

“ The moment of eating is much more than sitting in table. **Scolarest** bets on converting noon in **time of coexistence and learning** where transmit and promote healthy lifestyle habits. ”

WHAT ARE WE COOKING FOR JANUARY?



Olive oil

www.aprendeacomersano.org is a website created by Scolarest and Olive Oils From Spain to offer from families an innovative nutritional support program to address the problem of childhood obesity: more than 17% of Spanish schoolchildren between 6 and 9 years of age are obese and about 24% are overweight, according to the latest official data.



Fish Revolution

With Fish Revolution we have included more products with marine protein, a greater variety of dishes and more novelties in our menus.



Mayans

Mayans' primary source of food came from agriculture. Corn was a holy plant, as they believed that humanity was created from yellow and white corn.



Stop Food Waste

Frozen foods retain their nutrients perfectly and last longer. They are a good option if we cannot buy fresh products on a daily basis.

DID YOU KNOW THAT

Oily fish are rich in fat (between 8% and 15%) because they live close to the surface in very cold waters.

Oily fish is a source of vitamin D, A, B1, 12 and 6, and minerals such as calcium or phosphorus.



NUTRITIPS - EGGS

According to many cultures around the world, eggs are synonymous to new life, fertility and rebirth. As the Roman proverb says: "All life comes from an egg".

Moreover, eggs are one of the most nutritious foods on the planet, as they are a source of protein, vitamins, biotin, choline, phosphorus and iron.

