

Happy summer to all of our ardent supporters and steadfast collaborators. We've waited a long time for this season as it blankets us in warmth, light, and increased activity. It's also the time of year for the release of our FY'21 Annual Report. Our recap of fiscal year 2021 (October 2020-September 2021) is chock full of great accomplishments; achieved with your unwavering loyalty and belief in our mission - that food and nutrition security, at the core of our many initiatives, energizes the principle that a just, equitable, and robust food system is the cornerstone of civil society.



In case you missed the print version, here is a [link](#) to the publication online that you can peruse at your leisure. If you would prefer to receive a printed copy, please let us know and we will gladly send one your way.



**The BioMed Approach to Hormone Health**

*by Lauren Slater, APRN, BioMed Center New England*

Biological Medicine providers work with patients to bring their bodies back into balance. When in balance, the human body easily adapts and responds to our internal and external environments to maintain the optimal expression of health.

Hormones play vital roles in our overall health and wellness as key communicators in the body. They convey messages to the body's many systems, generating cascades of internal events that dictate the body's response to its internal and external environment. While sex hormones like estrogen, progesterone, and testosterone, are well known, the body has many other hormones, like those produced by the thyroid gland, insulin produced by the pancreas, growth hormones produced by the liver, and stress hormones, including cortisol, produced by the adrenal glands. [<<< Click here to read the full newsletter text >>>](#)



[Click here to register for our July 5th BioBites event](#)

**"What's Growin' On?" June updates from Grow Education**

*by Adam Davenport, Grow Education Program Manager*



June was an abundant month for Grow Education. Students had several opportunities to get into the gardens to participate in a 'seed-to-fork' experience. For the majority of our students, this was the first time they had the opportunity to participate fully in the process of growing vegetables. Students worked alongside us as we planted seeds, monitored and



observed their growth, and ultimately harvested the bounty. Before school closed for summer break, we had a blast harvesting full beds of lettuce and radishes. Students assisted in the cleaning, spinning, and chopping of veggies as we collectively prepared the freshest salad they'd ever tried! [<<< Click here to read the full newsletter text >>>](#)

**Advocacy Success and Legislative Advocacy Training on July 7 at 12 noon**

*by Christine Smith, Southcoast Food Policy Council Program Manager*



Working collaboratively with other state NGOs, we have had some successes this year in our advocacy efforts. Through letters of support and written testimony, we have responded to the following pieces of legislation.

- H.686/S.349 to create a permanent Farm to School Grant Program. While we were unsuccessful in establishing a permanent program, we did get \$1M from COVID Recovery Funds to seed the grant program;
- S.502/H.860 to establish a commission to study equity in agriculture. Legislators asked for an extension for more time to study the bill, it will likely not leave the committee this session;
- H.3991 to codify Integrated Pest Management into public plans – passed favorably out of the House;
- H.926 limiting harmful pesticides on school grounds and places where professional landscapers' work - passed favorably out of the House.



From March through May, we focused on advocating on the state budget as it pertains to the food system. [<<< Click here to read the full newsletter text >>>](#)

Interested in learning more about advocacy and how you can get involved? **Join us on July 7th from 12 noon to 1:30 pm for a virtual Advocacy Training.** Register here: <https://bit.ly/July7SFPCTraining>.



**Our Contact Information**

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