

SERVING UP SISTERHOOD

Celebrating Global Flavors and Stories from Sisters Around the World



WOMEN FOR WOMEN
INTERNATIONAL

FROM OUR SISTERS TO **YOUR** **KITCHEN...**



Welcome to "Serving Up Sisterhood," a celebration of the flavours of home and the rich stories behind them. This unique recipe ebook brings together heartfelt tales and cherished recipes from refugees, internally displaced people (IDPs) and the women we serve. Through the preparation of dishes that evoke memories of their homeland, we offer a blend of culinary exploration and storytelling that fosters empathy, understanding, and connection.

Join us on this journey of flavours and stories, and discover how food can bring us all together.

FROM OUR SISTERS TO YOU

Afghanistan

Ashak

Bolani

Tandoori Cookie

Bosnia and Herzegovina

Baklava

DRC

Sweet Corn Fritters

Iraq

Tandor Bread

Kosovo

Sarma

Nigeria

Biski

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Dandanwake

Palestine

Traditional Hummus

Rwanda

Beans with Cassava

South Sudan

Salata Aswad de Zabad

Syria

Chickpea Fatthe

Maarouk



ASHAK

📍 Afghanistan

A traditional Afghan dumpling dish

“Ashak is one of the well-known traditional dishes of Afghanistan. Whenever it is prepared, there is a special joy as family and friends come together to cook this delicious dish.

- Programme Participant, Afghanistan



ASHAK

Ashak is a beloved Afghan dumpling dish, often served during special occasions and family gatherings, reflecting the rich culinary traditions of Afghanistan.

