

lessons from 2021 to bring into 2022:

let go of perfection
 forcing it does not work
 ups and downs are natural
 stop doubting your progress
 be generous but have boundaries
 love is much bigger than relationships
 you have to let go many times to heal
 emotional maturity makes a difference
 running from what you feel does not help
 beauty is abundant but connection is unique

yung pueblo
 (from the book *Inward* by Yung Pueblo - Diego Perez)

On behalf of all of us here at the Marion Institute, we thank you for the extraordinary dedication, fortitude, and strength you all have shown in 2021. As our supporters and partners, we are grateful for the unique connections we share with each of you and remain committed to our shared goals of building resiliency and equity in our food system and promoting and advocating for health & wellness for all.

We look forward to working and learning alongside you in 2022.

With gratitude,
 The Marion Institute Team
 LizW, Angela, Abby, Chris, Katie, LizR, Christine, and Adam

Health is Wealth

by Katie Mannix, BioMed Program Manager



Health is wealth, and the health of our community is our top priority at the Marion Institute. **To help more people realize the vision of good health, the Marion Institute began offering its once-monthly BioBites series in the spring of 2020.** This live event series, offered for free to our community worldwide, connects members with providers who share insights into health and healing, answers health-related questions, and guides participants towards the daily habits that good health requires.

If you have not yet joined us for BioBites, we hope you might consider doing so at noon ET on Tuesday, February 1st when we will explore the correlation between our everyday habits and the prevention and reversal of cognitive decline with Leni Felton, CCN and Owner of The Way of Health.

Prevent & Reverse



BioBites
 a virtual house call for
 your health and wellness

with **Leni Felton, CCN**
The Way of Health
Tuesday, February 1st,
12 noon EST



[Click here to register for our February 1st BioBites event](#)

Looking to learn more about health and gain access to a free repository of health-related resources? Visit our [BioBites Post-Event Resources Archive](#), where you will find video recordings, audio recordings, notes and slides from past events on topics like Stress & Anxiety, Biological Dental Care, and more.

"What's Growin' On?" January updates from Grow Education

by Adam Davenport, Grow Education Program Manager



In our Grow Education program, January is the time for visioning and planning for the up and coming spring season.

Before we order seeds for March, there is time to pause and ask our students, "What would you grow in your dream garden?" Our FoodCorps members are helping students envision questions like this during our winter programming.

Winter is also a great time to look internally with the youth by connecting mindful eating to nutrition and agriculture. Grow Education's "Mindful Bites" lesson did just that as we walked students through a mindful eating experience in the classroom.

Additional FoodCorps lesson plans such as "Eat the Rainbow" and "Go, Grow, Glow" continue to explore the importance of eating a variety of fresh fruits and vegetables for improved health! [<<< Click here to read the full newsletter text >>>](#)

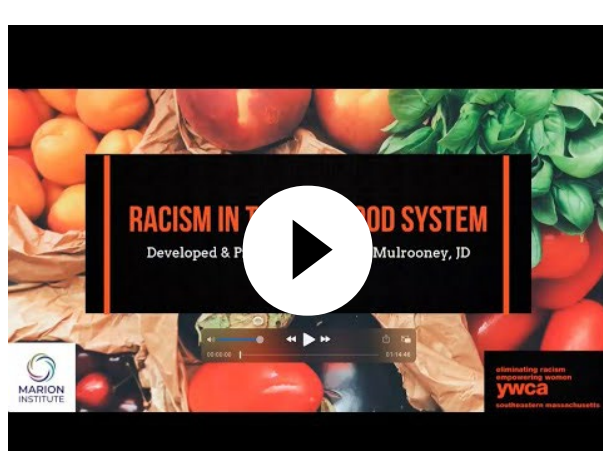
Making Equity a Priority within the Food System

by Christine Smith, Southcoast Food Policy Council Program Manager



Since last September, we have been meeting monthly with our inaugural Community Advisory Board (CAB) members to develop and implement the foundational structure of the SFPC that will define our policy council for years to come. The SFPC's 30-member CAB consists of stakeholders from different sectors of the food system and represents towns across the region from Fall River to Plymouth.

To create a food policy council rooted in equity and inclusion, we partnered with the YWCA of Southeastern MA to develop a Food Equity Training that will be used as a guide and resource for our CAB and SFPC members-at-large. (Click the video to the right for a short sample of the training). Similar to food systems, food justice issues are complex. Structural racism has negatively impacted policies, access, and participation in the food system for far too long. Understanding and centering these issues is critical to building a resilient, regional food system that benefits everyone. As we solidify working groups and priority issues, participation in the Food Equity Training will be a requirement for all new SFPC members that engage with us in this work. [<<< Click here to read the full newsletter text >>>](#)



SlowTools comes on board as our newest fiscal sponsorship

Back in October of last year we had the great fortune of taking on a new fiscal sponsorship into our Greenhouse Initiatives family. The **SlowTools** organization works with high school and college students, as well as professionals, to develop practical skills through a pedagogy of design and engineering for real world applications. SlowTools fosters cooperative learning ventures with students, farmers, designers, and engineers to develop prototypes for sustainable regenerative agriculture.



Their mission includes the need to provide nutritious food and soil, clean water and energy, environmental and human health, and cultural democracy and security. They believe these goals are best achieved locally, basic local needs. To find out more about this innovative and creative group of folks, [click here](#).



shaws
WE GET A \$1 DONATION
 For every \$2.50 GIVE BACK WHERE IT COUNTS sold at Shaw's in Wareham in February!
 Learn more at shaws.bags4mycause.com



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