellbeing Instructor

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**maven.**  
Maven Leadership Collective

**Taste & See**  
**COMMUNION 2025 Maven Impact Report**  
**Chapter 3 | Essay 1**

Narrator ([00:02](#)):

Every day we are asked to make choices about how we care for ourselves, our families, and our communities. What we eat. How we move. How we protect our peace. But in a world shaped by misinformation, health inequities, and gaps in care, those choices are not always easy— especially for communities navigating chronic illness, limited access to resources, and systems that were never designed with us in mind. So, we pause and we breathe. At Maven, we believe care begins in community. Our work centers creative social impact leaders who are building healthier, more resilient communities. Even in the face of crisis and change, that spirit inspired *Taste the Rainbow*, a seven-part web series we launched in 2025 to make nourishing food more accessible, joyful, and culturally rooted. Hosted by Maven Wellbeing Instructor Nzingah Oniwosan, each episode invites us to begin with small shifts, adding more color, more plants, and more nourishment to our tables.

Narrator ([01:16](#)):

Through vibrant recipes and demonstrations, beloved Caribbean comfort foods are re-imagined with fresh plant-based inspiration because food is more than a meal. It is fuel for the work of building the world we deserve. More than a thousand people have already welcomed Maven into their kitchens, bridging the gap between knowledge and action. And now our community is asking for more, more recipes, more connection, more tools for collective care. Join us, share this work, support this work. Together, we can nourish the leaders and communities shaping a more just and resilient future.