



American Medical Women's Association

The Vision and Voice of Women in Medicine since 1915

Dear AMWA members,

I am sure that you all have seen the weekly Newsflash and recent emails about the Commemorative Cultural Cookbook. It is the hope that this cookbook will not only highlight the newly established AMWA Diversity and Inclusion Section, but also the diverse members that make up our wonderful organization.

We still have a long way to reach our goal of having **100 recipes** along with other written articles for the cookbook. Because we have not reached our goal, we are extending the deadline for both recipes and articles to **Friday November 28th at 11:59pm EST.** Just in time for preparing for Thanksgiving dinner!

Here is a friendly reminder of what we would like for you to submit:

- Any cultural recipe (i.e. a family recipe, a recipe that was offered by a patient, a recipe that you found interesting that the author would be ok in us using, etc.)
- An article written by you that describes the significance, cultural importance, and/or history of certain ingredients in cultural meals (i.e. spices, okra, etc.)
- An article written by you on the pros and cons of a type of diet (i.e. Vegetarian, Vegan, “American” diet, Weight Watchers, Jenny Craig, Atkins, and even about the so called “air and sunlight” diet that was in the news earlier this year) with provided evidence and references

Please send your submissions to AMWAdiversityandinclusion1@gmail.com as well as a picture of the dish (if you are sending in a recipe) and a professional self photo. **Those who send us a submission will be recognized in the cookbook.** So please spread the word to your colleagues and others!

This published book will be in each registration bag as a free gift to those who attend the AMWA Centennial Meeting in April!

Don't miss out on this once-in-a-lifetime opportunity to be included in the commemorative cookbook for the Centennial Annual Meeting!!

Please email us at AMWAdiversityandinclusion1@gmail.com if you have any questions. Thank you so much and looking forward to your submissions.

Sincerely,

AMWA Diversity and Inclusion Section