

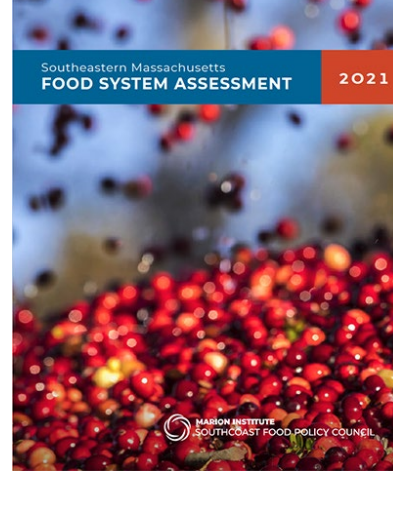


OCTOBER 2021 | MARION INSTITUTE NEWSLETTER

The world of food is a complex and fragile landscape.

It's fitting that October 16th was World Food Day, as the Marion Institute recently finalized the long-awaited [2021 Food System Assessment for Southeastern Massachusetts](#) - a stellar achievement not only in the scope and breadth of data collected but also given that its production took place entirely during the COVID-19 pandemic. Its completion embodies our belief that *optimal health is a basic human right, not a privilege.*

At the end of 2019, the MI brought the Southcoast Food Policy Council (SFPC) on as an official program of the Institute. This move proved crucial for the region during a challenging time. The SFPC is a coalition of nearly 300 stakeholders that produce, move, and consume food. These are our farmers, fisheries, government representatives, public and private institutions, local industries, foundations, and social service agencies. The goal of the SFPC is to address food injustice and insecurity while supporting a regionally-based, environmentally sustainable food economy. The first task of the SFPC was to update the 2014 Food System Assessment. Even though the pandemic slowed progress, the Assessment provided valuable insights and opportunities by exposing numerous service gaps and emergent needs caused by an over-reliance on an industrialized food system.



The objectives of the report were to:

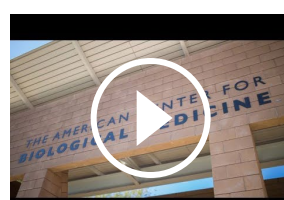
1. Provide an updated landscape of the region's food system assets.
2. Share progress since the 2014 assessment and current challenges.
3. Identify intervention points where policy can support an equitable and sustainable food system for all in the region.
4. Help raise awareness of Southeastern Massachusetts' context for contributing to statewide and New England food system planning work.

To view the report in its entirety, as well as a more condensed "Digest" version, and supporting infographic, [click here](#)

Addressing All Aspects of Care

by Katie Mannix, BioMed Program Manager

Our conceptions of healthcare are most often defined by our experiences; we expect from healthcare what we know it to be based on our experiences. When we broaden our perspective, however, we can appreciate the interconnectedness of health with so many other forces and factors in our lives. We can also appreciate the role that practitioners of many disciplines offer to support the various dimensions of well-being. We hope that you will join us for one of our events this October and November to expand your view of healthcare and learn how you might address the overlooked 'corners' of your healthcare routine.



We recently hosted the inaugural Part I of our BioMed Certification Course Series via Zoom. Taught by Dr. Dickson Thom, Part I will be offered an additional time this November for those interested in learning the fundamental principles and practices of Biological Medicine at depth [click here to learn more and to enroll](#)

On November 2nd, during our monthly BioBites event, we will be joined by Dr. Martin Hart of the Biologix Center for Optimum Health in Tennessee. As suggested by his BioBlog entry below, Dr. Hart will explore what truly holistic healthcare looks like in practice and the dynamic interaction between all facets of our being - the interior and exterior, individual and collective aspects of self - and our health. Register [here](#) for this free, virtual event.