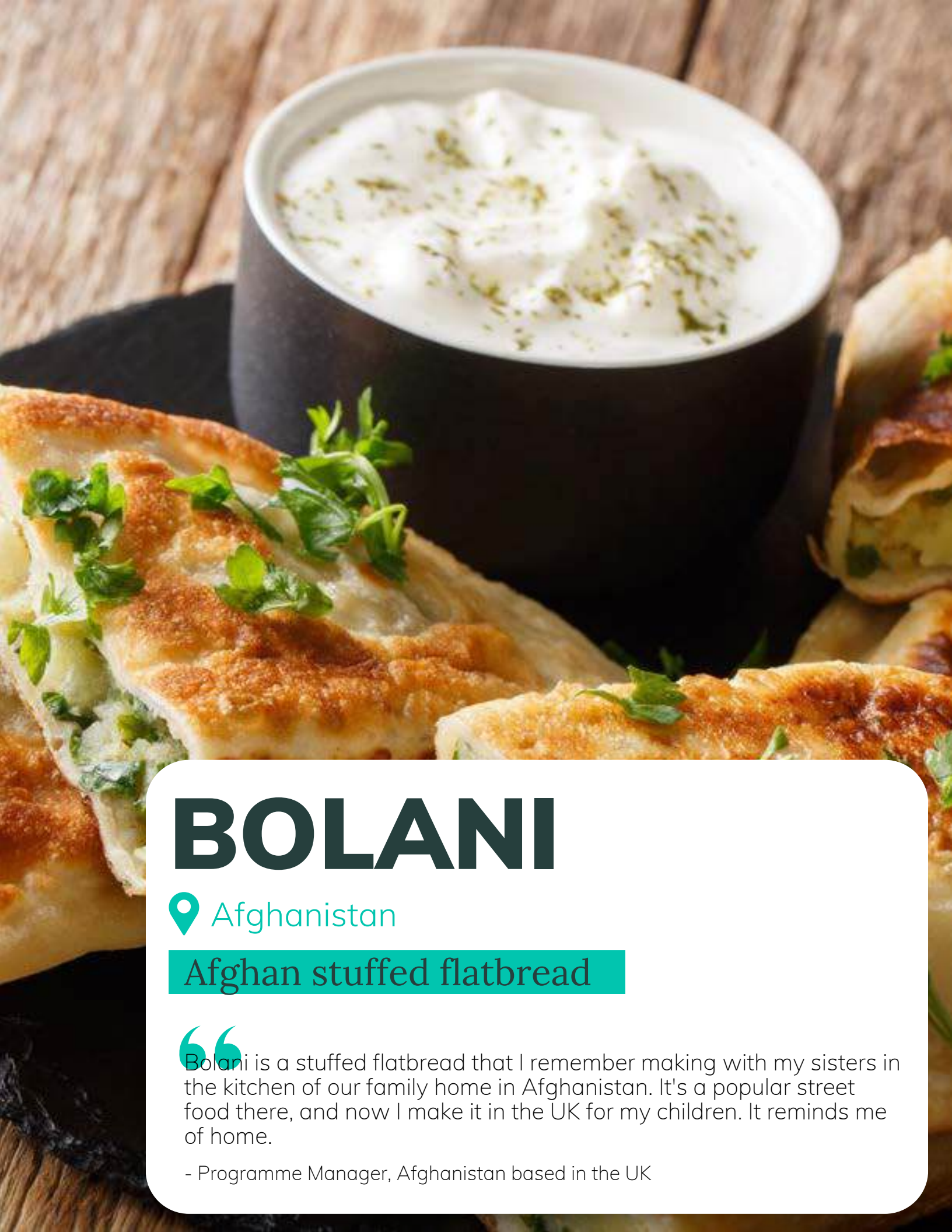


Ingredients:

- 2 cups all-purpose flour
- 1/2 cup water
- 1/2 tsp salt
- 2 cups finely chopped leeks
- 1 cup ground beef or lamb
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 cup plain yogurt
- 2 tbsp dried mint
- Salt and pepper to taste
- Olive oil

Directions:

1. Combine flour, water, and salt. Knead until smooth. Cover and let rest for 30 minutes.
2. Sauté leeks in olive oil until tender. Season with salt and pepper.
3. Cook ground meat with onions, garlic, coriander, and cumin. Season with salt and pepper.
4. Roll out dough thinly and cut into circles. Place a teaspoon of leek filling on each circle, fold, and seal.
5. Boil dumplings in salted water until they float.
6. Top with yogurt mixed with dried mint and meat sauce.



BOLANI

📍 Afghanistan

Afghan stuffed flatbread

“Bolani is a stuffed flatbread that I remember making with my sisters in the kitchen of our family home in Afghanistan. It's a popular street food there, and now I make it in the UK for my children. It reminds me of home.

- Programme Manager, Afghanistan based in the UK



BOLANI

Bolani is a traditional Ramadan food that makes a great addition to the iftar table.



Ingredients:

Dough

- 1 cup (240 mL)
- lukewarm water
- 1½ Tbsp (22 mL)
- vegetable oil
- 1½ tsp (9 g)
- salt
- ½ tsp active dry yeast
- 3 cups + 1 Tbsp (420 g)
- bread flour

Filling

- 2 large potatoes, peeled, cut into 1 cm cubes
- 6 stalks green onion, sliced †
- 1 cup (16 g)
- fresh cilantro, chopped
- 1 green chili pepper, minced
- 1 tsp (2 g) ground coriander
- 1 tsp (6 g)
- salt
- ½ tsp ground turmeric
- ½ tsp ground black pepper
- 2½ Tbsp (37 mL)
- vegetable oil, for frying



BOLANI



Directions:

1. In a large bowl, combine water, oil, salt, and yeast. Stir well.
2. Add the flour and mix thoroughly.
3. Knead the dough for a few minutes until it becomes soft and elastic. If the dough is too sticky, add a bit more flour. Cover the bowl with a damp cloth and let the dough rest for 30 minutes at room temperature.
4. While the dough rests, cook the potatoes in a large pot of boiling water for 15 minutes. Once fully cooked, drain and transfer the potatoes to a large bowl.
5. Add the green onion, cilantro, chili pepper, and spices to the bowl. Mash everything together using a fork or potato masher, leaving a few lumps if desired.
6. Divide the dough into 8 pieces and roll each piece into a ball. Dust each ball with flour.
7. Lightly flour your working surface. Roll each ball into a thin circle about 20-22 cm in diameter, similar to a tortilla. Aim for thinness without making it too fragile to handle.
8. Re-flour your working surface as needed. Spread $\frac{1}{3}$ cup of the potato filling over half of the rolled-out dough, leaving a $\frac{1}{2}$ inch (1 cm) border along the edge. Wet your fingers and moisten this edge on one half of the circle.
9. Fold the dough over the filling to create a half-moon shape. Press out any air bubbles and pinch the edges to seal the bolani.
10. Heat some oil in a large pan over medium-high heat. Once hot, add the bolani to the pan. Cook for 2-3 minutes on one side, brushing the top with oil using a silicone pastry brush.
11. When the bottom is golden, flip and cook the other side until golden. Transfer to a cooling rack.
12. Repeat with the remaining bolani.
13. Cut the bolani into triangles and serve with green chutney. Enjoy!



