



### September is Hunger Action Month

The U.S. Bureau of Labor Statistics highlighted that as of March 2023, **groceries are 11.3% more expensive** than they were a year ago. Locally, the food pantry community is ringing the alarm that they are in crisis. In response, the Marion Institute's Southcoast Food Policy Council (SFPC) has reinstated its weekly emergency food access meetings, just like we did throughout the pandemic.

**SEPTEMBER is**  
*Hunger Action Month*



**Act NOW!**  
Become a SFPC Hunger Action Advocate!

[Click here to find out more!](#)

Our food pantry leaders are reporting an **increased demand for food**, while often running out of product before they have served all their guests. In March 2023, Project Bread disclosed that **19.2% of Massachusetts households are food insecure**. Food insecurity can look like skipping meals, not knowing where your next meal will come from, relying on less nutritious, inexpensive foods, or having to choose between buying food or paying bills. Food insecurity, or more accurately, nutrition insecurity is a hidden epidemic that affects 1 in 3 MA residents, with children being especially impacted.

### You Can Help!

Be a Southcoast Food Policy Council Hunger Action Advocate! [Click here](#) to find out ways you can take action and help.

### Get your tickets to Boogie

Don't miss your chance to take part in this uncommon event for a great cause - the date is fast approaching! On October 5th, we invite you to join us at **Boogie at the Bog** – a fundraiser to support our newest program, Frogfoot Farm - Neighbors feeding Neighbors, a farm-to-food relief program in partnership with the A.D. Makepeace Company.

A Local Food Social to Benefit Our Neighbors in Need

# Boogie

at the Bog

**Thursday, October 5th**  
5 to 8pm (Rain or Shine)

[CLICK FOR TICKETS AND MORE INFO!](#)


MARION INSTITUTE A fundraiser for Frogfoot Farm - Neighbors feeding Neighbors. A farm-to-food relief program of The Marion Institute and A.D. Makepeace Company. A.D. MAKEPEACE *Laughter by nature*

This new, annual event features a unique cocktail hour in a bog of floating cranberries - waders will be provided, followed by a mix of local fare with live music featuring [Putnam Murdock](#) and dancing. All proceeds will benefit **Frogfoot Farm**. Click [here to register](#) and learn more!

**Tickets are \$175 and limited**, so make sure to get yours today! Sponsorship opportunities are still available. Please contact Christy Mach Dubé, Director of Engagement at (508)748-0816 x118 or [email](#).

### Sign up for our upcoming BioBites on October 3rd

While breast self-examination remains an important early detection tool, approximately 300,000 women will be diagnosed with breast cancer this year. All-in-all, more than 3.8 million women have a history of breast cancer in the United States and breast cancer remains the most common cancer in the world. Besides a monthly self-exam, are there other proactive measures that can be done to keep the breasts healthy? Moreover, how does overall health affect breast health?



## BioBites

a virtual house call for your health and wellness

### Beyond Self-Examination: *The Importance of Natural Breast Health*

MARION INSTITUTE Tuesday, October 3rd, 12 noon ET with Jillian VanNostrand, RN

[Click here to register for our October 3rd BioBites Event](#)



#### Our Contact Information

\*[[Organization Name]]\*  
\*[[Organization Address]]\*  
\*[[Organization Phone]]\*  
\*[[Organization Website]]\*

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