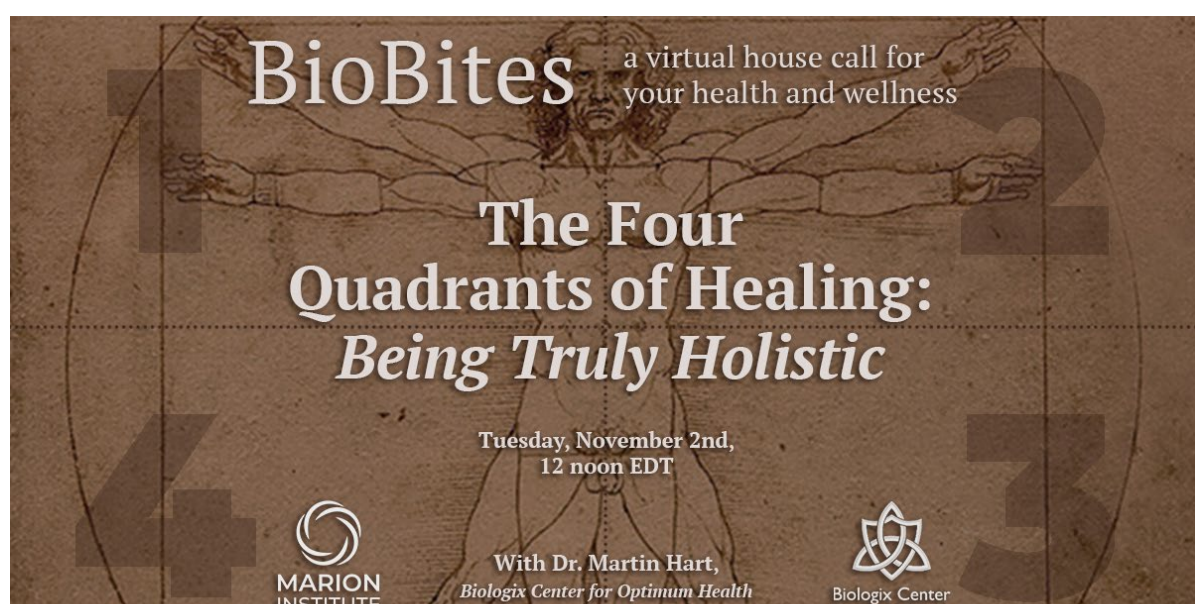
Lastly, on November 13th, we invite members of the community to take part in an in-person, half-day retreat at Box Mill Hall in Wareham, MA. Participants in this workshop, led by Maureen Burford of Creative Lives, will learn several strategies to nurture wisdom and wellbeing in the face of life's adversities. While strategies have been developed to be particularly beneficial for those who work in schools or with young people, this event is open to all who are interested in learning more.



BioBlog: The Four Quadrants of Holistic Health & Healing

by Dr. Martin Hart, DC, Senior Doctor, Biologix Center Optimum Health

Holistic medicine, natural health, integrative medicine. You see these taglines thrown around in the alternative medicine world but often they don't imply anything more than using herbs and supplements or maybe, at best, a bit of mind-body medicine. But what does it mean to be truly holistic? Fully integrative? This type of medicine requires an understanding of the Four Quadrants of Integral Theory. [Click here to learn more!](#)



[Click here to register for our November 2nd BioBites event](#)

The 2021 Virtual Food Summit

by Christine Smith, Southcoast Food Policy Council Program Manager

On October 13th, The Marion Institute, Senator Mark Montigny, and the Leduc Center for Civic Engagement at UMass Dartmouth hosted the 2021 virtual Food Summit. Guest speakers included Senator Montigny (2nd District, Bristol and Plymouth Counties); Liz Wiley, Executive Director of the Marion Institute; Dr. Michael Goodman, Professor of Public Policy at UMass Dartmouth; Kristin Sukys, a Policy Analyst in Health Law from Harvard Law School; Winton Pitcoff, Director of the MA Food System Collaborative; Wendy Garf-Lipp, Executive Director of United Neighbors of Fall River; and Ivan Brito, Chief Operating Officer and Coordinator of the Food Pantry at M.O.L.I.F.E. Inc.

[To read more click here](#)



What's Growing On? October 2021 News from Grow Education

by Adam Davenport, Grow Education Program Manager



This October, Grow Education celebrated the construction of another six New Bedford Public School gardens with the Pulaski Elementary school community! State Representative Paul Schmid helped to organize the event which recognized the funding support we have received from the New Bedford Community Preservation Act (CPA) and the USDA Farm to School grant. These funds will be used to build school gardens at each of New Bedford's 19 elementary schools and support educational programming in the classroom and community over the next two years. [Click here to read the full newsletter text](#)



Wisdom and Wellbeing in Challenging Times

An Educators Retreat on Ellen Tadd's Framework for Wise Education®

Saturday, Nov 13, 2021 • 9:00 am-12:30 pm

Box Mill Hall, 150 Tihonet Road, Wareham, MA

Cost: \$20 (includes lunch)



Join Maureen Burford, Director of Creative Lives, Inc. and the Marion Institute in a rejuvenating and healthy retreat to the first 30 registrants.

"I have never encountered a more meaningful or powerful approach to education."

-Sharon Webster, educator

[Click here to learn more & to register](#)



Our Contact Information

{{Organization Name}}
{{Organization Address}}
{{Organization Phone}}
{{Organization Website}}

{{Unsubscribe}}

