

VOLUNTEERS TOUCH THE FUTURE!

cuencasoupkitchen.org



CSK Volunteers Feed, Educate, Clothe, and Celebrate!

Cuenca Soup Kitchen's volunteers touch the future every day - and every day they make the future better. How?

- **Food Kits:** addressing the immediate needs of the hungry
- **HeartStrings:** providing warm clothing and blankets
- **Hygiene Team:** providing reusable, biodegradable hygiene products as well as reproductive education
- **Birthday Abuelitas:** celebrating every child

April is volunteer month so read on to get an idea of just how CSK volunteers touch the future through these programs!

Food Kit Program



Above: A few of the 100s of beneficiaries who are helped by CSK.

Left: Barbara Curry, Food Kit Project coordinator and Volunteer Coordinator

Food is at the core of everything CSK does and Barbara Curry honors that. She makes sure that CSK is fully staffed to assemble hundreds of food kits, hundreds of vegetable kits, as well as to pack hundreds of egg cartons. She makes sure that we have enough people for distribution day as well. It is in large part due to Barbara that CSK has been voted best volunteer organization by the GringoPost for the last two years.

Barbara also helps to coordinate programs, publicity, and fundraising.

If you would like information or to schedule a tour of CSK, please email CSK at: info@cuencasoupkitchen.org.



Birthday Abuelitas



Above: *One of the hundreds of beautiful birthday children sponsored by CSK's Birthday Abuelitas*

Right: *Vicki Spitzach, Birthday Abuelita Project coordinator*



Celebrating children and helping to keep family bonds strong during trying times is one of the most important jobs that CSK takes on. Because our beneficiaries cannot afford to celebrate their children's birthdays, Vicki makes sure that each child has an abuelita or abuelito (yes, we do have men who participate!) to provide a gift and a cake to be shared with the family at home. The children's smiles are filled with anticipation and their parents smiles are filled with appreciation.

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HeartStrings Knitting Circle



Above: Some of the hundreds of pieces made and donated by HeartStrings members

Right: Pam Kaperick, HeartStrings Project Coordinator



Most of the Cuenca Soup Kitchen's beneficiaries have multiple vulnerabilities. Many lack warm clothing for themselves and their children and this is where Pam and the HeartStrings group steps in. In addition to creating clothing for children, they also create layettes for newborns, lap robes for the elderly, and soft hats for cancer patients.

Pam coordinates weekly get togethers for knitters and crocheters of all levels, including those who have no experience. This group is happy to teach and share ideas. In addition, Pam maintains a "lending library" of many types of needles. She is also happy to get new members started with donated yarn.

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Hygiene Team



Above: Some of the hundreds of pieces made and donated by HeartStrings members

Right: Jeri Dwyer, Hygiene Team Project coordinator



The planet cannot carry more waste and CSK beneficiaries cannot afford to buy diapers and feminine hygiene products. There are innovative solutions and Jeri Dwyer is spearheading CSK's investment in these solutions.

CSK is saving thousands of dollars and significantly reducing our impact on landfills by investing in reusable/biodegradable diapers and feminine products. Jeri also coordinates with physicians to provide reproductive education to CSK beneficiaries.

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PROJECT: PEOPLE AND THE PLANET

CSK's innovative solution



New beneficiaries bring new opportunity for positive impact.

The planet cannot carry more waste and CSK beneficiaries cannot afford to buy diapers and feminine hygiene products. There are innovative solutions and CSK is investing in them.

CSK is saving thousands of dollars and significantly reducing our impact on landfills by investing in reusable/biodegradable diapers from Gelwear, an Ecuadorian company.

Hygiene kits cost \$30, last 5 years, and contain reusable pads, panties, and a carry bag. Kits save \$240 per woman every five years and keep 1,450 pads out of landfills. Access to hygiene kits keeps girls at school and women at work according to the World Health Organization. Our kits are distributed in reproductive health and contraception workshops led by Dr. Maité Depreeuw.

Diaper kits cost \$100, last two to three years, contain 2 shells and 12 pads, save \$2,500 per child, and keep 7,000 diapers per child out of landfills! Gelwear diapers biodegrade 100 times faster than disposable diapers.

Long-lasting eco-friendly diapers and hygiene products produced in Ecuador, provide a win, win, win by investing in the future of our planet, the health of our neighbors, as well as the local economy.

EVENTS & OPPORTUNITIES:

MOVIE FUN DAY!

Guardians of the Galaxy, Vol. 3, Saturday May 13th
at 10:30 am at Millennium Mall
tickets \$7.50 at Sunrise Cafe
Friday, May 5th & Friday May 12th from 9 to 11 am
OR
email cuencacarshare@gmail.com

PROJECT: PEOPLE & THE PLANET

Join the party at La Yunta, June 3, 4:30 - 6:30
and be part of this innovative solution

Bring your friends and have some fun!

Dinner, Cash Bar, & Live Music with Trio NoAn!

raffle packages . photo exhibit . sponsorships

tickets - info@cuencasoupkitchen.org - \$25

we rise by lifting others

Robert Ingersoll

thanks for lifting others with us



info@cuencasoupkitchen.org

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

please inform us (info@cuencasoupkitchen.org) if you use this option

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

