The Sarahuaro Foundation began in 2005 with the opening of the Development Center for Women, a project aimed at teaching basic life skills to the most disadvantaged women of an impoverished community of Los Cabos, Mexico. When the women of the center voiced their concerns about the lack of healthy food options for their families, La Cocina de Los Niños, a school lunch program, was started to address their concerns.

In 2013 Sarahuaro took over the Colonia Gastelum Elementary School Children’s kitchen to feed hundreds of children who would otherwise have no food during their entire school day. We hear over and over that food has helped the children focus in their classes and supports their learning. Our menu is prepared by a nutritionist and served entirely by volunteers – the mothers of the children. These mothers also attend seminars that teach nutrition and the prevention of diseases. From their mother’s, Sarahuaro children learn the importance of good nutrition and hygiene.

Our budget of $74,710 supports the kitchen for one school-year. With over 17 volunteer mothers cooking and serving meals each day to minimize costs, this budget serves almost 68,000 meals - that is only $1.11 per meal!

Mexico faces severe social issues that affect children directly. Levels of anemia in Mexican children are higher than in some African Nations. 1.5 million children suffer from chronic malnutrition. Yes, your donation will feed the kids, but it will also teach mothers how to make better food choices to properly nourish their families on a long-term basis. Through education, psychological support, and abuse intervention the Sarahuaro goal is to change the family, one mother at a time.