



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!

You can learn what's in season and then go shopping at your closest farmer's market using SEMAP's Buy Local Guide. Buy fish utilizing a list of fishmongers from the New Bedford Fishing Heritage Center and buy locally processed meat from Meatworks in Westport, MA.

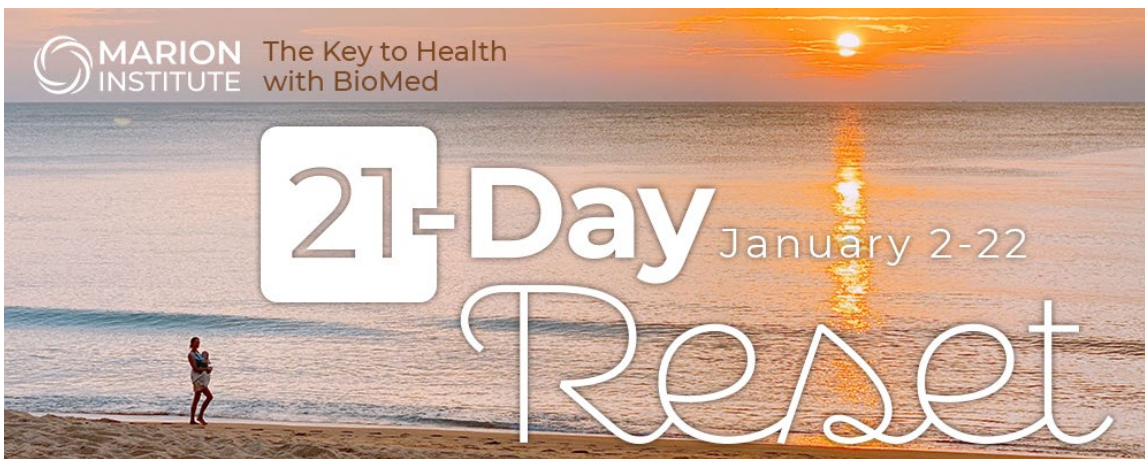
Need some more inspiration to eat local? Here are 12 reasons why doing so can be a major benefit to the communities we live in. (Clicking on each tile will reveal more info.)



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

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



Register for 21-Day Reset 2024

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.



Click here to register for our December 5th BioBites Event

What's Growin' On: Fall Updates from Grow Education



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 Southcoast to connect students and teachers to our food system.

GROW EDUCATION

This summer marked the first time that all 19 New Bedford and Westport elementary schools completed a full year of 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, stayed on to maintain the gardens over the summer and has now been hired by New Bedford Public School's (NBPS) food service department as a full time Garden Coordinator!



GivingTuesday is next week!



This year #GivingTuesday is on Nov. 28th and we are asking our community to support our newest program, Frogfoot Farm - Neighbors Feeding Neighbors!

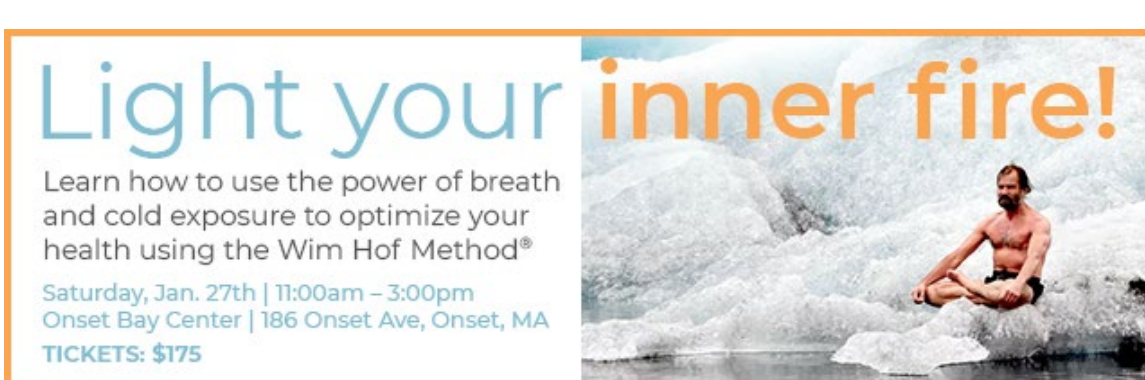
1 in 3 residents in Southeastern MA is food insecure, and despite their best efforts, food pantries often struggle to source more than shelf-stable foods. Frogfoot Farm - Neighbors Feeding Neighbors will aim to change that by growing and harvesting fresh produce for our regional food relief system.

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 monetary donation or signing up to volunteer here.

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.

The popular Wim Hof Method can be defined by its simple, easy-to-apply approach and its strong scientific foundation. It's a practical way to become happier, healthier, and stronger.



Click here for more info and tickets



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