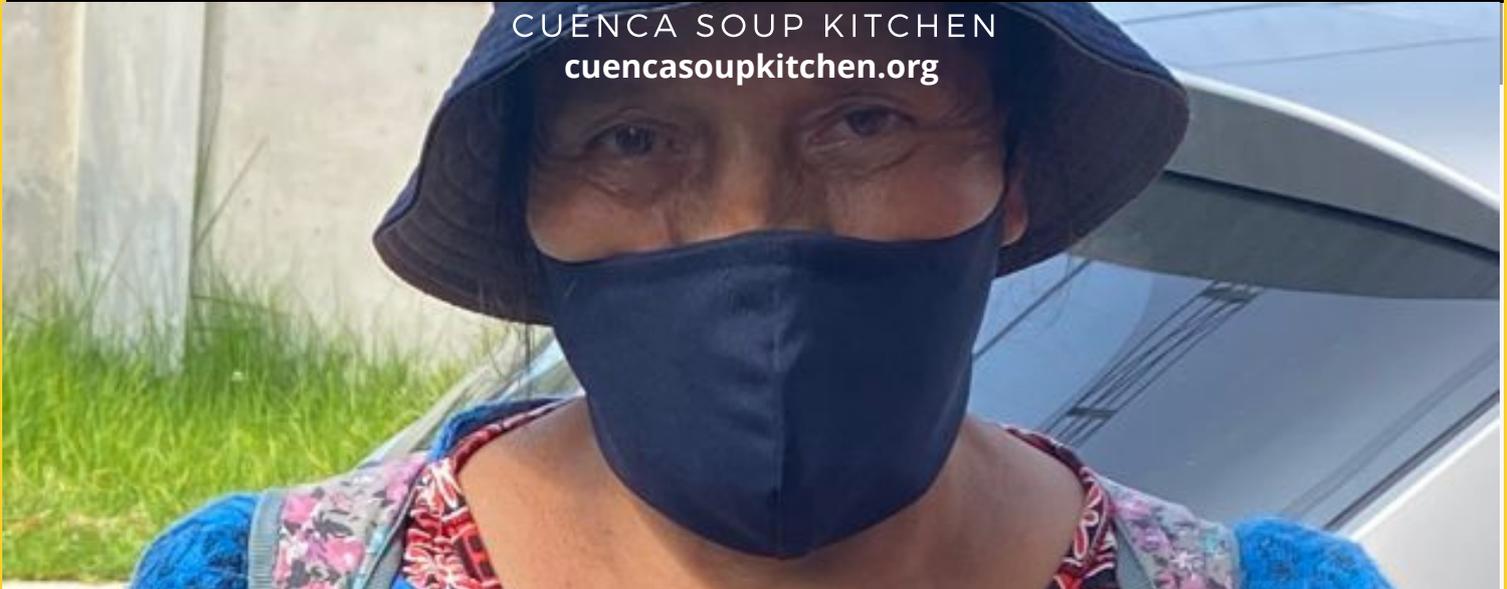


## SUCCESSFUL ENDINGS START WITH FOOD



### You Gave Alejandrina a Hand Up

The *Cuenca Soup Kitchen's* primary focus is proving stability to disadvantaged families in Cuenca and its surrounding areas. Our initial focal-point is meeting physiological needs (food and clothing).

In addition, all children are required to attend school and *Hearts of Gold* provides CSK beneficiaries with life-changing opportunities such as psychological therapy, self esteem workshops, medical referrals, and more.

The success of this approach means that this month, ten of our 175 beneficiary families are leaving our program and ten of the 300 families on our waiting list are transitioning in.

With your support we will continue to transform lives.

Alejandrina's testimony is an example of the power of your contributions.

**Alejandrina's Testimony:** *I want to thank the foundation, all the volunteers and all the gringuitos for supporting me with food during all these months. It was difficult for me to get a job because I am an older woman, because I am already 50 years old, and I do not have a degree. Because of the pandemic everything was complicated for me. Thanks to you I have been able to feed my children, we have not been hungry. thanks to you, you have also helped me with psychological therapy and I have been able to overcome my sadness. Thanks for all the support. You have always been good to me. Thank you because today I feel strong and that is thanks to you.*

## Hygiene, Health, and Education

One of our missions is to improve hygiene and health throughout our community. Our first step, addressing reproductive hygiene, is an issue with far-reaching impacts. Most women and young girls in our program can't afford items for basic menstrual hygiene.

Our new initiative, providing reusable feminine hygiene products to girls and women in Cuenca, Ecuador, is designed as a bridge to information that provides far-reaching and positive impacts for these girls and women, including:

- How to improve school attendance
- How to increase awareness and knowledge regarding HIV/AIDS through proper menstrual hygiene

- How to empower young girls through access to reproductive and sexual health information.
- How to broaden our commitment to a healthier planet

Long term goals include reproduction and birth control workshops. In 2020 the *International Journal of Public Health* reported that eighteen percent of women and girls in Ecuador get pregnant between 12 and 19 years.

For more information on supporting brighter futures for girls and women, contact [cuencasoupkitchen.org](https://cuencasoupkitchen.org).

For monetary donations, use the donate button below.



Madelaine Barry and Elaine Haydon - constructing reusable hygiene products

**COMING SOON**

**DIAPER  
DRIVE**

hygiene products for children and adults

**KNITTING  
CIRCLE**

hat, scarf, and blanket drive

**ART  
AUCTION**

photographs and paintings by local artists

**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

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PayPal

**jeffrey@jlsdesigns.net**

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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

