



“All growth is a leap in the dark, a spontaneous unpremeditated act without benefit of experience.”

—Henry Miller

Dear \*{{First Name}}\*,

How often do you think about the quality of your food? I think about it almost all day, every day. For the most part, I recognize and appreciate that this is a luxury, but it's also infuriating to realize that we have come to a point in time when giving our food this much thought has become a necessity to keep ourselves and our loved ones well. It seems crazy to me that we have to address the question of whether or not our food is safe for consumption at all, but we do because the US food system is not doing its job of providing healthy, sustainably-produced food for all and the consequences are becoming catastrophic. Our health, our land and water, our farm workers and communities are suffering.

Food, when done right, can bring us nourishment, good health and strong immune systems that protect our minds and bodies. It can bring us together as community, provide jobs for millions of people and grow our local economies. However, instead of keeping us healthy, the current US food system is making us sick, as is evident by the rising statistics of obesity, heart disease, diabetes and autoimmune diseases, to name a few. Instead of bringing us together, it has divided us into those that can afford healthier food options and those that can't, thereby exacerbating income and racial inequalities. It exploits workers and has had devastating effects on our environment by polluting the air, water, soil and accelerating climate change.

We need to do better. If you are concerned about your food and want to see a world where politicians and corporations are held accountable for wreaking havoc on our food system, then please join our vision. You can do this by attending one of our Connector Series educational events to learn more about our work or by raising your concern to your representatives or through your purchasing power; there are many [winter farmers markets in the region](#) and [CSA registrations](#) are open.

Want to learn more about how the US food system is failing us? Join us on Wednesday, February 26th when we will be doing a free screening of the movie, [Secret Ingredients](#), at the St. Luke's Hospital McBratney Amphitheater. Kathleen DiChiara, featured prominently in the movie, will be joining us for a post-screening discussion about her family's experiences with changing their food choices and her new book, [End Chronic Disease: the Healing Power of Beliefs, Behaviors and Bacteria](#).

Hope to see you there!

Liz Wiley, Executive Director

**MARION INSTITUTE Winter Film Series**

SCREENINGS @ 6PM  
POST-FILM DISCUSSION TO FOLLOW  
FREE TO ATTEND

[MARIONINSTITUTE.ORG/WINTERFILMSERIES](http://MARIONINSTITUTE.ORG/WINTERFILMSERIES)

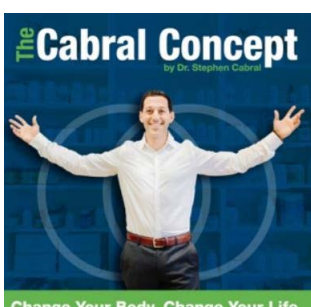
JANUARY 30 - HEAL  
FEBRUARY 26 - SECRET INGREDIENTS  
MARCH 25 - LIGHTING THE PATH  
APRIL 29 - AUDRIE & DAISY

IN PARTNERSHIP WITH  
Southcoast Health  
NEW BEDFORD MUSEUM  
NEW BEDFORD LYCEUM



### BioBlog: Achieving Happiness & Abundance in 2020

By: Cheryl Radford | We all want to be happy, successful and achieve our goals, but are we really working towards obtaining them? In this inspirational Motivation and Mindset Monday podcast with Dr. Stephen Cabral, he outlines a detailed 10-step guide to more happiness and abundance.



Starting the year and a new decade is the perfect time for you to decide what you want to change in your life and to begin taking the steps to get you there. The time has come to suspend disbelief and accomplish what you desire. You can either plan for success or plan to fail. Be bold and go after what you want, because you are worth it!

Take the first step. [Click to listen to Dr. Cabral's podcast... >>](#)



### What's GROWing On? News from Grow Education

By: Adam Davenport | Grow Education and the New Bedford Farm to School project is focused on Food Equity. We often check in with ourselves about: why is the work that we do important?...and how will it leave a lasting impact for our community?



Food Inequity refers to communities with limitations in resources and income, that are often not informed about the knowledge and variety of healthy foods in their area or do not have access to retailers that sell healthy or culturally relevant foods.

Some New Bedford residents suffer from...[click for more>>](#)

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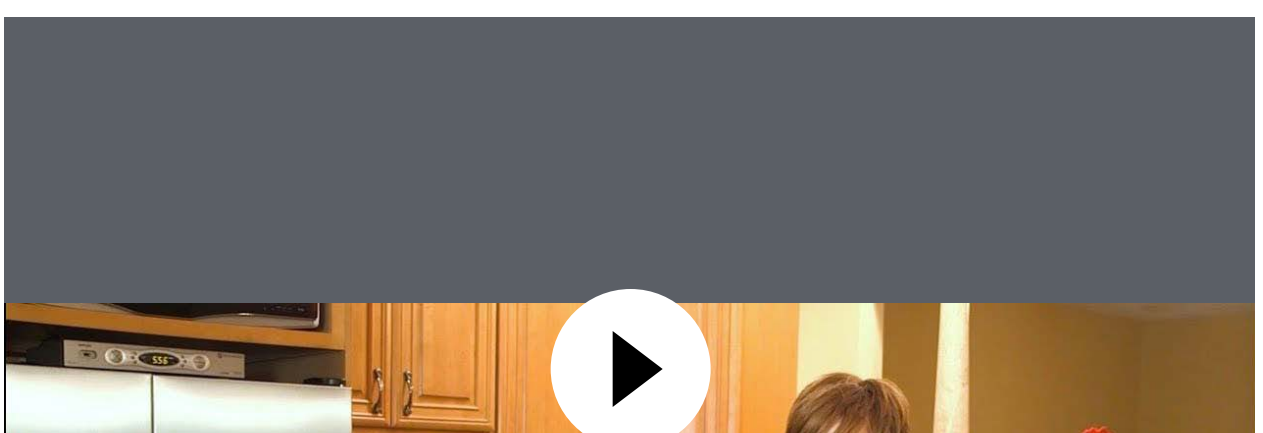
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**GROW EDUCATION**

Positions available in New Bedford!! <https://foodcorps.org/apply/>

### Marion Institute Winter Film Series: SECRET INGREDIENTS

Join the Marion Institute for our Winter Film Series, a curated line-up of health documentaries that will change the way you think about food, medicine, and disease. Our February screening is [Secret Ingredients](#), a film that shares remarkable stories of people who regain their health after discovering the secret ingredients in their food and making a bold commitment to avoid them. [Click below to view the trailer of SECRET INGREDIENTS.](#)





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