



LAS PANAS COHESIÓN COCCIÓN

MEXICO CITY, MEXICO

[Las Panas Cohesión Cocción](#) is a feminist social bakery in Mexico City, where women with limited resources find opportunities for skills training, mental health resources, and a support network to help them escape violence.

Free workshops teach women to bake artisan bread, which allows them to generate their own economic resources. The bakery provides a safe place to meet for community and connection, creating networks of trusted allies. Individual and group psychological therapy provides the tools and self-reliance needed to leave their dangerous situations. Founder Rosalía Trujano Ortega, and the women behind Las Panas work tirelessly to provide these critical services so that low-income women can realize independent and sustainable lives, free from abuse.

In 2023, with the support of the “Backing International Small Restaurants” grant program, Las Panas received \$7500 USD “...to continue the path towards a stronger local economy, where flavors and solidarity come together to strengthen communities,” said Jorge Guevara, Vice President of Corporate Affairs and Communication of American Express for Latin America.

With these grant funds, Las Panas was able to enhance their offerings by purchasing baking molds, and essential equipment for providing commercial coffee service. They were also able to host a community Christmas posada, a religious festival celebrated in Mexico that commemorates the journey Joseph and Mary made from Nazareth to Bethlehem in search of a safe place to stay. The celebration was an evening of fun and joy for Las Panas families and friends, complete with specialty food and treats, piñatas and games, and string lights to brighten the holiday season.

It is Las Panas’ vision to expand the model to create a just and violence-free future for all women throughout Mexico.



Commercial coffee service and baked goods



Founder Rosalía Trujano Ortega

“Backing International Small Restaurants” is an International Downtown Association Foundation grant program, supported by American Express, aimed at boosting business for small, independent restaurants that demonstrate a positive impact on their community, and are owned by individuals from underrepresented and/or economically vulnerable groups.