TANDOORI COOKIE

 Afghanistan

A sweet and delicious local food

“This food reminds us of the good past memories before the war and being displaced from our villages. My mother would join together with the women of our neighbors and with a passion and love in an atmosphere full of intimacy and they were happily preparing this food and we were all clapping and enjoying this delicious food together eating with green tea.

- Programme Participant, Afghanistan



TANDOORI COOKIE

Tandoori Kulcha is a sweet and delicious local food, prepared on most cultural and local occasions and fortunate events. The most important or special thing is the traditional way of cooking these cookies is that we cook with our loved ones with our family members, relatives, and neighbors.



Ingredients:

- 3 eggs
- 8 tbsp oil
- 250g sugar
- 1 tsp cardamom powder
- 2 tsp instant yeast
- salt
- 625g flour
- 170ml milk
- 1 tbsp baking powder
- A handful of sesame seeds
- A handful of black seeds

Directions:

1. Combine the milk, eggs, oil, instant yeast, sugar, cardamom powder, baking powder, little bit salt and flour together.
2. Mix very well until a proper dough is formed. Let rest for one hour.
3. Shape dough in the form of balls and design with knife.
4. Flatten the designed balls to look like cookies.
5. Place sesame seeds and black seeds are put on the top of the cookies
6. Then place cookies into the Tandoor, which is a a large vase-shaped oven, usually made of clay

BAKLAVA

📍 Bosnia and Herzegovina

Layers of crispy pastry with a walnut filling

“

That is the enormous strength that women have, especially in difficult situations. There are not enough supplies during the war. What to eat? What to cook? But my mother would prepare household magic for us.

Amela, Programme Graduate, Bosnia and Herzegovina





BAKLAVA

Baklava holds a special place in Bosnian culture, symbolizing tradition, celebration, and community. This rich and sweet pastry, made of layers of phyllo dough, nuts, and honey, is a staple of Bosnian cuisine, often served during festive occasions and family gatherings.



Ingredients:

- 1 package phyllo dough
- 2 cups chopped nuts
- 1 cup butter, melted
- 1 tsp cinnamon
- 1 cup honey
- 1 cup sugar
- 1 tsp vanilla extract
- 1 cup water

Directions:

1. Layer phyllo dough in a pan, brushing each sheet with melted butter.
2. Sprinkle layers with chopped nuts and cinnamon.
3. Repeat until all phyllo and nuts are used.
4. Bake at 350°F (175°C) for 30-35 minutes.
5. Boil honey, sugar, vanilla, and water. Pour over hot baklava.
6. Cool before serving.



SWEETCORN FRITTERS WITH PINEAPPLE SALSA

📍 Democratic Republic of the Congo

A sweet and savory dish

“Women for Women International taught me how to manage the stress in my life and I learned how to bake. Now I am in a food cooperative with 20 women and I am the vice president. We bake and sell our goods for profit.

-Christine, Programme Participant, DRC



SWEETCORN FRITTERS WITH PINEAPPLE SALSA

The Congolese used to be able to count on one substantial meal a day, but this is no longer the case. The lack of food is largely blamed on government neglect, as less than 1 per cent of the national budget goes to agriculture. It is not surprising, therefore, that less than 2 per cent of the land in the DRC is cultivated, and what is is mostly subsistence farming.

Directions:

1. In a bowl, mix the flour, baking powder and paprika with salt and pepper to taste.
2. Beat together the eggs and milk, then add gradually to the dry ingredients to form a smooth batter. Stir in the sweetcorn, spring onions or shallots, chopped herbs and chillies.
3. In a frying pan, heat a little vegetable oil. Add spoonfuls of batter into the pan in batches. Fry for 2-3 minutes per side.
4. Mix the ingredients for the salsa and serve with the cooked corn fritters, a spinach salad and a spoonful of sour cream.

