



*Daughters of Wisdom
United States Province
385 Ocean Avenue
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www.daughtersofwisdom.org*

October 2021

Dear Friends in Wisdom,

We are happy to share with you a new project! Sr. María Jesús Pinedo Aguilar is a member of our intercultural community in the parish of St. Hugh of Lincoln in Huntington Station, New York.

Sr. María Jesús has identified a need among the Hispanic immigrant women. As hardworking women, their hours are often long, and they come home to their families very tired. The task of preparing food can be burdensome and, we all know, it is easy to find prepared meals, low in nutrition and sometimes low in cost (though not always!).



This concern was brought to Sr. María Jesús, and she felt compelled to work for a solution. Being a practical woman, Sr. María Jesús designed a nutrition session with the overall objective of engaging the women in the knowledge and value of healthy eating. Following a healthy diet has many benefits including lowering risk of disease, achieving and maintaining a healthy weight, strengthening bones and supporting muscles to name a few.

The Pastor of St. Hugh of Lincoln Parish community (Fr. Robert Smith) has been very encouraging and supportive in welcoming the use of parish space for the sessions. Sr. María Jesús will promote and encourage the inclusion of quinoa in the recipes. Quinoa is a crop primarily used for its edible seeds that are rich in protein, dietary fiber, B vitamins and other minerals. It is an excellent substitute for many grains due to its high nutritional value.

As an introductory incentive, Sr. María Jesús will provide each woman with a bag of quinoa and nutrition brochures (in Spanish). The targeted number of women to reach is 200, but in small groups. We are asking your assistance with this *new* outreach ministry by helping to fund the printing of the brochures and the purchasing of the quinoa. Sr. María Jesús has found a distributor of quinoa who has agreed to provide the quinoa at a reasonable cost. The overall cost of this project is about \$4,500.

We value the interest and generosity of our donors in the mission of the Daughters of Wisdom and want to include you in this new venture.

Gratefully,

Sr. Catherine Sheehan, D.W.
Provincial Leader