

“Never be limited by other people’s limited imaginations.”

Dr. Mae Jemison, first African-American female astronaut



Black History Month Feature: STEAM the Streets

In 2018, more than 400 students from New Bedford and Richmond, California, were featured in a music video called “Black Made That”, which highlights inventions created by black Americans. It was created in part by STEAM the Streets, a Greenhouse Initiative of the Marion Institute. [#STEAMtheStreets](#) is a national public outreach campaign to bridge the diversity gap in the technology sector by inspiring the next generation of workforce talent through music, video, and exposure to STEAM career pathways.



“Youth listen to music and watch music videos constantly,” said Ben Gilbarg, the video’s director and founder of Big Picture Anthems, the multimedia production company that started #STEAMtheStreets.

“Utilizing this relevant form of education certainly engages youth, and exposes them to the amazing contributions of Black people over time. Teaching a legacy of excellence helps them internalize that they too can become inventors, engineers and anything they put their minds to.”



SFPC and Partners Take a Deeper Dive into Food Justice

by Portia DePina, SFPC Coordinator



Last summer, the Southcoast Food Policy Council partnered with The YWCA to co-chair a Food Justice Working Group. This group met from July to November to address systemic racism and the associated impact it has on our food system. An outcome from this working group was to partner with Groundwork Southcoast to facilitate five weekly deep dive sessions on equity and food justice. Comprised of local stakeholders working to address hunger, food access and nutrition in our region, we began by exploring our own identities as they relate to racial and economic justice. The group continues to examine the structural roots of food insecurity, namely within communities of color, who are disproportionately impacted by our broken food system.

The cohort – which now meets once a month – includes members from local organizations such as People Acting in Community Endeavors (PACE), Mass in Motion, United Way of Greater New Bedford, the YWCA Southeastern Massachusetts, as well as community members. Through deeply reflective conversations, members are working to develop a shared language, as well as SMART Goals, to bring forth with them into their personal and professional lives. [<<< Learn more about the latest work from the SFPC and its partners here >>>](#)



Join our Executive Director, Liz Wiley, at SEMAP’s annual conference. Liz will be speaking about the Marion Institute’s Southcoast Food Policy Council and our work with the community over the past year. Whether you’re a professional farmer, a backyard gardener, or just curious about locally grown food, the Ag & Food Conference is for you! [Click here](#) to learn more and register online today.

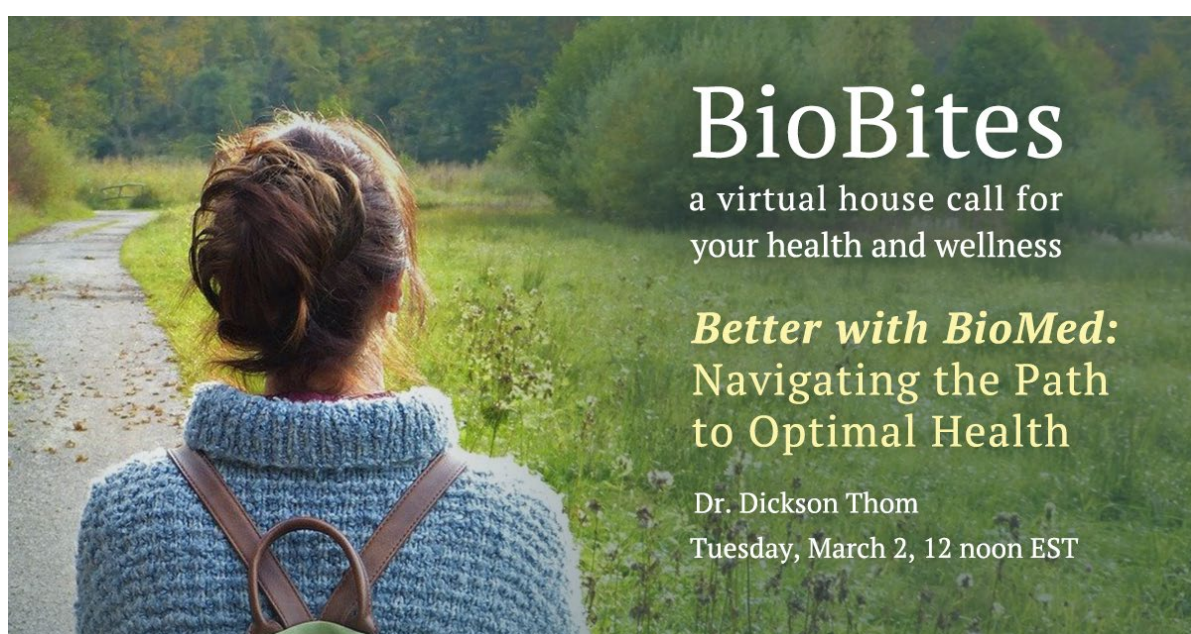


BioBlog: Challenge Results in Building a BioMed Community

by Katie Mannix, BioMed Program Coordinator

This past month, the Marion Institute’s Biomed Program launched its first ever 21-Day ‘Renew You’ Challenge, under the medical direction of Dr. Dickson Thom, DDS, ND. For 21 consecutive days, 400-plus participants received emails offering inspiration and information on the science and practice of self-care according to the biological medicine tradition. To encourage habit formation, emails offered points for reflection and suggested next steps that have been shown to lead to improved health outcomes and well-being over time.

In addition to the daily emails and educational resources provided, participants were also invited to optional live virtual events each Friday, giving them an opportunity to interact more deeply with the subject matter of the day, as well as ask questions of the featured expert. Those featured included [<<< Click here to read more about the Challenge & our NEW Facebook community >>>](#)



[Click here to sign up for the March 2 BioBite Event](#)



What’s Growing On? Winter Presentations Go Virtual, Fresh Fruits & Veggies Program Engages Students at Home

by Adam Davenport, Grow Education Program Manager

Winter has finally set in this February, but this has not slowed down the Grow Education team! Along with the farmers of the Southcoast region we have been ordering seeds and putting together our planting plans for spring. These seeds will provide the opportunity for students to experience the life cycle of a plant and what fresh from the garden tastes like.

Our educational programming, has been focused on recording and preparing our Grow Winter Presentations series! Pre-pandemic these presentations usually consist of local farmer visits to each of our partnered schools. Thus, providing students with a chance to meet a farmer, share stories and ask amazing questions. This year, we are going virtual. Using videos we have created, students will learn from two great food system partners; Ivory Silo Farm and Coastal Foodshed. Stay tuned for more details and your chance to watch these presentations next month! [<<< Click here to read about the work that our Food Corps Team Members are doing with virtual learners! >>>](#)

Recipe of the Month: Coconutty Lemon Poppy Chzcake



From the kitchen of Keri Cusson DeFusco, Grow Education FoodCorps Team Member, a plant-based twist on an indulgent classic. Cheesecake...without the cheese!

[<<< Click here for a downloadable PDF of Keri’s incredible recipe. Post your picture online and be sure to tag us \(and save us a piece!\) >>>](#)



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