



THE
CUENCA
FOUNDATION

JUNE 2025

EMPOWERING COMMUNITY

In This Issue:

- Fresh Veggies, Real Impact
- Handmade Hats Shared With Love
- Gala Funds in Action

Fresh Veggies, Real Impact

Nourishing 1,000 Lives Every Month

The Cuenca Foundation distributes supplemental food kits to support approximately 1,000 people including families, the elderly, and individuals facing food insecurity. While staples like rice, beans, and eggs form the foundation of each kit, we know that fresh produce is essential to real nourishment.

That's why we go beyond the basics. Our kits always include vegetables selected for their nutritional value, availability, cost, and resilience. We regularly include potatoes, plantains, onions, and carrots—ingredients that are hearty and easy to store, cook, and enjoy.

The magic touch, though, comes from Diana, our "veggie lady." A dedicated community partner, Diana donates delicate, high-nutrient vegetables like kale, cilantro, and chard. These special items make a difference and are a welcome addition to what TCF provides. As Diana puts it, "This is my contribution. I'm part of the team."

All the produce is cultivated by a San Joaquín women's farming cooperative, ensuring that our food kits support local agriculture and female-led livelihoods. With your continued support, we're not just feeding people—we're nourishing minds, bodies, and futures.

A woman with long dark hair, wearing a maroon shirt and a patterned scarf, holds a baby. The baby is wearing a brown knitted hat with pom-poms and is eating a snack. In the background, another person in a pink shirt is visible, and there are various items on a table, including more knitted hats and a pink bag.

HeartStrings

500+ Handmade Hats Shared with Love

For the past four years, HeartStrings, a community initiative of The Cuenca Foundation, has been busy stitching together warmth, creativity, and care. This month, the group celebrated a milestone: over 500 handmade hats were distributed to beneficiaries of The Cuenca Foundation.

HeartStrings crafts from donated yarn and operates a lending library of knitting needles and crochet hooks so that anyone can join. Whether you're a seasoned crafter or a curious beginner, you're invited to be part of the fun.

The group meets every Monday at noon at La Yunta Restaurant, combining crafting with camaraderie (and a good meal).

Gala Funds In Action

**Dignity Through
Education & Hygiene**



The generosity shown during our Project People and the Planet Gala is already transforming lives through the distribution of diaper and feminine hygiene kits, paired with empowering, educational workshops.

Led by Dr. Maïté Depreeuw, these sessions create safe, respectful environments for learning and dialogue. This month, we hosted our mother and daughter sexual health seminar where participants have the opportunity to learn side by side and speak openly about important topics.

What made this session truly special was the presence of a father who attended in support of his daughter. With his wife undergoing cancer treatment and unable to attend, he stepped in to ensure his daughter had the support she needed.

The funds you helped raise are building knowledge, breaking taboos, and ensuring families can face challenges with confidence, dignity, and unity. These moments are only possible because of you.

Community Power

Businesses Rally for Hygiene & Dignity

Thanks to the generosity of our community, Project People and the Planet raises critical funds while building awareness about the importance of access to sustainable hygiene resources.

We are deeply grateful to the local champions who made it all possible:

Izhcayluma • JT's Bistro • Leonardo Durán •
Nómadas Bistró Cuenca • Solano Bistro
Uzhupud Garden • Kraft Wine Services • P
Squared Pan • Sunrise Cafe Cuenca • El
Club Del Queso • Ecuador USA Roses •
Tiesto's • Common Grounds Sports Bar &
Grill • La Yunta Restaurante • Cuenca Car
Share • Thai Lotus Restaurant Cuenca,
Ecuador • Artex Decoracion • J & J Travel
Cia Ltda. Agencia de Viajes • Xavier Torres
Agility • Cuenca Animal Clinic •
Clandestino's • Le Petit Jardín • Yasu • Juan
Fernando Garcia • Margo Manosalvas • Kim
Fiore • Body Balance • Lee's Hair Salon •
Cooking with Rey

EVENTS & OPPORTUNITIES

EMPOWERED

is back in action!

teacher training
curriculum planning
classroom preparation

Questions? info@cuencafoundation.org

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

we rise by lifting others

Robert Ingersoll



info@cuencafoundation.org