Examining the relationships between food, family, culture, and history, *Siouxtable Food* journeys through time and space (and the Northern Plains) to deliver a contemporary look at indigenous food practices. Although only twenty minutes long, this documentary film takes viewers from the late 1400s into the future using vibrant animation, comical archival footage, charming observational material, and informative personal interviews. As both a food scholar and mixed blood tribal member, dir. Cecily Engelhart took special interest with the notion of “you are what you eat,” and began investigating how what we eat contributes to the definition of who we are, especially in the face of generations of colonization. Following Cecily as she travels from rural Indian Reservations to bustling inner-city Native neighborhoods, *Siouxtable Food* presents a diverse range of indigenous innovation and imagination concerning what Native people eat. Unabashedly cheeky but still full of heart, *Siouxtable Food* will make you laugh, think, and maybe even drool, with its honest and thoughtful portrayal of indigenous food practices as they once were, have come to be, and have yet to become.