

LOVE IS IN THE EXTRAS

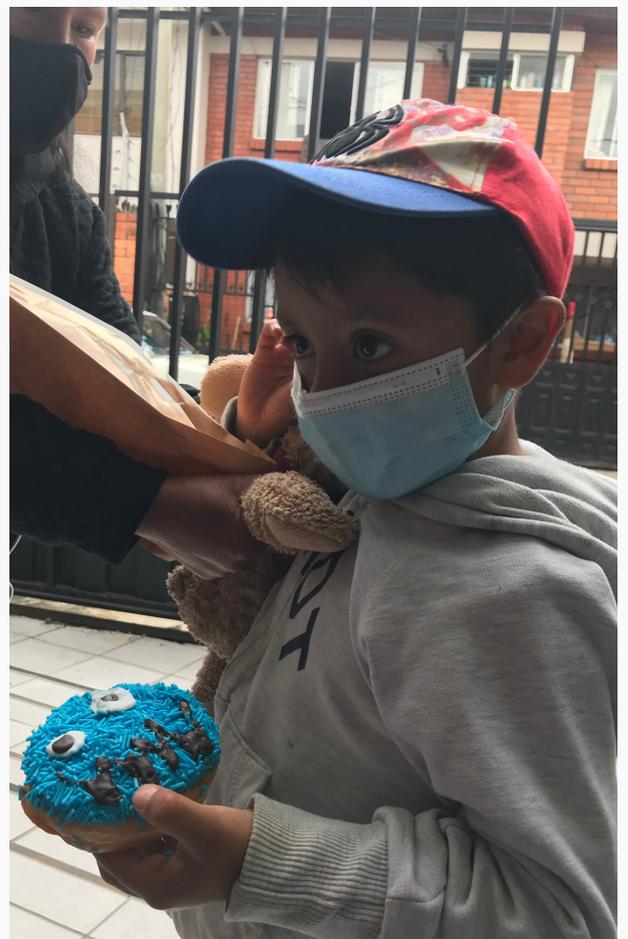


Local Businesses Provide Bagels, Donuts, Joy

It is hard to be unable to afford to feed your children adequately, let alone provide them with the little extras of life. The beneficiaries at the *Cuenca Soup Kitchen* are lucky in that *Dunkin' Donuts* and *Matthew's Bagels* provide them with much appreciated treats.

Each of these businesses provide product that would otherwise go to waste to CSK for distribution. This means that along with the most basic necessities for survival (rice, beans, grains, eggs, and fresh produce), these families get to look forward to a little something extra, a treat, a gift.

The littlest things truly make a huge and lasting impact. Thank you to *Dunkin' Donuts* and *Matthew's Bagels* for bringing joy and dignity to these families.



Impacts of Child Malnutrition: Death, Brain Development, Economics

The goal of the *Cuenca Soup Kitchen* is to provide a hand up to individuals and families in need through the distribution of food. *St. Christopher's Mission* has recently joined us with a monthly contribution towards milk which will be used for our most vulnerable beneficiaries; children and pregnant women.

For decades Ecuador has been working to tackle malnutrition along with the related problems of:

- stunting
- wasting
- undernutrition

These problems have been magnified by COVID-19.

Prior to 2020, 30% of Ecuador's population was affected by malnutrition. In fact, in a comparison of 24 Latin American countries, Ecuador is second only to Guatemala in terms of stunting in children under five.

The consequences of malnutrition include:

- death
- low birthweight
- developmental difficulties.

The effects translate into economic costs for the whole of society.

To contribute to this effort, become a monthly supporter by clicking the DONATE button below.



Cari Serrano, social worker with *Hearts of Gold*, talks with CSK beneficiary

Volunteer Spotlight: The Beesley Family



The Beesleys, a family of five from Anchorage, Alaska, came to Cuenca in July 2021 with plans to immerse themselves for a year in Spanish and Ecuadorian culture. In 2004 Susan and Nick spent a year traveling around South America as backpackers and they wanted to return. They love the mountains, the people, and the culture. Susan started studying Spanish in middle school and always wished that she had learned earlier and from a more immersive experience. The Beesley's decision to spend time in Cuenca has given their children, Sam 13, Locke 10, Robin 7, that opportunity.

They will return to Alaska in July 2022 because they miss their community, their professional pursuits, their dog, and skiing. Susan is a pediatrician who has had a primary care practice for 12 years and will be transitioning into a practice focused on pediatric behavioral health. Nick is a pilot and a writer. They have traveled widely around Ecuador and have loved exploring the diversity and natural beauty of Ecuador.

While here, Susan is working on an educational seminar for mothers and daughters dealing with hygiene and sexuality to be presented in conjunction with CSK and HoG.

JOIN NOW

BIRTHDAY ABUELITAS

cakes and gifts for children on their special day

KNITTING CIRCLE

hat, scarf, and blanket drive

MONTHLY DONORS

support a family for \$25 a month

we rise by lifting others

Robert Ingersoll

thanks for lifting others with us



You are the first step in their success stories

*giving \$25 per month
supports a family with food kits for a month*

Bank Transfer (Ecuador only):

Hearts of Gold, Cuenta de ahorros JEP
Account number: 406079928700
RUC number: 0190395251001

PayPal

jeffrey@jlsdesigns.net

Online (tax deductible donations):

cuencasoupkitchen.org

Thank you for making all of this possible!

Des Dizney, Bill O'Brien, and Smith
Directors, Cuenca Soup Kitchen



in partnership with

