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“Sovereign Table: Traditional Foods Shaping Future Diets” Premieres on Montana PBS January 13

A new program, *Sovereign Table: Traditional Foods Shaping Future Diets*, from producer Jackie Coffin premieres on Montana PBS January 13 at 7pm MDT.

Sovereign Table explores the concepts, challenges, and opportunities of the food sovereignty movement in Montana.

"The answers to some of our biggest and most-threatening problems lay in the way we eat," said producer Jackie Coffin. "This program features the stories of Indigenous people and communities working one day at a time to change the food system and combat climate change, socioeconomic instability, biodiversity loss, supply-chain problems and more, using the foods eaten by their relatives for thousands of years."

In an era of self-determination, Indigenous people, organizations, and tribes are utilizing their right to cultivate traditional foods, ushering in an era of cultural healing.

"More than just food, *Sovereign Table* urges people to re-examine their relationships with the plants and animals that provide food and the planet as a whole," said Coffin.

To learn more about the program visit montanapbs.org/sovereigntable. Viewers can watch live on January 13 on montanapbs.org/live, from the Montana PBS Facebook page or the Montana PBS YouTube channel.

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