

# KEYNOTE



## Eating on the Land:

### Indigenous Lessons in Food Resilience

Ballroom | Wednesday, August 11, 2021 at 5:30PM – 7:00PM

Mariah Gladstone

Mariah Gladstone, owner of Indigikitchen, will deliver the keynote address for the Montana Farm to School Summit on August 11, 2021 in Helena, MT.

Colonial contact brought foreign food and disease to tribal nations. Learning about and reincorporating Native foods can be a route back not only to a healthier diet, but also to food sovereignty. Mariah Gladstone is an advocate for traditional Native foods and the owner of IndigiKitchen, an online forum for short, easy to follow cooking videos using foods native to this continent. Locally harvested, pre-contact foods are a testament to the resilience of Native lifestyles and should be part our modern kitchens. Mariah's presentation will include a history of Native American food systems, Native foodways, ideas for revitalizing and re-imagining Native foods, and examples of how farm to school connects with Native food sovereignty efforts.



Upon graduating from Columbia University in Environmental Engineering, Mariah Gladstone returned to Montana where she began her work on food advocacy. She developed Indigikitchen, an online cooking platform, to revitalize and re-imagine Native foods. Mariah is currently a Robert Wood Johnson Foundation Culture of Health Leader and a MIT Solve Indigenous Communities Fellow.