

Dear Colleagues,

As part of the countdown to the MWIA Centennial Congress to be held in New York, July 25-28, 2019, the PR subcommittee is planning a series of activities, one of which is a compilation of **Family Lunch and Dinner Recipes by lady doctors from all over the world.**

In line with MWIA aims and objectives to align with the sustainable development goals, we are encouraging members to develop a recipe around the sustainable development goals, and food insecurity. Your recipe should reflect for example, how it will be useful to ageing citizens in Aged Care homes, homeless people on our city streets or refugees and internally displaced persons and migrants in camps

All MWIA members are invited to write and send in one lunch or dinner recipe from their home countries. Kindly send in your recipe with your name and country using the template provided below with a PDF picture in high resolution. Easy to make, yet nutritious dishes using readily available ingredients are encouraged. Suggestions should be made for ingredient substitutes where necessary. We encourage creativity and originality.

Our immediate aim is to publish the recipes as teasers on the MWIA website as monthly teasers in the run up to our Centennial celebration. Where it is possible to print hard copies of some selected recipes, we will communicate with authors of those recipes in advance of printing.

Please send your recipes to elenwad@yahoo.co.uk

Warmly,

Dr. Eleanor Nwadinobi
Chair, Public Relations Sub Committee

Name, Specialty, Country

Name of dish		
Ingredients (with measurements)		
Directions and Preparation time		
Other relevant information (e.g. origin or story behind the recipe)		