



THE  
**CUENCA**  
**FOUNDATION**

FOOD FUELS FUTURES  
MARCH, 2025



## **TCF: Empowering Women and Families Through Food Security**

March marks International Women's Month, a time to reflect on the strides women have made and the challenges that still lie ahead. At The Cuenca Foundation (TCF), we recognize that while our mission serves all people in need, a significant portion of our beneficiaries are women. Statistically, women are more likely to experience food insecurity—an issue that deeply impacts their health, opportunities, and overall well-being.

“Accelerate Action,” the theme for 2025, is at the heart of what TCF does by addressing one of the root causes of inequality: access to food. For many women this is the first step toward lifting themselves and their families out of poverty. Alleviating food insecurity is the foundation for brighter futures.

Food is empowerment. Women with consistent access to food are better able to focus on their education, career aspirations, and family responsibilities, ultimately creating a ripple effect of positive change in their communities.

Together, we can create a world where women have the resources they need to thrive, and where food insecurity is no longer a barrier to success.



## **TCF EmpowerEd Program: Building a Future Through Language**

In a rapidly growing and increasingly touristic city, language acquisition is not just a skill—it's a key to opportunity. The Cuenca Foundation's EmpowerEd Program is dedicated to supporting English language learning, recognizing its importance in unlocking better job prospects and broader horizons. English proficiency is not only essential for entering the workforce but also a requirement for university admission, which can drastically change the trajectory of families' futures.

For many, the EmpowerEd Program provides a vital stepping stone towards higher education and better employment. It offers students the tools they need to succeed, helping them break down the language barrier and access opportunities that were previously out of reach. At TCF, we believe that language is empowerment, and by helping individuals learn English, we are laying the foundation for brighter, more stable futures.



## **Supporting Health & Hygiene: Empowering Women and Girls**

Health and hygiene are essential to daily life, yet, they are not accessible in many communities. The Cuenca Foundation's annual *People & the Planet* event (May 31st, 2025) raises funds to change this through education and the distribution of eco-friendly hygiene kits. A key focus is on feminine hygiene, with kits provided to mothers and daughters during workshops led by a female physician. These workshops offer a safe space to discuss sexual and reproductive health, including topics like menstruation and sexual abuse, which is often a difficult subject to broach. They also provide accurate information and the eco-friendly hygiene kits provide essential protection during menstrual cycles reducing school absenteeism for girls and creating more equitable educational opportunities.

Additionally, TCF distributes eco-friendly diaper kits to mothers, helping ensure that babies are cared for in a sustainable and healthy way. Through the workshops, families gain valuable insights into early childhood care, while also gaining access to necessary medical, psychological, and legal resources.

TCF is committed to fostering an environment where women and girls are not only educated about their health but are also empowered to seek the resources and support they need to thrive.

# EVENTS & OPPORTUNITIES:

## PEOPLE & THE PLANET!

*A Night of Dining, Dancing, Art, and FUN to  
Fund Sustainable Hygiene Solutions for Babies, Girls, and Women!*

Saturday May 31, 4:30

\$30

La Yunta

Dinner . Prizes Worth \$1,000s . Cash Bar  
Live Music . Fine Art Silent Auction . Dancing

Reserve at PayPal: [info@cuencafoundation.org](mailto:info@cuencafoundation.org)  
Please note "HYGIENE"

## HEARTSTRINGS

Knitting group creating  
warmth for those in need:

babies . new mothers . children . the elderly . the ill

Join us: Mondays, noon, La Yunta

## CELEBRATION!

Providing cakes and gifts for children on their special day

Join the party at [info@cuencafoundation.org](mailto:info@cuencafoundation.org)

**we rise by lifting others**

Robert Ingersoll



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