Con Corazón Outreach Report

12th July 2024 – Marampaqui

Chuño is a traditional food in the Andean culture, especially in Peru, Bolivia and Ecuador. It is dehydrated potatoes that have undergone a production process that includes maceration, dehydration and crushing. Chuño can be stored for years and is a versatile food that can be used in a wide variety of dishes. It is considered a staple food in the diet of Andean communities and is an important part of the culture and culinary tradition.

The process

Potato selection which are usually specific Andean potato varieties. Then potatoes are cooked until tender and then drained and allowed to cool. Afterwards, they are soaked in cold water for several hours to remove the skin and starch, then are placed in a dry, ventilated place to dehydrate for several days. Once dehydrated, the potatoes are crushed with a stick to break the fibers and make them easier to chew. Finally, the crushed potatoes are placed in a dry and ventilated place to dry completely before being stored.

Activities

Medicine, we have seen 25 patients.

Dentist, 15 patients

Laboratory, 8 lab tests were done.

Health promotion for all our patients.

Ayudando Con Corazón

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Photo Gallery

Infections are recurrent in this area. Our nurse is applying antibiotics through the patient veins.

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