



Nov. 2020

Why Does Local Matter?

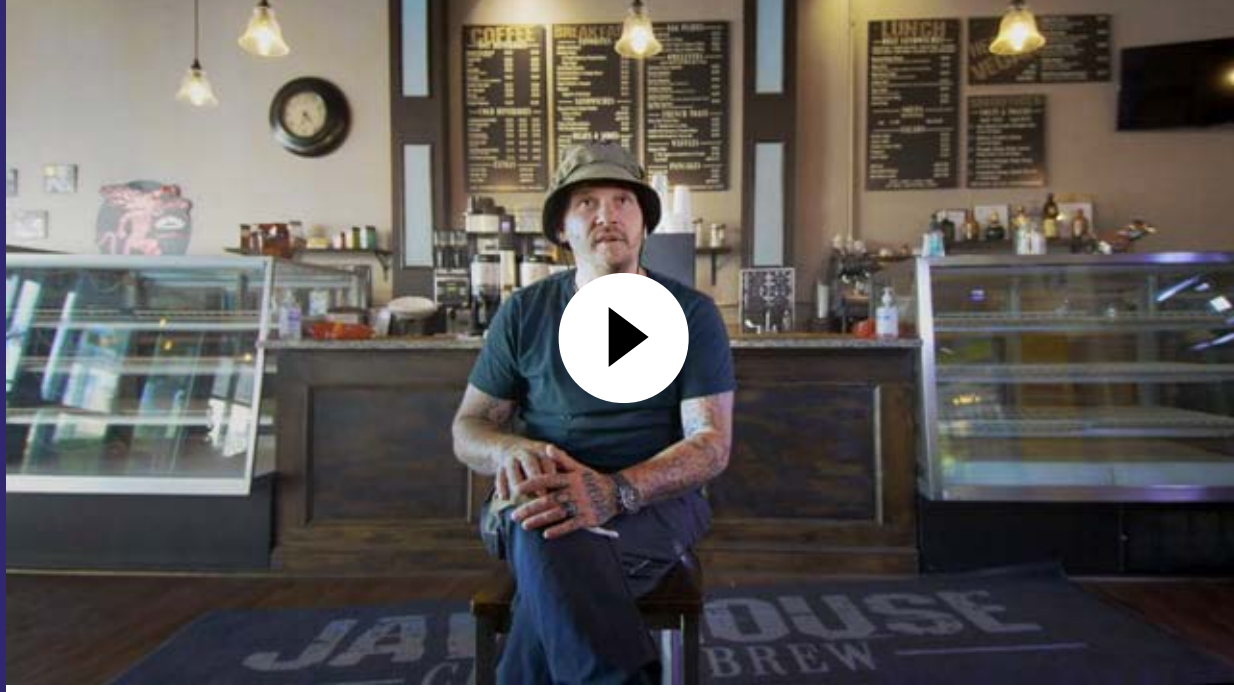
Even though the holidays will look a little different this year, there's still a fair amount of shopping you will likely need to do. We're often faced with the limitations of time and with the pandemic, we may be even more time-challenged. **In this age of convenience, why does buying local matter even more?**

Shopping locally improves the wealth and health of the community, especially when it comes to food. Local agriculture and regional food producers provide access to fresh, nutrient-rich foods that produce healthy, disease fighting bodies.



In addition, locally-owned small businesses create communities that are more connected and more resilient. These are the businesses that provide support to residents when pandemic-type emergencies occur.

When COVID-19 hit, the business owners and social service agencies in Fall River, Massachusetts quickly banded together on food relief initiatives to help those in need in their community. The Marion Institute's Southcoast Food Policy Council's **Cooks for Community** program was one of those food relief initiatives, working with Keith Parker of Javahouse Chew & Brew (pictured in the video still below) in Downtown Fall River to get hot, nutritious meals into the hands of 115 underserved and/or immune-compromised people in Fall River. For 6 weeks, they received a hot meal daily, 5 days a week, for a total of 3,450 meals served. The video below, titled "Make it Happen" is an homage to the power of community and the importance of a vibrant, local infrastructure.



Supporting local is a year-round endeavor, but there's one day a year dedicated to it. The 11th annual **Small Business Saturday** is this week - **Saturday, November 28** to be exact. It's the perfect day to show your favorite local businesses some love, especially after the rocky retail year many of them have experienced. Whether it be (safely) in person, or online, shopping local for your holiday gifts benefits our communities throughout the year.



December BioBites Focuses on Tackling Toxins & The Importance of Detoxification

January will be here in a blink, and with it, the season of fresh intentions and habits for healthy lifestyles. It's a great time to start thinking about what's on your list.

Dr. Dickson Thom joins us again for December's BioBites, with fresh insights about detoxification. [<<< Click Here to learn more about what Dr. Thom will cover on the topic of detoxification and register >>>](#)



What's Growing On? Planting Garlic with Grow Education

For Grow Education, our November programming centers around the magic of garlic! Learning about garlic is not only timely for the season, being one of the only vegetables planted this late in the fall, but because of its medicinal properties! For thousands of years across the world garlic has been used not just as a spice in our favorite meals, but as medicine. This was an important theme during our garlic plantings this fall with third graders in New Bedford's elementary schools.



[<<< Click here to read more and watch Grow Education's Food Corps member, Keri, lead New Bedford Elementary students in a mindful stretch as they act out the lifecycle of garlic. >>>](#)

We have been selected for the **GIVE BACK WHERE IT COUNTS REUSABLE BAG PROGRAM**

When you buy this bag we will receive a \$1 donation.

Grow Education will receive a \$1 donation from each purchase of the \$2.50 reusable GIVE BACK WHERE IT COUNTS bag at the Shaw's store located at [127 Marion Road, Wareham MA.](#)

GIVING TUESDAY

Together we give.

Dec 1, 2020

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