Ingredients:

- 125g plain flour
- 1 teaspoon baking powder
- Pinch of paprika
- 120ml milk
- 200g canned sweetcorn kernels
- 50g spring onions or shallots, sliced
- 25g parsley, coriander or basil, chopped
- 1-2 hot red chillies, minced
- Vegetable oil, for frying
- Salt and black pepper

For the Pineapple salsa:

- 100g fresh pineapple, finely chopped
- 1 large red chilli, deseeded and finely chopped
- 1 teaspoon soft brown sugar
- 1 teaspoon soy sauce
- 1/2g coriander
- Juice of 1 lime, or to taste



TANOOR BREAD

 Iraq

A traditional Syrian and Iraqi recipe

“

I feel happy when making Tanoor bread because anytime I want bread, I can make it even if there is no electricity since it is made on a stove. Even during our living in the tents I was able to make a piece of bread and feed my children even though there was no food to provide, we were only relying on this Tannoor bread.

- Programme Participant, Iraq



TANOOR BREAD

The secret to good Tanoor Bread is mastering the dough. Learning to bake this bread helps participants enjoy the authentic taste of homemade bread and save money by not relying on commercial bread from the market.

Ingredients:

- 4 cups all-purpose flour
- 1 ½ tsp salt
- 2 tsp sugar
- 2 tsp active dry yeast
- 1 ½ cups warm water (110°F/45°C)
- 2 tbsp olive oil

Directions:

1. Mix warm water, sugar, and yeast. Let it sit until frothy.
2. Combine flour and salt. Add yeast mixture and olive oil. Knead until smooth.
3. Let dough rise until doubled, about 1-2 hours.
4. Divide dough into balls, roll into flat rounds.
5. Bake at highest oven temperature (500°F/260°C) for 4-5 minutes, or until golden.



SARMA

 Kosovo

A staple in any Kosovo home

“I learned so much in the cooking course and began to take part in different fairs and markets, selling what I was learning to make. There are so many vendors in the markets, but I have my own customers who come to the market for what I make and want to buy only from me. I have started my own small company and have hired other women to work with me and we work together to sell our food.

-Sylbije Programme Participant, Kosovo



SARMA

Kosovan fare is simple and hearty, mainly featuring meat with potatoes or rice. Due to the harsh climate, vegetables like cucumbers, tomatoes, cabbages, and peppers are seasonal and often canned. Beef, lamb, and chicken are common staples.



Ingredients:

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 14 large pickled cabbage or vine leaves
- 1/2 cup boiled rice
- 2 cups minced veal or beef
- Paprika, to taste
- Freshly ground black pepper

Directions:

1. Heat the vegetable oil and fry the onion until softened. Remove from the heat and add the rice, meat and seasoning, taking care not to add too much salt as the leaves are quite salty. Stir everything well until thoroughly combined.
2. Place a spoonful of the mixture into the center of each leaf, then wrap the edges of each leaf around to cover the mixture. Place in a pan, cover the surface with smaller leaves and pour in just enough water to cover. Bring to a gentle simmer and cook on a low heat for about 1 hour. (If you prefer, you can arrange the leaves in a roasting tin, bring to the boil on the hob and then cook in a preheated oven at 350°F for 30 minutes.



BISKI

📍 Nigeria

A dish from Northern Nigeria

“

I'm Harira Dauda from the Bununu community, WFWI programme group 35. Today, I'm excited to share with you the recipe for Biski, also known as Burabusco, and spinach soup.





BISKI

A traditional and nutritious Hausa dish from northern Nigeria.

Ingredients:

- Maize grits
- A mixture of ground tomatoes, pepper, and onions
- Spinach (washed and chopped)
- Sliced onions
- Palm oil
- Seasoning



Directions:

Let's start by preparing the Biski. First, boil water in a pot, then add the maize grits and close the pot. Stir the mixture occasionally until the grits are fully cooked and the water has been absorbed. Add a sprinkle of water, close the pot, and cook for a few more minutes (under medium heat).

