1. **Sleep:** have shown that less than 5 hours of sleep negatively affects the immune system. Studies have indicated that less than 5 hours of sleep is linked with numerous negative health effects, including the inability to build a strong immune system. It's crucial to prioritize sleep to support your immune health.

2. **Nutrition:** a balanced diet is essential for a healthy immune system. A diet rich in fruits and vegetables is crucial for optimum immune health. It's important to eat a variety of foods to ensure you're getting all the necessary nutrients.

3. **Laughter:** research has shown that laughing can help boost the immune system. A study found that just 5 minutes of laughter can increase the production of antibodies in the body. Laughter can have a positive impact on overall health.

4. **Physical Activity:** engaging in regular physical activity can support your immune system. Activities like walking, jogging, and cycling can help improve immune function. Aim for at least 30 minutes of moderate exercise most days of the week.

5. **Pesticides in Produce:** the Dirty Dozen Shopper's Guide to Pesticides in Produce can help you make informed choices when shopping for produce. It highlights fruits and vegetables with the highest levels of pesticides, allowing you to prioritize washing or peeling these items before consumption.

**Steps to Take Today:**

1. **Sleep:** aim for 7 to 9 hours of quality sleep each night.
2. **Eating:** follow the Rainbow Diet, which is based on eating a wide variety of colors, to improve your immune system.
3. **Nutrition:** focus on a diet rich in fruits, vegetables, and whole grains to support overall health.
4. **Laughter:** incorporate laughter into your daily activities, whether it's watching a funny video or spending time with loved ones.
5. **Physical Activity:** make time for regular exercise, such as walking or cycling, to strengthen your immune system.

**Help Local Farmers Can Get COVID-19 Relief**

Local farmers have suffered severe market disruptions due to COVID-19. Help your favorite local farmers by purchasing their produce to support them during these challenging times.

**Support Local Farmers:**

- **Purchase Local Produce:** by choosing fruits and vegetables grown in your area, you can help support local farmers and forests.
- **Support Food Pantries:** donate to local food pantries to help those in need.
- **Volunteer:** consider volunteering at a local farm or food bank to help support local agriculture.

**Steps to Take Today:**

1. **Order from Local Farmers:** you can find local farmers in your area through local farmers markets or by contacting them directly.
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**Help Local Farmers Get COVID-19 Relief**

- **U.S. Rep. Alma Adams introduced the Local and Regional Farmers and Markets Support Act in the next COVID-19 stimulus bill.**
- **Steps to Take Today:** call your two U.S. senators and urge them to introduce a Senate version of the Local and Regional Farmer and Markets Support Act.

**Steps to Take Today:**

1. **Call Your Senators:** find your senators and call them to urge them to support local agriculture.
2. **Visit Local Farms:** visit local farms to support your local food system and learn more about the challenges faced by local farmers.
3. **Support Local Farmers:** consider purchasing local produce to support your local food system.

**Grow to Go Invites People to Cook & Connect**

On August 18th, the Grow Education team and 17 teachers from New Bedford's Elementary Schools came together for our first Professional Development (PD) Workshop, in a safe physically distant format! These workshops are an integral part of the school year at Grow! Our virtual PD workshops help teachers from these elementary schools - Grow and our new Food Corps staff - spend the next year supporting these teachers with farm to school programming and technical assistance in use of the gardens and classrooms at their school. We look forward to the next cohort, day by day, as we plan for the virtual PD workshops to be held in the next school term.

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