



## Con Corazón Outreach Report

18<sup>th</sup> September 2025 – Marampaqui

The Greenhouse Project has been successfully implemented in the village of Marampaqui, where access to fresh produce is limited. This initiative was born from the observation that most inhabitants rely heavily on carbohydrates such as potatoes, rice, and corn, resulting in an unbalanced diet and nutritional deficiencies. Through this project, we aim to promote better nutrition and health by encouraging families to grow and consume their own vegetables within locally built greenhouses.

These greenhouses provide an ideal environment to cultivate a variety of nutritious plants, regardless of the harsh weather conditions in the Andes. Families are being trained to manage the greenhouses, ensuring sustainability and ownership of the project. The cultivation of vegetables such as lettuce, spinach, and carrots will introduce essential vitamins and minerals into their daily meals, helping to improve overall health and well-being.

In addition to vegetables, the project also promotes the growth of medicinal herbs commonly used in traditional Andean medicine. These plants will not only enrich their diets but also support natural remedies within the community. During our next visit, we expect to see the greenhouses thriving with green, nutritive, and medicinal plants — a living example of sustainable development and health promotion.



### Activities

Medicine, we have seen 25 patients.

Dentist, 13 patients

Laboratory, 9 lab tests were done.

Health promotion for all our patients.

### Ayudando Con Corazón

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## Photo Gallery



Each beneficiary built the infrastructure with the materials they themselves acquired. The measurements were 8 meters x 5 meters.



The final details still need to be finalized for the completion of the greenhouses. This includes doors and plants.



The nursing area in action. Here, antibiotics are being injected into a patient who got an infection.