Next, let's prepare the spinach soup. Heat palm oil in a pot, add sliced onions and fry until golden. Then, add the mixture of ground tomatoes, pepper, and onions and fry for a few minutes. Add a small amount of water, bring to a boil, and add seasoning. Finally, add chopped spinach and simmer for a few minutes until cooked.

And that's it! My Biski and spinach soup is ready to be served. Thank you for joining me on this culinary journey. Enjoy this delicious and nutritious Hausa traditional diet!



DAMBU

📍 Nigeria

A savory Nigerian delight

“Hello! My name is Maimuna Usman Altı Yau from the Mararaban Liman Katagum WFWI. Today, I'm excited to share with you the recipe for our traditional Hausa dish, DamBU.



DAMBU

A cherished culinary tradition in Nigerian culture, often enjoyed during festivals, family gatherings, and as a staple in everyday meals.



Ingredients:

- Fried groundnuts paste powder
- Groundnut oil
- Grounded pepper and onions
- Seasoning
- Sliced onions
- Moringa
- Maize grits

Directions:

First, I'll mix the maize grits with water in a bowl, then pour the mixture into a pot with a compatible pot cover. I'll add water to the bottom of the pot and let it steam for a few minutes. This will cook the maize grits to perfection.

Next, I'll add the ground pepper and onions, moringa, and seasoning to the pot and mix well. Then, I'll add sliced onions and mix again. After that, I'll add water to the bottom of the pot cover and replace the mixture, closing the pot and placing it on the fire for further steaming.

As the aroma fills the air, I'll remove the pot from the fire and transfer the DamBU to a bowl. Finally, I'll add fried groundnut paste powder and cooking oil, mixing everything.

And that's it! Our delicious DamBU is ready to be served.



DANDANWAKE

📍 Nigeria

Nigerian beans dumpling



Danwake is a northern Nigeria dish also known as beans dumplings. It is a very delicious and nutritious filling meal.

- Wheat flour or Beans flour.
- Baobab dry leaves powder.
- Potash.
- Groundnut oil, or preferred oil.
- Cayenne pepper.
- Season cubes and salt.

1. Sock the potash and allow it to melt.
2. Turn the flour into a bowl, add a little baobab leaf powder, add the potash water, and give it a good mix. (The mixture should not be watery or too thick)
3. In boiling water, cut your mixture into small size and allow it to cook for 10 minutes then turn it in a colander and let the water drain out.
4. Place your frying pan on the fire, turn your groundnut oil chop onions, and allow it to fry.
5. Pound the cayenne pepper with season and salt to taste.
6. Serve your Danwake, add fried groundnut oil, add your pepper to taste, and enjoy your Danwake.
7. Danwake can also be served with vegetables of your choice.



AUTHENTIC HUMMUS

 Palestine

A wonderful creamy vegan dip

“

My family's easy authentic hummus recipe comes together in just 10 minutes! It is one of the first recipes I ever learned in the kitchen with my mom.

-Heifa Odeh, Award-Winning Palestinian Food Blogger based in the US



AUTHENTIC HUMMUS

Palestinians traditionally do not add garlic to their hummus, which is common in Lebanese recipes. I've had both variations, and both are great! However, I opt out of putting garlic in my hummus to keep it true to my roots. Rather, we often top off hummus with a tatbeeleh (sauce) made with jalapenos, olive oil, garlic, and lemon juice.

Directions:

1. Drain chickpeas, reserving the liquid. Blend chickpeas (and optional garlic) until smooth.
2. Add salt, cumin, tahini, olive oil, lemon juice, and reserved liquid. Blend for 30 seconds, scraping sides as needed.
3. To make it more smooth, blend in an ice cube for 20 more seconds.
4. Garnish with parsley, olive oil, sumac, and jalapeno sauce.
5. To make the jalapeno garlic sauce, you would add the ingredients to a mini food processor and let it puree for a few seconds until fine and sauce-like.

