



“Good nutrition will prevent 95% of all disease.”

—Linus Pauling

Dear *{{First Name}}*,

Are you struggling to stay healthy and grounded during this challenging time? The current COVID-19 crisis is unprecedented and unsettling. It's hard to know what to believe, what to do, what not to do – the scores of information and rapid-fire updates from the media can take a toll on our physical and mental health. We are here for you - read on!

In the midst of the information onslaught, we're so fortunate to have our [BMN Provider Network](#) to lean on and turn to for credible health news and suggestions for how to maintain a biological medicine approach to health. Our friends at the [BioMed Center New England](#) in Providence, RI have shared with us some helpful tips and calming words in a recent online post, "[Health Actions in the Face of Coronavirus](#)". While many of our providers may need to cease regular operations in the face of this threat, these healthcare teams are dedicated to supporting individuals' immune systems and overall health and resiliency and continue to share useful information and provide emergency services and consultations.

Here at the Marion Institute, we are doing our best to "flatten the curve" while providing a healthy business environment for our team. We are predominantly working from home, with staggered shifts in the office. Please reach out if you need support or have questions as you navigate this new terrain. Rest assured, we are continuing to work diligently to ensure that there is little, to no disruption, in the services and programming that we provide. We remain committed to our endeavors and hope that we can be a stabilizing force for our community.

Wishing you all the best,

The Marion Institute Team

P.S: The March 25th screening of *Lighting the Path* has been postponed; we will be rescheduling and will post updated info on our social media accounts; please be sure to connect with us on the following:

- FACEBOOK: [@marioninstitute](#)
- INSTAGRAM: [@marioninstitute](#)
- TWITTER: [@MarionInstitute](#)
- LINKEDIN: [The Marion Institute, Inc.](#)



BioBlog: From Dirt-to-Dinner – Benefits of a Plant-Based Diet

By: Cheryl Radford | Changing your eating habits is a personal decision, and only one you can make. Have you ever thought about starting, or working towards a plant-based diet? The effects of beginning a plant-based nutrition practice can be astounding, not only to you, but to the planet as well!



Are you ready to explore some amazing options that can help your plate come alive?

Nicole Cormier, RD, LD of [Delicious Living Nutrition](#), does an amazing job with this article; explaining how plant-based eating impacts our lives on every level. [Click here](#) for some handy tips and delicious recipes you can try right now!

VIDEO OF THE MONTH: Nutrition From The Ground Up - Seasonal Picks For Spring

With all the focus on Coronavirus, it is easy to lose sight of the little things like - Happy First Day of Spring! To be fair, it is early this year. In fact, the last time it was this early was in 1896, a mere 124 years ago.

This video will introduce you to Registered Dietitian and local food enthusiast Nicole Cormier's seasonal picks for Spring. [Click to watch!](#)



SPECIAL RESOURCES: Farmers/Farmers Markets Provide Access to Fresh, Local Food

By: Liz Wiley | In times of crisis we learn things about ourselves...I have learned that I am a kale hoarder. While the rest of the world is worried about toilet paper, I am worried about getting access to enough kale and other spring seasonal veggies.



Lucky for us on the Southcoast, we are surrounded by an abundance of farmers that need our support, as much as we need theirs right now. Our friends at [SEMAP](#) have been reaching out to farmers to see how they can support them during this time of social distancing and closed farmers markets. They have put together this [Special Resource List](#) of farmers that are coming up with creative ways to disseminate their goods and other online retail options for purchasing fresh produce. We all know that good nutrition is key to keeping your immune system healthy, so contact your local farmer to place your order today.

[Coastal Foodshed](#) has said that they will continue to open the New Bedford Farmers Market for as long as possible - every Saturday at the First Unitarian Church from 10am-2pm. They are making all necessary changes to ensure the safety of customers and vendors. Please like [Coastal Foodshed on Facebook](#) for updates as they are also working to provide a delivery system. Spread the news!



What's GROWing On? News from Grow Education

By: Adam Davenport | We love cultural exchange and building community. This coming together is what March was about for Grow Education through partnering with the Bristol County Agricultural High School (known locally and colloquially as "Bristol Aggie"), for our Winter Presentation series. Students from Bristol Aggie prepared some great lessons on bee's and pollination, the parts of an egg, and the parts of a flower.



Have you heard of a chalaza? I hadn't either prior to this lesson! The chalaza is a structure inside bird and reptile eggs that attaches the yolk to the ends of the shell. The 3rd graders at Jacobs Elementary...[click to read and watch a cute video!](#)



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