

LIVESTREAM
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Seminar Series

MAINE MARITIME ACADEMY

Corning School of Ocean Studies

OCTOBER 31, 2022

Daniel Vitalis

Host of WildFed on Outdoor Channel

Diet and Ecological Literacy, a Modern Hunter Gatherer's Perspective

In this fun and lively discussion, we'll explore how "who" we eat is more important than "what" we eat.

Human beings are supremely adaptable omnivores, whose diets have been shaping our relationship with other species, the landscape, and each other for hundreds of thousands of years. But relatively recent dietary shifts away from our ancestral foods have been altering those relationships, leaving much of the public ecologically illiterate.

Can meaningful relationships with the species we utilize for food change the way we view our place in the world and the creatures we share the planet with? How can those connections increase our desire to steward and conserve the biodiversity of the planet?

Food is more than fuel, it's the principal way we interact with our world. It's a doorway to ecological literacy.

3:00 - 3:50 PM

Delano Auditorium, Maine Maritime Academy

Livestream: streaming.mma.edu

Full seminar schedule:

<https://mainemaritime.edu/ocean-studies/seminar-schedule/>



Bio:

For ten years he lectured around North America and abroad, offering workshops that helped others lead healthier, more nature-integrated lives. A successful entrepreneur, he founded the nutrition company SurThrival.com in 2008. Most recently, he hosted the popular podcast ReWild Yourself.

He's a Registered Maine Guide, writer, public speaker, interviewer, and lifestyle pioneer who's especially interested in helping people reconnect with wildness, both inside and outside of themselves.

After learning to hunt, fish, and forage as an adult, Daniel created WildFed to inspire others to start a wild-food journey of their own.

Headquartered in the Lakes Region of Maine, he lives with his beautiful wife Avani and their Plott Hound Ellie.

Connect with him at Wild-Fed.com, as well as on Instagram [@danielvitalis](https://www.instagram.com/danielvitalis).