

THANK YOU!

Thank you to all who supported this year's Inaugural Boogie at the Bog event! Together, we helped raise critical funding to benefit **Frogfoot Farm: Neighbors Feeding Neighbors**, which will grow, farm, and harvest food for individuals and families experiencing hunger – or food insecurity as it is also called – across Southeastern MA (Bristol, Plymouth, and Norfolk counties).



Food insecurity is defined as not knowing where your next meal is coming from, which is a very textbook definition. **In the United States, and in our region, hunger is prevalent and it is hidden.** It may not look like what you expect. In fact, it may look like caregivers skipping meals so that their children have enough food to eat, and obesity because families have to rely on inexpensive, highly processed foods.

Food pantries have always struggled to source more than the shelf-stable foods that the health-conscious among us try to avoid. While these foods fill bellies, they aren't optimal for good health. **All produce grown and harvested through Frogfoot Farm operations will go to area food pantries!** We welcome you to [learn more](#) about this meaningful work, to consider contributing to Frogfoot Farm's foundational needs (i.e., pollinator hedging, greenhouse, fencing, etc.) [here](#), and to become a part of the Frogfoot community by [registering](#) to volunteer out on the farm.

We are so grateful for Mother Nature's great weather the night of the Boogie and to our lead partner **A.D. Makepeace Company** for helping our Marion Institute team orchestrate such a wonderful evening for all.

Attend the Virtual Food Summit 2023

The Office of Senator Mark Montigny and The Marion Institute invite you to join the **2023 Virtual Food Summit: Food Recovery and Food Waste and Its Impact on Climate Change** on **Wednesday, October 25, from 6:30 to 8 pm.**



Our keynote speaker, **Lana Suarez**, *Associate Manager from the Environmental Protection Agency's (EPA) Sustainable Management of Food program*, will share how food recovery and waste critically impact our climate and food insecurity.

Our emcee, **Christine Beling**, *Project Engineer, also from the EPA's Sustainable Materials Management program*, will guide our panel of experts through a discussion. Using the [EPA's Food Recovery Hierarchy](#), panelists will share their perspectives on challenges to food waste and recovery, how their work influences the climate, and what people can do in the face of the increasing need for food and the urgency to mitigate harmful environmental impacts.

[Click here to register!](#)

Our next BioBites is on November 7th

According to the Center for Disease Control, depression, anxiety, substance use, and suicide are on the rise with more than 37% of adolescents ages 12 – 17 reporting persistent feelings of sadness and hopelessness in 2018 and 2019. And among children ages 3 – 17, those diagnosed with anxiety grew by one-third between 2016 and 2020.

The Reconnect 2 Empower Method, or R2E was developed by Dr. Viktor Paul Giangrasso, a licensed physical therapist, author, and 30-year survivor of depression. It was through his own personal journey of healing himself that he developed the R2E method.



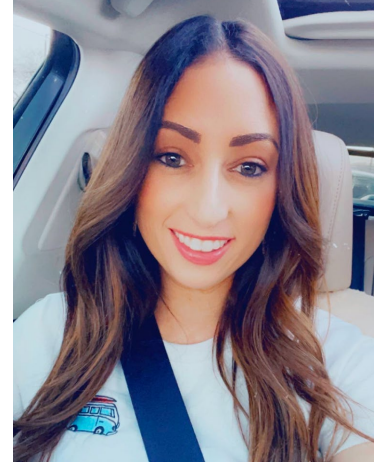
[Click here to register for our November 7th BioBites Event](#)

FoodCorps members now in place for academic year



We are so excited to introduce our amazing, new FoodCorps Service Members whom are already working hard to support Grow Education's curriculum for the 2023-24 academic year! With the program expanding from all New Bedford elementary schools out to Westport, Wareham, and now Marion's Sippican Elementary School, they certainly have their work cut out for them!

Andrea Watkins – Andrea was born in Taunton MA and raised in Freetown MA. She graduated in 2007 from old colony RVTHS in the culinary arts program. After high school, Andrea traveled around the country to follow her dream of becoming a Flight Attendant. Following 7 years as a Flight attendant having lived in California, Minnesota, Texas, and Las Vegas and becoming a mother, Andrea moved back home to the south coast of Massachusetts. Andrea encourages her son to try new food whenever the opportunity presents itself, and enjoys cooking new recipes at home. She is excited to share her



knowledge about cooking and food as well as expand her experience in the garden working alongside students and teachers this year.



