

MONICA SAIGAL

**STORYTELLER FOR
BRANDS, CULTURE,
AND COMMUNITY**



WHO SHE IS

Monica Saigal is an award-winning author and cultural storyteller whose work explores food, identity, love, and belonging across cultures and genres. With 13 published books — from memoir and culinary writing to bestselling fiction — she brings lived experience and narrative depth to conversations about culture, community, and human connection. She has been featured by major media outlets and invited to speak at universities, festivals, and cultural institutions.

MEDIA & RECOGNITION

- Featured contributor in *The New York Times*, *The Washington Post*, *Bon Appétit*, *Food & Wine*, and *Saveur*
- Interviewed on NPR / All Things Considered for *A Kiss in Kashmir*
- *Papa's Butter Chicken* spotlighted in People Magazine annual gift guide
- Flavors Without Borders culinary storytelling initiative nominated for a national innovation award
- Recognized in *Best Food Writing* anthologies multiple years

SIGNATURE WORK

Author of 13 books across food, memoir, fiction, and children's literature — known for lyrical prose and deep cultural immersion.

Aramark Culinary Partnership: Designed Flavors Without Borders, a cross-cultural campus dining series celebrated for immersive storytelling and cultural connection.

Speaking & Moderation: Engages audiences on topics of narrative leadership, culture, food as identity, and belonging.

CONTACT MONICA SAIGAL

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CORE STRENGTHS

Cultural Storytelling: Turning everyday food and human experience into evocative, universal narrative.

Multi-Genre Writing: From cookbooks and memoirs to novels and essays.

Media Presence: Engages audiences on broadcast, print, and digital platforms.

Experiential Programming: Creator of immersive, narrative-led programs blending food, culture, and dialogue.

EDITORIAL & SPEAKING TOPICS

- Food as culture and memory
- Narrative leadership and cultural empathy
- Belonging and diaspora in storytelling
- Translating identity into accessible stories

PRESS VISUALS (AVAILABLE UPON REQUEST)
| HIGH-RESOLUTION AUTHOR PORTRAITS |
| BOOK COVERS | EVENT PHOTOS |
| SPEAKING IMAGERYS |