



Dear *{{First Name}}*,

It's that time of year again! Fall is on it's way and that means it's time to go back to school. Even if you don't have children or they're no longer school age, this September is surely different from those before it. But there is one thing that remains the same - the importance of boosting yours and your family's immune systems. Now more than ever, it's crucial to build a strong immune system for the cold and flu season ahead. If you need a refresher course in Immune Boosting 101, here are some tips to get your family to the head of the class:

1. Sleep - [Studies](#) have shown that less than 5 hours of sleep negatively affects the immune system, and that 7 to 9 hours of sleep is ideal for adults, and 9 to 11 hours of sleep is ideal for school-age children. [Click here](#) for some suggestions for better sleep.
2. Exercise - Regular, moderate exercise boosts the cells responsible for attacking bacteria. The idea is to have fun and if you can get some fresh air while doing it, that's even better for your health. A 30-minute bike ride or walk with your kids or grandkids is a great activity to improve your immune system.
3. Nutrition - A diet healthy in fruits and vegetables is essential for optimum immune health. One way to incorporate a good mix of immune-boosting foods is by using the [Rainbow Diet](#) as a guide. Starting with color is the first basic step to make when developing a healthy way of eating for everyone. Whenever possible, it's best to eat organic and/or locally-grown fruits and vegetables to avoid pesticides. [Click here](#) for the Dirty Dozen® Shopper's Guide to Pesticides in Produce and plan your produce shopping accordingly.

4. Laughter - Individuals who laugh 15 or more times a day can increase the number of antibodies in their system. A daily dose of laughter can help support your immune system while [limiting the physical effects of stress](#).

5. Vitamins & Supplements - This [handy graphic](#), created with the medical professionals at The BioMed Center New England, lists supplements that can help support your immune system, along with the recommended dosages for children and adults.

Here's to your health!

Liz Wiley, Executive Director

Supplement Dosing Recommendations for Maximum Efficacy & Absorption			
ADULTS	Vitamin C	1000 mg	2-4 times a day
	Vitamin D	5000- 10000 IU	Daily for 2 weeks
	Selenium	100 mcg	Once daily
	Astragalus	500 mg	Daily
	Turmeric	1000 mg	Twice a day
	Elderberry extract or syrup	1 TB	Twice a day
	Quercetin	500 mg	Daily
	Echinacea with goldenseal	450 mg	Daily
	Oregano tincture (diluted in water)	1 dropper	Twice a day
	CHILDREN	Less Than 2 years old	25% of the adult dosage
Age 3+, up to 50 pounds		25% of the adult dosage	2x a day
Age 3+, 50-100 pounds		50% of the adult dosage	2x a day
Age 3+, 100+ pounds		Use recommended dosage for adults, regardless of age	

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Grow Hosts Teacher Professional Development Workshop

On August 18th the GROW Education team and 17 teachers from New Bedford Public Schools came together for our first Professional Development (PD) Workshop, in a safe physically distant format! These teachers are part of the first cohort of an FTS project rollout to all 19 of New Bedford's Elementary Schools. Teachers were brought to Round the Bend Farm in Dartmouth – knowing that there is no substitute for an experience of touring a working farm, while being fed delicious farm to table meals!

This PD workshop is the initial programming for a yearlong connection with teachers from these six elementary schools. Grow and our new Food Corps staff, will spend the next year supporting these teachers with Farm to School programming and technical assistance to use in the gardens and classrooms at their schools. [Click here to read more about the teachers' day on the farm! >>](#)



Help Local Farms Get COVID-19 Relief

Local farmers have suffered severe market disruptions due to COVID-19. Many will be out of business by the end of 2020 if they don't get aid in the next stimulus package.

U.S. Rep Alma Adams introduced the Local and Regional Farmer and Market Support Act (HR 8096) in the House of Representatives to help small and mid-scale farms, farmers markets, and local food businesses with the economic impacts of COVID-19.

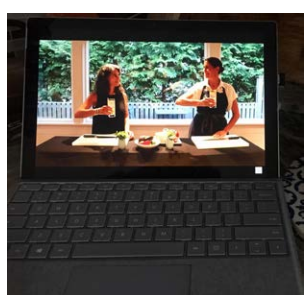
The bill would:

- Provide financial relief to local farmers, farmers markets, and local food businesses.
- Support racial equity by prioritizing assistance to BIPOC farmers and low-income communities of color.
- Restore, renew & invest in local agriculture markets.

Time is running out; this is being negotiated in Congress right now. Your voice is critical...Please help keep local farms in business!

Steps to Take Today: Call your two U.S. senators & urge them to introduce a Senate version of the Local and Regional Farms and Markets Support Act in the next COVID-19 stimulus bill.

- [Click here](#) to find your senators
- If you reach an answering machine, leave a message. It will make a difference!



Grow to Go Fundraiser Invites People to Cook & Connect

On Tuesday, August 25, the Marion Institute (MI) embarked on a virtual culinary and dining experience with Little Moss Restaurant in Dartmouth, MA to raise funds for Grow Education's community school gardens, in-class programming, and collaborative Farm-to-School initiative. The partnership was a match made in locavore heaven: the Grow Education program is working toward creating the foundational norm of healthy eating to support community health and wellness and Little Moss works with local farmers and fishermen to serve their guests some of the finest ingredients in New England.



Chef Lisa Lofberg, aided by "sous chef" and MI Executive Director, Liz Wiley, guided an audience of at-home chefs through the process of making a delicious, locally-sourced meal with all the fixings. The result was an inventive evening, community connection, and some delicious dishes! [Click here to see photos submitted by our "virtual chefs" and read more about the Grow and Little Moss partnership! >>](#)

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