Hazel Kent – Hazel Kent is a recent graduate from the University of Texas at Austin with bachelor's degrees in sociology and theatre design. There, she served as media director for Students Fighting Climate Change, an organization advocating for UT's divestment from fossil fuels. Upon graduation, she traveled to the San Juan Islands to hone her gardening skills through World Wide Opportunities in Organic Farming. Hazel now joins the Marion Institute as a FoodCorps member in implementation of the Grow Education program, where she provides garden lessons and maintenance in New Bedford's

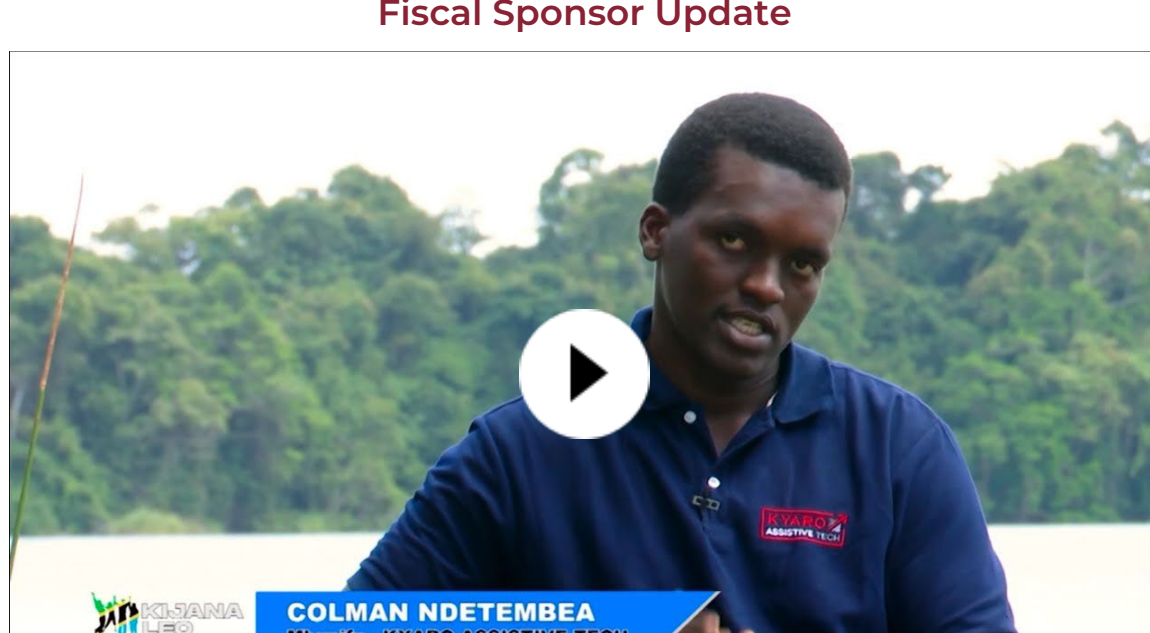
public schools. A lifelong lover of culture, art and learning, Hazel's work in spreading nature's word is informed by her upbringing in the world of ranching and conservation between Texas and western New York.

Paul Costa – Paul is married and the father of two adult boys. He has a background in Pest Control Management, Foodservice Sales, Restaurant Management, and cooking. Paul enjoys gardening, cooking, hiking, and biking.

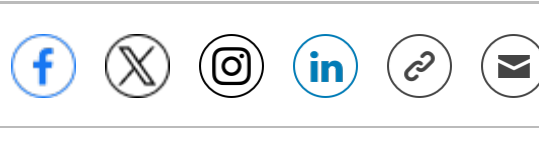


Please join us in welcoming them on board!

Fiscal Sponsor Update



The Marion Institute is proud to support the work of our Greenhouse Initiatives – the successful social change organizations we provide fiscal sponsorship and administrative backing for. Here is a great video update from one of our most recent members, [Kyaro Assistive Tech](#). The organization works to design, manufacture, and deliver personalized assistive devices that allow people with disabilities to connect with the spaces around them in Tanzania, Africa. The video showcases a few Kyaro assistive device users and speaks about their journey towards achieving an inclusive and accessible community there. It's well worth the watch - check it out!



Our Contact Information

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

{{Unsubscribe}}