



For Immediate Release: Mankato's Indigenous People's Day Community Film Showing: "Return" - Native American Women Reclaim Foodways for Health & Spirit

Mankato's Indigenous People's Day Committee is hosting multiple showings of the film ["RETURN" - Native American Women Reclaim Foodways for Health & Spirit](#)

"At its heart, RETURN: NATIVE AMERICAN WOMEN RECLAIM FOODWAYS FOR HEALTH & SPIRIT is a film about empowering people to overcome their current circumstances through eating as their ancestors did – nutritiously and locally.

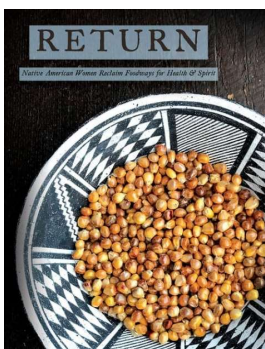
RETURN explores the food sovereignty movement occurring across the country through the stories of women championing the return to traditional food sources.

The documentary features the charismatic Roxanne Swentzell from Santa Clara Pueblo in New Mexico, whose Pueblo Food Experience project is transforming lives in her community. Her efforts to reclaim ancient foodways are echoed across the continent by Tlingit, Muckleshoot, Oglala Sioux, Menominee and Seneca women who share Roxanne's passion and drive.

Through personal, character-based storytelling, RETURN offers examples of alternative pathways to health and wellness for American Indians and demonstrates how returning to ancestral food sources can strengthen cultural ties to each other and to one's heritage."

- Thurs Oct 5, 2023 - 5:00 PM at Centennial Student Union 253/4/5 on the Minnesota State University Mankato Campus, 540 W. Road, Floor 1 in the Centennial Student Union Building. Parking is FREE at Visitors Paylot.
- Friday Oct 6, 2023 - 10, 11:00 AM, 12, 1, 2 & 3:00 PM at Blue Earth County Historical Society, 424 Warren St, Mankato
- Sunday Oct 8, 2023 - 2:00 PM at Blue Earth County Historical Society

All showings are free and open to the public.



Since 2018, the city of Mankato has recognized the second Monday in October as Indigenous People's Day. For more information, contact the committee via their Facebook page or call Megan Heutmaker at 651-491-1122.