



Nutrition Project Report

September, October, November & December 2024 – Colegio Guadalupe

The school year has ended satisfactorily at Colegio Guadalupe. In a last meeting with the parents, we were able to share the talks on nutrition, health and hygiene. They received a lot of information relevant to their daily lives and that of their families.

One problem we identified is the lack of collaboration from parents. This, because they never had access to the information either at school or in their family. When the children receive the talks, they return to their homes where lack of hygiene, poor nutrition, bad habits, etc. await them. Children pass on what they have learned to their parents and there is a collision of two completely different worlds.

Faced with this matter, we decided to talk to the parents directly through a call for a meeting at the school facility. We had the opportunity to explain to them the change that is taking place in their children and the need to understand them and make the change together.

We believe that this strategy is very powerful and we will achieve results that will last over time. Only through preventive-promotional talks, sensitizing children and parents can we achieve a real change in our society that needs it so much.

During the year 2025 we will continue with this strategy since the parents themselves asked us to do so.



Photo Gallery



Yogurt, protein and fruits have been the regular and fundamental diets this year.



Fruits correspond to their daily diets. It is served in its natural way or in a fruit salad with yogurt.



Children enjoying their daily meals. At 10:30 the dining room is filled with them and the energy they emanate while they eat is noticeable. All the children are very grateful.