



IowaWINS

Iowa Welcomes Immigrant Neighbors

“Meals by Nutrimos”

Feeling rushed? Not enough time to cook at home? “Meals by Nutrimos” can provide a little relief while supporting others in need. But first – here are few questions that we have heard:

- **What is IowaWINS?**
- **What is Nutrimos?**
- **Why are we cooking meals at the First Presbyterian Church in Mt. Pleasant, Iowa?**
- **Do we still have a food pantry?**
- **Why is the food pantry room so barren?**
- **Where does the “Meals by Nutrimos” money go?**
- **What does IowaWINS do with the money?**
- **How can I get the meals?**
- **Can I help?**

Great questions, thanks for asking. We will provide some short answers but know that there is much more to the story so feel free to talk with an IowaWINS/Nutrimos member to learn more.

What is IowaWINS?

- IowaWINS is a community commission of the First Presbyterian Church of Mt. Pleasant, Iowa that was formed in the Fall Of 2015. The commission is open to everyone in the community.
- IowaWINS Mission: Our communities will be inclusive and hospitable, welcoming people from across the world who chose to live, work, study and seek happiness here.
- On May 9, 2018, IowaWINS became the epicenter of the response to the ICE (Immigration and Customs Enforcement) Raid in Mt. Pleasant, Iowa where 32 men were taken from their workplace and detained. This action left their families without their primary breadwinners and caused tremendous fear throughout the immigrant community in Mt. Pleasant.
- IowaWINS was able to connect with these families, aiding 24 of those men to be released on bond and reunited with their families. Most have now been granted work permits while they continue to wait on their immigration hearings over three years later.

What is Nutrimos?

- Nutrimos is the sustaining ministry of IowaWINs. Nutrimos means “We Nourish” in Spanish
- The Presbyterian Disaster Agency (PDA) provided an initial emergency grant to respond after the ICE Raid, but the PDA asked us to consider creating a Sustainable Ministry that would provide ongoing funding to IowaWINs. They provided a separate grant to create that sustainable ministry.
- The first project of Nutrimos was to provide seeds and plants for immigrants to grow their own food at home or in the Fellowship Cup Community Gardens. These garden kits were distributed in 2019, 2020 and 2021 reaching 50 families this year.
- In 2020 and 2021, Nutrimos volunteers planted, tended and harvested 9 plots in the Fellowship Cup Community Gardens to provide fresh produce for the food pantry.
- In May 2021, we started a new project to bring in funds for IowaWINs - make meals for a donation - and call it “Meals by Nutrimos”.

Why are we cooking meals at the church?

- To raise funds for IowaWINs to continue supporting the local immigrant communities as well as providing a 10% tithe to the church.
- It is a needed service for seniors and families both in our church and in the community.

Do we still have a food pantry?

- Yes, in fact we are serving more families than ever before. Originally we started with 32 families. A year later that number had dropped to 15, but, when COVID-19 hit, we found a new need to expand the pantry. We currently serve 44 families.
- Operation of the food pantry has now been turned over to an immigrant leadership group who are also users of the pantry.
- Pantry time has been moved to a weekday evening to make it convenient for the families to pick up their packages.

Why is the pantry room so barren?

- COVID changed the way we support immigrant families. During this pandemic, we eliminated direct distribution of food items as a health precaution.
- In season, the pantry room is filled with produce from the Community Gardens. Bulk items like paper products are stocked just before the food pantry distribution times which are only twice a month. Our wholesaler allowed us to have these items when local stores were out of stock.

Where does the money go?

- Nutrimos receives donations and grants to explore ways for IowaWINS to become self-sustaining. The group manages the startup expenses and evaluates the success of these projects.
- The net profit is distributed between IowaWINS and a 10% tithe to the church.

What does IowaWINS do with the money?

- Supports a food pantry currently serving 44 families. As funds allow we give each family \$50 gift cards so the families can decide what foods meet their diets. We also give them items that have a big impact on the family budget – things like cooking oil, detergent, and paper products.
- Pays application fees for DACA (Deferred Action for Childhood Arrivals) applications and renewals. Pays for work permit applications and renewals for young people. These run about \$500 for each application. The immigrants still must pay attorney fees for the completion and filing of each application.
- Provides education and training for immigrants to help them with new job opportunities, increased English skills, and leadership skills.
- Holds events to educate the community about the obstacles and realities facing immigrants and refugees, creating opportunities to come together to make personal connections.
- Advocates for immigration reform, working for a more just, uniform system that recognizes the need for immigrants to come to our communities.

How can I get the meals?

- Links to the “Meals by Nutrimos” webpage are available on the first page of the websites of the First Presbyterian Church: <http://www.firstpresbyonline.org/> and IowaWINS: <https://www.iowawins.net/meals-by-nutrimos.html>
- The webpage has a summary of all menu items and, when you click on an item - you can see the full list of ingredients and a photo. There is also an inventory of available items on the webpage.
- To place an order and arrange for a pickup - call the church at (319) 986-5851 between 9 AM and 2 PM.
- We are taking a hiatus during Old Threshers but will be kicking off with a fuller menu for church members in September. We plan to start serving community members in October.
- We plan to offer opportunities for selection of menu items on Sundays after church and on Wednesday afternoons/evenings when children and youth activities are happening.

Can I help?

- Absolutely, we can use volunteers in the following areas
 - Chefs
 - Meal Prep assistants
 - Kitchen clean up assistants
 - Taking donations and providing the meals
 - Board Members for IowaWINS or Nutrimos
- For those interested in the kitchen work, there is a free training planned for Sunday, August 29th from 1 to 3 PM on food safety taught by an ISU staff member.
- We can work with your schedule to fit this volunteer work into the rest of your busy life.

Thank you for your continued support of this ministry!!!!

