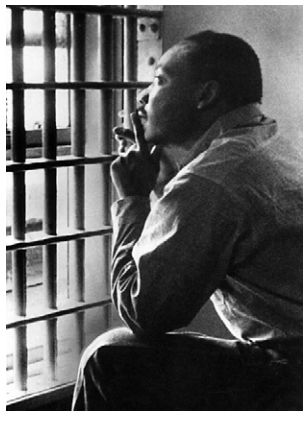


“We must accept finite disappointment, but never lose infinite hope.”

Martin Luther King Jr.

This year’s annual remembrance of Dr. Martin Luther King Jr.’s life and work comes at an unprecedented time of COVID-19 and the resulting economic hardships, amid a historic, resurgent movement for racial justice and two weeks after the horrifying insurrection we witnessed upon our Capitol. I am at a loss for words that can summarize or put any of this into perspective. But, I am reminded of MLK’s words from his legendary [Letter from a Birmingham Jail](#):



First, I must confess that over the past few years I have been gravely disappointed with the white moderate. I have almost reached the regrettable conclusion that the Negro’s great stumbling block in his stride toward freedom is not the White Citizen’s Council or the Ku Klux Klanner, but the white moderate, who is more devoted to “order” than to justice; who prefers a negative peace which is the absence of tension to a positive peace which is the presence of justice; who constantly says: “I agree with you in the goal you seek, but I cannot agree with your methods of direct action”; who paternalistically believes he can set the timetable for another man’s freedom; who lives by a mythical concept of time and who constantly advises the Negro to wait for a “more convenient season.” Shallow understanding from people of good will is more frustrating than absolute misunderstanding from people of ill will. Lukewarm acceptance is much more bewildering than outright rejection.

At the Marion Institute (MI), we view the above paragraph as a call to action. Our nation’s history of structural racism must be acknowledged as a fundamental cause of the unacceptable and persistent health disparities in our country. MI’s food and nutrition security work focuses on the many ways a just, equitable and robust food system represents the cornerstone of civil society—while illuminating the struggle many communities face in obtaining healthy, affordable, and accessible food. Internally, we are committed to understanding and exposing how the nation’s food system has been shaped by its history of slavery, structural racism, and racial injustice. Only then can we confront the underlying structures at the root of health inequities, which also allow the consequences of racism to persist. Please take the time to read how each of our programs is addressing this challenge.

Liz

Liz Wiley
Executive Director

SFPC Launches Southcoast FoodAlert to Aid in Emergency Distribution of Resources



Our Southcoast Food Policy Council recently launched the **Southcoast FoodAlert listserv** – a way for local food providers to communicate up-to-the-minute emergency food relief needs and opportunities. For those not familiar with listservs, they provide a method for a group of people to communicate via email. The Southcoast FoodAlert listserv is for collaborating and alerting one another about local, emergency food needs and opportunities as they arise.



Photo credit: Victoria Graseia, United Way of Greater New Bedford

The idea was born out of our weekly Southcoast Food Policy Council meetings when we realized how often we have access to perishable foods that need to be recovered and redistributed. These time sensitive opportunities required a communication system that supports quick action and responses from our community partners.

Southcoast FoodAlert aims to connect people with resources, eliminate waste, and ultimately to get those in need, more access to food and nourishment. Through the use of this listserv, we hope to strengthen and build our efforts as a Food Policy Council, while bridging the gaps in our regional food system.

We encourage local food providers and those involved with food relief work to sign up to Southcoast FoodAlert listserv. If you would like to be added to the group, please [click here to send a request to us](#) and you will be sent an email invitation. And of course, please do share this resource with your networks!



BIOMED PROGRAMS

FREE Virtual Educational Event: The Restorative Effects of Sleep

Dr. Jeoff Drobot is our guest speaker for our next virtual BioBites educational hour. Join us for an eye-opening conversation about:

- The function of sleep
- Root causes of sleep deficiencies
- Supporting better sleep: habits, supplements, and therapies

Register at bit.ly/feb2biobite. Submit your questions in advance to kmannix@marioninstitute.org.

BioBites
a virtual house call for your health and wellness

The Restorative Effects of Sleep
with Dr. Jeoff Drobot
Tuesday, Feb. 2 at 12 noon EST



GROW SOUTHCOAST

What's Growing On? Finding importance between our own diversity and resilience through seeds.

January may not typically be thought of as a time for rebirth and renewal, but for New England farmers it definitely is a busy time of year as they are planning for the season ahead. Many wild seeds out in the fields need this time in the cold to 'stratify' and become ready to sprout in the spring. With the winter solstice behind us and daylight increasing once again, now is the time for seeds!



Grow Education has taken this time to 'plant' some seeds of inspiration in our youth. Over this past month, our Food Corps members have been focusing their January lesson plans around the importance of seed diversity and resilience. [<<< Click here to read more about how we're using seeds to make connections to these themes with the elementary students we are working with in New Bedford. >>>](#)



Community Youth Empowerment (CYE) Joins Greenhouse Initiative Program

From the outset of the pandemic, the Southcoast Food Policy Council has partnered with a variety of South Coast Massachusetts community organizations to reach and administer aid to at-risk populations. Our work in Wareham, MA through our Cooks for Community program led us to Community Youth Empowerment (CYE), a Wareham-based organization that provides youth with knowledge, skills and mentorship applicable to life outside of school, uplifting youth and ensuring their future success.



CYE was instrumental in helping the SFPC to provide meals and food boxes to members of the Wareham community. Their mission is one we believe in greatly and the Marion Institute is pleased to announce that CYE is our newest fiscal sponsorship under our Greenhouse Initiatives program. We look forward to providing the organization with administrative and financial reporting assistance that will allow them to focus their efforts on programming and continuing their work with the youth of Wareham. [<<< Click here to learn more about CYE. >>>](#)

SPECIAL OFFER: FREE Online Access to the *Lighting the Path* Film and Series

Empower yourself with the knowledge to heal by witnessing the stories of those who have navigated the healing journey, and gaining insights from the physicians and practitioners who helped them along the way.



Don't miss the *Lighting the Path* Film and Series free and online! The inspiring stories and insights of these visionary health experts and empowered patients will help you understand the core components of healing and how to incorporate them into your daily life. You'll learn about advanced research, key diagnostics, progressive practices and proper nutrition to enhance your capacity for healing. [Click here to learn more!](#)



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