



# Traditional Cooking

## Workshop with Chef Sam Anglin

### TOPIC: STOCK BASICS

**Thursday, Jan. 15, 2026**

**5:30-7:30 p.m. | 7th Generation**

**7957 E. Remus Rd., Mt. Pleasant, MI 4885**

- No cost
- Limited to first 20 people who register

### Indigenous Chef Sam Anglin

Sam Anglin is a proud Indigenous chef, consultant, mentor, and recovery warrior. Sam is a proud member of the Saginaw Chippewa Indian Tribe (SCIT) of Michigan. With over two decades of service to his community, Sam's work is deeply rooted in his ancestral knowledge, using food as a powerful tool to heal the mind, body, and spirit. His purpose is to bridge the wisdom of his ancestors with modern practices and honoring the traditions of his people while fostering wellness in the present.

In his current role as Traditional Food Educator at the Saginaw Chippewa Tribal College, Sam shares the wisdom of traditional foods, teaching others how to reconnect with ancestral food ways that nourish both body and spirit. Sam's work is a testament to the resilience and strength of his people, as he honors the past while creating spaces for healing and growth in the present. Through his teachings and actions, Sam is not only revitalizing traditional food practices but is also nurturing a new generation of Indigenous food sovereignty, one meal at a time. Miigwetch!

#### To register, please contact:

Tonya Jackson at 989.775.4780 or [TJackson@sagchip.org](mailto:TJackson@sagchip.org)



**Saginaw Chippewa Indian Tribe of Michigan**  
“Working Together for Our Future”

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