Ingredients:

- 1 can Chickpeas (1.5 cups) see notes
- 1/2 large Fresh Lemon's Juice
- 3/4 tsp Salt
- 1/4 cup Reserved Chickpea Liquid, from the can
- 3 tbsp Tahini Paste
- 1 tbsp Olive oil
- 1/4 tsp Cumin
- 1 Ice cube recommended

For the Jalapeno Garlic Sauce Topping (Tatbeeleh or Da'at Filfil):

- 1/2 Jalapeno, roughly chopped
- 1 Small lemon's juice
- 2 tbsp Olive oil
- 3 Garlic cloves
- Dash of Salt

A close-up photograph of a dark blue ceramic bowl filled with a hearty soup. The soup is packed with bright orange-red beans, likely kidney beans, which are partially submerged in a light-colored broth. Finely chopped green herbs, possibly cilantro, are scattered on top of the beans. The bowl is set against a light-colored, textured background, possibly a woven placemat.

BEANS WITH CASSAVA

 Rwanda

A classic Rwandan vegetarian dish

“I took cooking classes as part of my training. I worked hard to learn every skill I was taught and now I work in a restaurant in Kigali. We are still rebuilding our lives since the Genocide in Rwanda. It's not easy to forgive, but when we cook and eat together it helps us to heal.

-Janvierer, Programme Graduate, Rwanda



BEANS WITH CASSAVA

Cassava, one of the most drought-tolerant crops is a major staple food in countries affected by the climate crisis. This includes Rwanda which continues to experience increasingly intense extreme weather events such as floods and droughts.



Ingredients:

- 200g dried pinto, borlotti or haricot beans
- 300g cassava, cut into chunks
- 2 tablespoons of vegetable oil
- 1 onion, sliced
- 4 celery sticks, chopped
- Salt
- Freshly ground black pepper

Directions:

1. Soak the beans in plenty of water overnight.
2. The following day, rinse the beans and place in a large pot half-full of water. Bring to the boil and simmer for about 2 hours, or until the beans are almost tender.
3. Add the cassava and boil for about 10 minutes, or until it is almost cooked.
4. Meanwhile, heat the oil in a frying pan and cook the onion until almost tender. Stir in the celery and continue frying for 5-10 minutes or until softened. Drain the beans and cassava, add them to the frying pan and lightly mash the ingredients together. Season well and mix thoroughly. Serve with green vegetables or salad.



SALATA ASWAD DE ZABADI

 South Sudan

A tasty and fresh salad

“Feeding myself and my children was not easy once I became an internally displaced person, with limited access to land for agribusiness. Now I can pay my children's school fees and I have a plan to open a tea place to support my business!

-Nema, Programme Graduate, South Sudan



SALATA ASWAD DE ZABADI

A traditional South Sudanese eggplant salad with yogurt, is a cherished dish that reflects the country's rich agricultural heritage and culinary traditions, often enjoyed during family gatherings and festive occasions, symbolizing community and togetherness.



Ingredients:

- 8 tablespoons of vegetable oil
- 4 large eggplants cut into 2cm pieces
- 1 tablespoon tomato puree
- 150ml yogurt
- 2 tablespoons of peanut butter
- Juice of 2 lemons
- 2 green peppers, deseeded and roughly chopped
- 2 large tomatoes, roughly chopped
- 2 garlic cloves, peeled and finely chopped
- Salt
- Freshly ground black pepper
- Flatbread, to serve

Directions:

1. Heat 2 tablespoons of the vegetable oil in a large frying pan and fry the aubergines in batches for about 10 minutes or until soft, adding more oil as needed. Set aside to cool.

2. In a large bowl, mix together the tomato puree, yoghurt and peanut butter. Season generously with salt and black pepper. Stir in the lemon juice and add the green peppers, tomatoes and garlic.

3. Mix in the cooled aubergine and serve with flatbread.

CHIKPEA FATTEH

 Syria

Fatteh Hummus a la Syrian style

“

It smells like my family when I was a small child, and I wake up to the smell of strong garlic and sharp lemon zest, all together, like in a warm dish. And it feels like all the days back when we were together on one table.

Zeina, our Syrian partner from Women Now for Development





CHIKPEA FATTEH

This beloved Syrian dish is perfect for any time of the week, but it's especially enjoyed on weekends. It features layers of toasted pita bread, tender chickpeas, and a delightful tangy tahini sauce. The crowning touch is the sizzling hot ghee poured over the top, soaking through and enhancing all the layers beneath.

