

Sisterwoman: Food as ritual, memory, care, and connection

Safiya Robinson (aka sisterwoman vegan) is a culinary artist, writer, and cultural practitioner exploring wellness through food. Her work is not just about what we eat, but how, why, and with whom we eat, and seeks to rethink what it means to nourish your body and spirit, to honour your ancestors, and to approach food and life with curiosity, intention, joy and gratitude. Her artistic practice centres on a philosophy of **intentional nourishment** — a mindful, expansive approach to care that goes beyond food to include creativity, rest, ritual, relationship, and community. Her methods are rooted in hospitality as a radical act of care and inclusion, cultivating environments where everyone is invited to bring their full selves to spaces where they feel culturally, emotionally, and physically held.



Core Offerings:

Plant-Forward Catering and Pop Ups

Vibrant, seasonal, soul-nourishing meals for:

- Retreats
- Intimate gatherings
- Community & cultural events

Menus are custom designed with joy, ritual, and care and aligned with your vision.

Workshops & Facilitation

- Hands-on and heart-centered spaces exploring:
 - Intentional nourishment
- Ancestral foodways
- Food, rest, ritual & resistance

Perfect for: retreats, teams, orgs, wellness spaces

Speaking & Writing

Talks, panels, interviews, and commissioned writing on topics such as:

- Black diasporic foodways & ancestral nourishment
- Food as ritual, archive, and cultural memory
- Rest, creativity & intentional living
- Radical hospitality and care practices

Available for:

- Keynotes & panel discussions
- Podcast guest features
- Magazine essays & editorial writing
- Artist talks and cultural events

“My work invites people to rethink wellness, creativity, and connection through the lens of food.”



Social Practice & Creative Collaboration

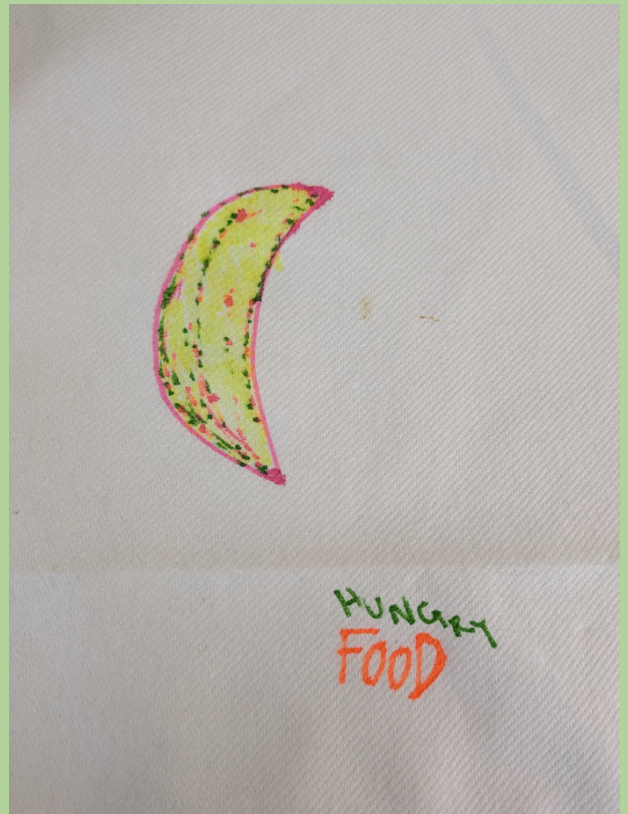
As a social practice artist, Safiya develops participatory projects that explore food as a medium for:

- Memory work & cultural storytelling
- Public rituals & communal dining
- Community-based archiving & healing
- Artistic residencies, installations & performances

She collaborates with:

- Cultural institutions & museums
- Artist residencies
- Socially engaged orgs & festivals

Each project is site-responsive, sensory, and rooted in ancestral care and joy.



Artist Activation for NN Contemporary x CVANEM

Now Booking: Autumn - Winter 2025

Available for:

- Wellness & creative retreats (UK + abroad)
- Cultural & community events
- Artist residencies & collaborations
- Public workshops & food installations



**LET'S CREATE SOMETHING
NOURISHING TOGETHER**

www.sisterwomanvegan.com
safiya@sisterwomanvegan.com
[@sisterwomanvegan](https://www.instagram.com/sisterwomanvegan)

