

## NOVEMBER 2023 | MARION INSTITUTE NEWSLETTER

Dear \*{{First Name}}\*

Welcome to the **Season of Thanks**! As our families gear up for the upcoming Thanksgiving holiday, the Marion Institute wants to remind you that eating local is possible year-round and not just in the summer months! As you go about gathering items to make your celebration memorable, remember to think about our local food producers and how important it is to keep an eating local vibe going all year long!

market using <u>SEMAP's Buy Local Guide</u>. Buy fish utilizing a list of fishmongers from the New Bedford Fishing Heritage Center and buy locally processed meat from Meatworks in Westport, MA. You can also buy local food from agricultural farmers, livestock farmers, and fisheries by shopping online at Coastal Foodshed and have food conveniently delivered to you - now that's something to be thankful for! Need some more inspiration to eat local? Here are 12 reasons why doing so can be a

You can learn what's in season and then go shopping at your closest farmer's

major benefit to the communities we live in. (Clicking on each tile will reveal more info.)













WORKING CONDITIONS **OCEANS** 

COMMUNITY



SAFER CONSUMPTION

SOCIAL RESPONSIBILITY

# It's time to **Reset!** The start of the new year is a great time to introduce small

Our 21-Day Reset makes its return for 2024 in January

changes to your daily routine that can lead to significant improvements in overall health and immune function. Join us for our third annual **21-Day Reset** and discover how basic lifestyle changes

can bring you into alignment and closer to personal wellbeing with the "Natural Laws to Live By." Click the link below for more info and to register!



Join us on December 5th for our next BioBites If you have trouble sleeping, are feeling anxious, suffer from frequent headaches, or

#### experience heart palpitations, you might be affected by unseen electromagnetic frequency (EMF) radiation from wireless technology.

The result of this ubiquitous wireless tech is that both children and adults are now presenting with symptoms ranging from headaches, nausea, anxiety, depression,

sleep disorders and behavior issues, to cancers, heart problems, chronic illnesses,

DNA mutations and infertility. The good news is that there are many safe ways to engage with tech in which informed citizens can feel empowered and protected in the face of increasing radiation levels. Sign up for BioBites and find out how. virtual house call for



Happy fall! Our Grow Education farm-to-school program has expanded to new school districts, our team is growing, and we continue to build meaningful partnerships across the



programming. Students participated in workshops throughout the late spring and by the end of the school year, all the gardens were overflowing with produce. **Jenn**, one of our former FoodCorps service members,

Southcoast to connect students and teachers to our food

This summer marked the first time that all 19 New Bedford

and Westport elementary schools completed a full year of

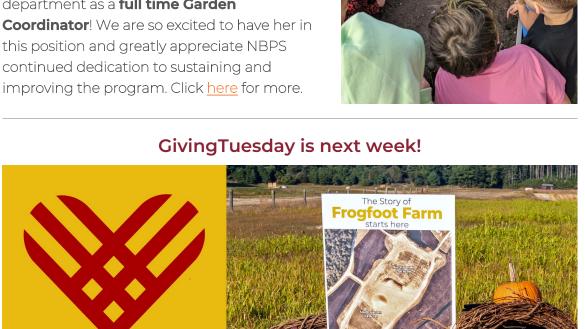
this position and greatly appreciate NBPS continued dedication to sustaining and improving the program. Click here for more. GivingTuesday is next week!

department as a full time Garden

FROGFOOT FARM

thank you from the bottom of our hearts!

system.



## #GivingTuesday November 28, 2023

This year **#GivingTuesday** is on Nov. 28th and we are asking our community to support our newest program, Frogfoot Farm - Neighbors Feeding Neighbors! 1 in 3 residents in Southeastern MA is food insecure, and despite their best efforts, food pantries often struggle to source more than shelf-stable foods. Frogfoot Farm – Neighbors Feeding Neighbors will aim to change that by growing and harvesting fresh produce for our regional food relief system. You can be a part of this fantastic initiative by helping us bring Frogfoot Farm -**Neighbors Feeding Neighbors** into successful production. Please consider making

a <u>monetary donation</u> or signing up to volunteer <u>here</u>. To those of you who attended our recent Boogie at the Bog fundraising event for the farm and already gave, we

Save the Date! Light your inner fire! Join us on **Saturday, January 27th**, from 11:00 a.m. until 3:00 p.m. for a mind-body healing experience like no other. We will gather at the beautiful Buzzards Bay Coalition's Onset Bay Center for a deep dive into the fundamental principles of the Wim Hof Method®, including guided breathing exercises, reflection time, and a plunge into Onset Bay!

### approach and its strong scientific foundation. It's a practical way to become happier, healthier, and stronger. Peak Flow Breathwork founder, Dr. Rob Williams, a Level-2 five-star certified Wim Hof Method® instructor, will lead the event.

The popular Wim Hof Method® can be defined by its simple, easy-to-apply

health using the Wim Hof Method® Saturday, Jan. 27th | 11:00am - 3:00pm Onset Bay Center | 186 Onset Ave, Onset, MA TICKETS: \$175

















\*{{Unsubscribe}}\*

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