

Con Corazón Report

August 2023 – Nutrition Project

Definitely, "the quality of the food that the children receive has improved and is tastier than before," declares Serafina Choque who, with a smile, strives to cook and prepare the food, every day at 10:30.

Project Implementation

The members of the "Nutrition Team" are Con Corazón staff together with the school teachers, who upon learning of this new project were pleasantly moved. We know that the first phase of implementation is always tedious and that later things will work more smoothly, coordinated and it will take less time to acquire the products.



The team making the menu for the week, delivering the bills and coordinating activities. Left photo: Professor Gerardo Troncoso, Piedad Apaza, Doris Huamanguilla and Betty Callasi. Right photo, Serafina the head cook.

The Challenges during Implementation

1. Unfortunately the school does not have a refrigerator. This makes it difficult to preserve food, especially meat. We have to be creative so that the food does not spoil. A very important request from the entire Nutrition Team is the donation of a refrigerator.
2. The children were used to eating carbohydrates in large quantities. One of the main challenges was the change they were going to experience. There was a small fear that they would not like the new food with new ingredients. Thanks to the health and nutrition promotion campaigns, we overcome this challenge.

3. The increase in the workload of the entire team. The teachers already have their time busy teaching the children in class. On top of that, you have to buy food during the weekend. Happily, they all do it collaboratively and willingly.
4. Presence of street vendors around the school. They sell sweets, cookies, soft drinks and all kinds of products that are not good for your health. Kids love it, especially at the end of school. It is something that needs to be worked on in coordination with the parents.

Health and Nutrition Promotion

Thanks to our project, children regularly receive talks on nutrition, health and hygiene. These awareness campaigns result in more information, faster adaptation to changes, increased enthusiasm in children and prioritization in the quality of their daily food. Also, new knowledge is transmitted to their parents at home.



Dr. Nadia Tecse giving talks on health, nutrition and hygiene to school children.

Finance Management

The children had vacations from 1.08.23 to 13.08.23. On 08.14.23 they returned to school. On 08.11.23, 8.18.23 and 08.25.23, PEN 1'000 were delivered respectively. Total PEN 3'000. Money is not spent accurately. At this stage we are calculating the amounts of food to meet the needs of the children. Later, when we have more experience, we will be able to spend exactly what is required.



The Menu

With the money from the Nutrition Project we can buy: Apple, avocado, tomato, lettuce, broccoli, onion, tangerines, chicken, quinoa, yellow pepper, pear, cucumber, olive, papaya egg, banana, kiwi, pineapple, grape, blueberry, yogurt, cereal, ground meat, carrot, beets, peas, spinach, avocado, corn, cinnamon, cloves, chuño flour, raisins, pineapple, cherry, watermelon, grapes, kiwi, chicken, quinoa, cheese, peanuts, olives, etc...

| Entidad | Lunes 14 | Martes 15 | Miércoles 16 | Jueves 17 | Viernes 18 |
|--------------------|----------------------|---|---|--|--|
| Qaliwarma * | Fideo con pescado | Tortilla de huevo con arroz | Fideo con pescado | Arroz con leche y galletas | Fideo con pescado |
| Proyecto Nutrición | Manzana | Ensalada de palta, tomate, pepino y lechuga | Ensalada rusa, betarraga, zanahoria, maíz | AjÍ de pollo, manÍ, quinua, galleta papa | Ensalada de frutas, papaya, kiwi, fresa, platano |
| | Lunes 21 | Martes 22 | Miércoles 23 | Jueves 24 | Viernes 25 |
| Qaliwarma | Pollo y arroz | Leche con galleta | Huevo con arroz | Arroz con leche | Fideo con pescado |
| Proyecto Nutrición | Mandarina | Hamburguesa | ensalada | Mazamorra morada | Ensalada de fruta |
| | Lunes 28 | Martes 29 | Miércoles 30 | Jueves 31 | Viernes 01 |
| Qaliwarma | Carne y fideo | Harina de cebada con leche | feriado | Huevo con arroz | Huevos revueltos |
| Proyecto Nutrición | Ensalada de fruta | Chaufa de quinua, cebolla, pollo, embutidos | feriado | Ensalada | Quinua con leche, fécula de papa |
| | Lunes 04. | Martes 05 | Miércoles 06 | Jueves 07 | Viernes 08 |
| Qaliwarma | Carne seca con arroz | Pollo con arroz | Leche con galleta | Huevo con arroz | Arroz con leche |
| Proyecto Nutrición | Fruta: Pera | Ensalada de frutas | Olluco, carne, arroz | Ensalada | Omelette de huevo |
| | Lunes 11 | Martes 12 | Miércoles 13 | Jueves 14 | Viernes 15 |
| Qaliwarma | Pecado con fideo | Carne res con fideo | Leche con galleta | Arroz con huevo | Quinua con leche y galletas |
| Proyecto Nutrición | Fruta, manzana | Ensalada | Puré de zapallo | ensalada | AjÍ de pollo |
| | Lunes 18 | Martes 19 | Miércoles 20 | Jueves 21 | Viernes 22 |
| Qaliwarma | Carne seca con arroz | Huevo con arroz | Arroz con leche | Fideo con pescado | Cebada con leche |
| Proyecto Nutrición | Fruta, mandarina | Ensalada | Mazamorra morada | Ensalada de fruta | Pollo al horno con ensalada rusa |

*Qaliwarma: Quechua language that means 'vigorous child' and is from the National School Feeding Program.

Photo Gallery



For street vendors, selling high-sugar products is good business. Unfortunately, it is not good for children's health. They do it outside of school.



Everyone noticed the change in the quality, quantity, and variety of what they currently eat. Now there are more fruits, vegetables and meats (when possible). From the children, cooks, teachers and parents, who are very grateful for this new stage.



Teacher and director of the school, Betty Callasi Quispe. Through her leadership, we are able to make the project a success.



The nutrition team shopping at the market.



The children quickly adapted to the nutritional change.