

In March 2019 we implemented our new program "Essence of Nutrition - Ruk'ux qa Way K'uy

[Ruk'ux qa Way K'uy](#)



The program Essence of Nutrition was created for the mothers of our students using nutritious recip

The cooking workshops are held once a week and consists of three parts:

The first classes are to raise awareness of growing malnutrition and reflect on ecological problems o

The second is the reflection on ancestral-spiritual practices in relation to the preparation and consum

The third part is to put into practice recipes together with the knowledge of the nutritional properties

The results in progress are very favorable to contribute to the sanitation of Lake Atitlan, the immedia