Ingredients:

Chickpeas

- 600 g chickpeas ready cooked
- 4 garlic cloves whole
- 1 tsp cumin ground
- 1 bay leaf
- 1 liter water
- ½ tsp salt

Crispy Bread

- 200 g pita bread (or 3 large pitas)
- torn or cut into 2cm pieces
- 2-3 tbsp olive oil
- ½ tsp cumin ground
- ¼ tsp salt

Fatteh

- 200 g greek yogurt full fat
- 150 g tahini
- 60 ml lemon juice
- 1 garlic clove crushed
- ¾ tsp salt

The Sizzle

- ¼ cup ghee
- Pine nuts

Garnishes

- Parsley small
- 1 tsp paprika
- Pomegranate seeds if you want

CHIKPEA FATTEH

Directions:



Chickpeans and Pitta preparation

1. Prepare Chickpeas by combining all the chickpea ingredients in a large saucepan and heat over medium to infuse and warm them. Simmer until they reach your desired softness, then keep them on low heat while you finish prepping.
2. Preheat the oven to 200°C / 400°F.
3. Cut the pita bread into small diamonds or squares. For a more authentic look, you can tear them by hand, or use scissors for a cleaner cut.
4. Toss the pita pieces in a bowl with olive oil, cumin, and salt, mixing well.
5. Spread them on a parchment-lined baking sheet and bake for 10-15 minutes, keeping an eye on them until they are nicely toasted.
6. Place $\frac{2}{3}$ of the toasted pita into your serving dish and reserve the rest for topping.

Make the Sauce

1. Measure out about 200g of hot cooked chickpeas and place them in a food processor.
2. Add 100ml of the hot chickpea cooking water. If it has cooled, reheat it in the microwave.
3. Add all the sauce ingredients: yogurt, tahini, lemon juice, garlic, and salt.
4. Process until the mixture is smooth and creamy. Try to keep the sauce warm until assembly, ideally using a metal pot over a saucepan. To save time and effort, work quickly and plan accordingly!

Assemble the Fatteh Hummus

1. Prepare a large, deep serving dish (or a few small ones for individual portions).
2. Cover the bottom with crispy pita bread, reserving some for garnish.
3. Drain the remaining chickpeas and arrange them on top of the pita layer.
4. Pour the prepared sauce over the chickpeas as the third layer.
5. Top with the remaining crunchy pita bread.
6. Heat the ghee with the pine nuts until lightly browned. To avoid burning, you can toast the pine nuts separately, but this adds an extra step. Ideally, do this while assembling the dish so you can pour it on while it's hot.
7. Pour the hot ghee and pine nuts over the assembled dish.

Garnish

1. Garnish with chopped parsley and paprika. You can also sprinkle pomegranate seeds if available.



MAAROUK

📍 Syria

A traditional Syrian recipe

“

We feel happy during Maarouk classes, especially since it is group work and we make it with love so that we can apply it and offer it to our children at home

-Kawthar Mohamad, Programme Participant, Iraq



MAAROUK

Maarouk is a traditional Syrian recipe that is specially made during the holy month of Ramadan. Women love to make it because it is at the request of their children, and every Ramadan it must be made they enjoy learning how to make it because it is a traditional recipe.



Ingredients:

- 4 cups flour
- 1 cup sugar
- 1 tsp salt
- 1 tbsp yeast
- 1 cup warm milk
- 1/2 cup oil
- 2 eggs
- Sesame seeds

Directions:

1. Mix warm milk and yeast. Let sit until frothy.
2. Combine all ingredients to form dough.
3. Let dough rise until doubled, 1-2 hours.
4. Shape into ovals, let rise 30 minutes.
5. Brush with milk or egg, sprinkle with sesame seeds.
6. Bake at 375°F (190°C) for 15-20 minutes.

SERVING UP SISTERHOOD

Celebrating Global Flavors and Stories from Sisters Around the World



The recipes in this book have been collected by Women for Women International, from sisters in our program and partners. By reading their stories, making their recipes and sharing this book with your friends and family, you can support women displaced by war.

Thank you for Serving Up Sisterhood.

Follow @womenforwomenuk on social media to share your meal & learn more.



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