



Dear *{{First Name}}* ,

Good nutrition is the gateway to health and wellness. Learning this at a young age can have a lasting impact on a child's life and on the communities in which they live.

The Marion Institute's (MI) [Grow Education](#) program is working toward creating the foundational norm of healthy eating to support community health and wellness. Access to foods made with fresh, local ingredients, devoid of preservative and additives, and prepared in a culturally relevant way can help shift community healthcare from a disease centered approach to one that reinforces disease prevention and health creation. The critical importance of healthy eating has been brought to light and reinforced by the current pandemic, which has been particularly devastating to individuals with underlying health issues such as diabetes and obesity, which are easily traced to food habits and nutrition.

Our goal is to inspire students to take pride and ownership in consuming locally-grown, nutritious foods, understand the role such foods play in their personal health and create equity in our institutional food systems.

MARION INSTITUTE PRESENT "GROW TO GO" A Virtual Culinary Collaboration & Dining Experience & FUNDRAISER BENEFITTING GROW EDUCATION

TUESDAY, AUGUST 25 6:00 - 7:00 PM MULTI-COURSE VIRTUAL COOKING CLASS WITH CHEF LISA LOFBERG

That's why we have partnered with [Little Moss Restaurant](#) on a virtual culinary and dining experience to raise funds and awareness for Grow Education. Little Moss is a Southcoast locavore's dream, working with local farmers and fishermen to serve their guests some of the finest ingredients in New England. Chef Lisa Lofberg will guide you through the process of making a delicious, locally-sourced meal with all the fixings, while suffering with me as her sous chef! All proceeds will directly benefit Grow Education's community school gardens, in-class programming, and collaborative Farm-to-School initiative.

We hope you can join us for this unique event! To learn more, or register, visit marioninstitute.org/growtogo2020/

All the best,

Liz Wiley, Executive Director



The Marion Institute Welcomes New Board Member...

The MI Team and Board of Directors would like to extend a warm welcome to our newest board member, Greg Watson, Director of Policy and Systems Design at the Schumacher Center for a New Economics. His work currently focuses on community food systems and an initiative to improve global systems literacy.



Among the many highlights of his accomplished career, Greg served as the 19th Commissioner of Agriculture in Massachusetts under Governors Dukakis and Weld from 1990 to 1993 and under Governor Deval Patrick from 2012 to 2014. During the Patrick administration he launched a statewide urban agriculture grants program and chaired the Commonwealth's Public Market Commission, which oversaw the planning and construction of the Boston Public Market.

We are grateful to have the benefit of his extensive experience in both the local agricultural and environmental sectors as we ramp up our efforts with Grow Education's Farm to School initiative and continue our work with the Southcoast Food Policy Council. [<<< Click to Read more about Greg Watson >>>](#)

...And New Team Members! Meet Portia & Katie.



The MI Team also welcomes two new team members, Portia DePina and Katie Mannix. Portia is back in Southcoast, MA after 21 years being out of the area. She'll be working closely with Executive Director Liz Wiley on the Southcoast Food Policy Council and other community-oriented initiatives. She has a rich, diverse background and we're thrilled to have her at The Marion Institute. [<<< Click to read about Katie >>>](#)



What's GROWing On? News from Grow Education

By: Adam Davenport | The summer heat has hit us – and the gardens. Luckily, our team is growing along with the summer crops! We were able to welcome back Cristiano Dias for the summer as a garden manager. He has been able to take on cultivating, planting and watering across our 7 gardens planted for this year.



As we mentioned in a past newsletter, the Marion Institute was approved to receive two Food Corps members for the upcoming year! These members will work with our partnered elementary schools to co-teach classroom lessons on agriculture, nutrition and healthy lifestyles, support kids to eat healthy foods in the cafeterias, and build a culture of health across the district! [<<< Click here to get to know Keri, one of our new team members >>>](#)



BioBlog -The Benefits of Drinking Cucumber Water

Although you can find cucumbers at your market year-round, the peak season is from May through August. This member of the gourd family is always a few degrees cooler on the inside than its surroundings and it's mellow, refreshing flavor makes it the perfect addition to beverages that can keep you hydrated AND happy! [<<< Click for some delicious recipes to keep you cool this summer! >>>](#)

Summer 2020 Recommended Reading (and Viewing!)

By: Kari Marvel, Summer Intern | Each year, we ask our summer intern to share their recommended reading list with our



supporters. A lifelong resident of Marion, MA, Kari Marvel is entering her senior year at Tabor Academy. What's Kari reading (and watching) this summer? [<<< Find out now >>>](#)



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