



For Immediate Release: Mankato's Indigenous People's Day Keynote Speaker: Mariah Gladstone

Monday, October 9th, Mankato's Indigenous People's Day Committee is hosting Mariah Gladstone founder of [Indigikitchen](#) to speak about "Sustainability & Food Sovereignty."

Mariah Gladstone (Blackfeet, Cherokee) grew up in Northwest Montana. She graduated from Columbia University with a degree in Environmental Engineering and returned home where she developed Indigikitchen.

Mariah has been recognized as a "Luce Indigenous Knowledge Fellow" through the First Nations Development Institute, a "Culture of Health Leader" through the Robert Wood Johnson Foundation, and an MIT Solve Indigenous Communities Fellow. She serves on the board of the FAST (Food Access and Sustainability Team) Blackfeet. Mariah completed her Master's Degree at SUNY - ESF through the Center for Native Peoples and the Environment.

"Indigikitchen is an online cooking show dedicated to re-indigenizing our diets using digital media. Using foods native to their Americas, Indigikitchen gives viewers the important tools they need to find and prepare food in their own communities. Beyond that, it strengthens the ties to our cultures and reminds us of the inherent worth of our identities while fueling our physical bodies. Indigenous food systems support healthier ecosystems, bodies, and families."

This event is free and open to the public and will be 6:00pm-8:00pm at Ostrander Auditorium on the Minnesota State University Mankato Campus, 540 W. Road, Floor 1 in the Centennial Student Union Building.

Monday Oct 9, 2023

Indigenous People's Day Keynote Speaker - Ostrander Auditorium - 6:00pm-8:00pm

- Mariah Gladstone founder of [Indigikitchen](#)



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.