

## Con Corazón Report

### November 2023 – Nutrition Project

Fruits are a very important component in the activity we carry out. These provide essential vitamins and minerals, fiber and other substances that are important for good health. We ensure that the children constantly have a balanced diet.

#### November Challenge

Qali Warma is a government program, precisely from the Ministry of Development and Social Inclusion, that provides varied nutrition to children at the initial and primary education level in public schools throughout Peru. Unfortunately, they have stopped this program due to a "reorganization." This means that, in the months of November and December 2023, children will only receive food from their project. We hope that by 2024 this situation will be regularized.



#### Photo Gallery



Granadilla is a fruit that helps combat insomnia, anxiety and other ailments. It is rich in nutrients that strengthen the body, this versatile fruit is grown in Peru all year round.



Preparation of spaghetti with tomato and carrot sauce. The children enjoy the delicious dish.