

## Con Corazón Report

### September 2023 – Nutrition Project

In Peru, September the 23rd of each year is the Student's Day. To celebrate, the school teachers organize a trip to the countryside, where they enjoy a walk and lunch. It is a very relaxing way to celebrate allowing social interaction between all participants. They are memorable moments for children and teachers.

We are very proud to have contributed to their lunch. On this occasion the school cooks prepared baked chicken with salad and potatoes.



At this stage, children already know more about the benefits of good nutrition thanks to the health and nutrition promotion program that is done regularly. Through banners with images, we can explain to children the importance of a balanced meal. We believe there is a long-term positive impact.



## Photo Gallery



The cooks preparing the food and the children enjoying it.



The consumption of fruits and vegetables definitely increased.



The plates are empty at the end. This makes us very happy because we know that the flavor is very pleasant for them.