



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

A main theme of our work at the Marion Institute is about addressing accessibility to good food. We all probably have a certain image that comes to mind when we think about what constitutes "good" food. To us, it means access to whole foods, free of additives and pesticides, preferably locally grown. Each of our programs - Biological Medicine, Grow Education and the Southcoast Food Policy Council - view nutrition as a basic tenet for achieving health equity, food justice and environmental resilience. Our work focuses its programming on bringing these themes to the communities we serve by addressing food quality in public institutions, the medical mainstream, and to our most at-risk populations.

Nutritional insecurity is a crisis that affects all of us and disproportionately affects low-income and minority communities that often live in "food deserts", places with limited access to the fresh, high quality foods that produce healthy, disease fighting bodies. A [2018 study](#)\* found that only 12% of Americans are metabolically healthy, which is defined as having optimal levels of blood markers and pressures, as well as waist circumference. We need to do better for our families, our children and our communities. As we continue to work towards addressing food insecurity by making sure everyone has access to quality food; we are equally advocating for and fighting against nutrition insecurity by making sure everyone has access to nutritionally-rich foods.

You can join us this month by supporting our Grow Education's Grow to Go fundraiser - see details below. Proceeds raised will directly benefit our in-school programming, community school gardens, and collaborative Farm to School initiative.

Be well,

Liz Wiley, Executive Director

**TOMORROW! 8/18**  
**LAST DAY TO ORDER LOCAVORE PACKAGE**  
(INCLUDES INGREDIENTS & WINE!!)





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

**TWO WAYS TO JOIN IN & CELEBRATE "TACO TUESDAY", SOUTHCOAST-STYLE!**

1. Locavore Package: All Ingredients for Dinner for 2 (or 4!) and access to LIVE cooking class with Chef Lisa Lofberg on Tuesday, August 25 at 6 pm. Priced at \$150 for 2 or \$250 for 4. - DEADLINE FOR ORDERS - 8/18 (Tomorrow!)
2. Online Cooking Class Package: We send you the shopping list and you join us for a LIVE cooking class with Chef Lisa on 8/25! You'll also get the recipes AND the recording for future use! A steal at \$50! - DEADLINE FOR ACCESS - 8/24 (Monday)

[CLICK TO VIEW THE MENU & REGISTER](#)



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

By: Adam Davenport | August is prime growing season for Southcoast farmers and Grow Education is tending our own gardens as well. Though we are not bent over with the sun beating down on us—cultivating hundreds of feet of vegetables—we are working hard to groom our next phase of programming with New Bedford Public Schools (NBPS).




This August we will be hosting our first ever professional development workshop for NBPS teachers! This workshop is the first part of our year-long program supporting this year's cohort of six elementary schools. Of course, the lessons will be aligned with the Farm to School project, ripe with lessons on how fresh, local foods can support our regional food security and the health of our students!

<<< [Click here](#) to learn more about the workshop and meet our second FoodCorps member, Mikaela Thiboutot! >>>

## Coffee with Dr. Hennie

a free virtual house call for your health & wellness

**Mind-Body: How Stress, Anxiety & Sleep Affect Your Health**  
**Wednesday, September 2 at 9am**



[Register for Coffee with Dr. Hennie on 9/2](#)



**Nutrition: 7 Simple Swaps That Will Transform Your Diet**

Not ready to make a dramatic change in your diet? You don't have to take an all-or-nothing approach. The seven simple swaps in this post from New York Times best-selling author Dr. Mark Hyman will transform your diet without radically changing your lifestyle. <<< [Click to get started and transform your kitchen into a place of nourishment and healing!](#) >>>

**Do You EAT FOOD?**  
**We need YOUR INPUT!**

AVAILABLE IN 3 LANGUAGES!

Take the Southcoast Consumer Food Preferences + Patterns Survey

[bit.ly/SEMAConsumerFoodSurvey](http://bit.ly/SEMAConsumerFoodSurvey)










From the Archives: A Lesson in Nourishment from the Pasture – A Look at the Fred Provenza Event, June 2019

On Thursday, June 13, 2019, renowned animal behaviorist and author, Fred Provenza presented his theories and findings from his book, Nourishment: What Animals Can Teach Us About Rediscovering Our Nutritional Wisdom. Fred's in-depth exploration about what we can learn from animals about nutritional wisdom is available for viewing on our website. <<< [Click here to start your journey of nutritional rediscovery >>>](#)



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