

Project

NUTRITIOUS AMAZON

Impact Report

A CHALLENGING CONTEXT FOR CHILDREN IN LORETO

In Peru, growing up in the Amazon means living in an environment of extraordinary natural and cultural wealth, but also facing deep inequalities that affect children's well-being.

In Loreto alone, **38.2%** of households do not have access to sufficient nutritious food. In addition, **anemia affects 44.8% of children aged 6 to 59 months**, and **chronic malnutrition affects 21.7% of children under five**. These figures are even more severe in Indigenous communities, where **82.8%** of the population lacks access to an integrated package of basic services. These challenges are further compounded by recurrent flooding, which disrupts food production, access to safe water, and the provision of health services.

WHAT HAVE WE ACHIEVED THANKS TO YOUR SUPPORT?

Thanks to your support, we achieved concrete and measurable improvements in access to food, family nutrition practices, and community resilience in the face of climate-related crises.

A total of **275** people benefited directly from this intervention.

More than **100 children** now have improved access to nutritious food, and their families have strengthened their capacity to protect children's well-being, even during extreme climate events.

MORE FOOD AVAILABLE IN HOUSEHOLDS



Households with poor access to stable and sufficient food decreased from **4% to 0%**.

In the Nueva Vida community, adequate access to sufficient food increased from **94% to 100%**.

FAMILY-BASED PRODUCTION THAT STRENGTHENS NUTRITION



The percentage of households with home gardens increased from **69% to 96%**, improving direct access to fresh and nutritious food produced by families themselves.

CHILDREN AS AGENTS OF CHANGE

Through participatory activities, children and adolescents not only learned about nutrition and health but also became agents of change within their families and communities. The percentage of children who reported improvements in their eating habits, hygiene, and disease prevention practices increased from **13% to 68%**.

I liked learning that healthy foods are good for our health and our bodies, because they make us stronger.



I loved that we also had the opportunity to practice teamwork, listen to others' opinions, and share our own.

CLEAR IMPROVEMENTS IN KEY HABITS



Households that reported reducing food consumption decreased from **81% to 32%**.



Children and adolescents significantly improved their eating habits, with an increase from **17% to 82%**.



The adoption of disease prevention practices (such as consumption of safe water, use of mosquito nets, and up-to-date vaccinations) reached **100%** by the end of the project.

OUR RESPONSE

Sustainable livelihoods are supported through community-based technical assistance

Nutrition and health education delivered through a culturally sensitive approach

Active participation of children and adolescents

Strengthening the leadership of women producers

Coordination with local authorities and services

This intervention builds on **Save the Children's** experience in food security, nutrition, and community resilience in Amazonian contexts. The model can be replicated to ensure that more children in the Peruvian Amazon grow up well-nourished and in more resilient communities.



HOW DO WE WORK WITH COMMUNITIES?



We co-create actions together with communities, respecting local knowledge and cultural practices.



With technical assistance, communities restored plots affected by flooding



Families implemented home bio-gardens to produce their own food



Families adopted sustainable practices for poultry farming and vermiculture



Through participatory approaches, children and adolescents learned about nutrition, hygiene, and disease prevention



Families improved their health and nutrition habits through culturally appropriate counseling



Women strengthened their leadership as producers and community role models



Coordination with local governments and services helped ensure the sustainability of results

ABOUT THE PROJECT



Duration:
September 2025
– December



Location:
Indigenous
Communities
in Loreto



Implemented by:
Save the Children
– INFANT