

BIO



TIA CAPERS is a book publisher, an author, vegan cook, jewelry designer, television producer, and the owner and operator of MY SANKOFA TABLE (MST), which consists of multiple health-conscious endeavors. She is known for hosting vegan dinners in her home, and engaging and influencing thousands of followers by way of social media and other platforms.

Tia was heavily influenced and inspired by the late Barbara “B” Smith decades ago as she enjoyed watching her ‘B. Smith with Style’ cooking show. She began her vegan journey in mid-2016 after learning of the late ‘Dr. Sebi’ Alfredo Bowman, who introduced the bio-mineral electrical alkaline vegan lifestyle to millions around the world. Tia has embraced this concept and has taken it upon herself to share it with others who are interested in health and wellness.

MST has created a library of YouTube videos sharing healthy vegan recipe demonstrations. Tia hosts quarterly vegan dinners in her home which allows small groups the opportunity to sample several courses. She began producing and hosting a bi-weekly television program in January 2022 which shares healthy tips and vegan recipes with thousands of viewers via cable television in the local Charlotte, NC area as well as livestream worldwide.




Tia is writing and publishing a vegan cookbook scheduled to be released in 2023. She also plans to continue servicing clients with small catering needs and facilitating cooking demonstrations for small groups.

Tia is a native of Miami, Florida and mother of three, who now resides in Huntersville, North Carolina. She enjoys traveling, gardening, home decor styling projects, and helping others on their healthy lifestyle journey. Please contact Tia at (704) 728-7050 or tia@mysankofatable.com for more information.

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