



MANAGEMENT REPORT COMEDOR CATALINA 2025



**“TENER LA PANZA LLENA” ,
AS EXPRESSED BY JORGE “POLO”
QUINTEROS, ITS FOUNDER,
FROM A COMPREHENSIVE APPROACH
TO HEALTH AND NUTRITION.**



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INTRODUCTION

This report aims to provide an overview of the various projects carried out at Comedor Catalina throughout the year 2025. These initiatives were made possible thanks to the financial support of the company Tradecos.

We believe it is essential to assess the impact of the proposed activities in order to identify opportunities for improvement in our future work and to continue providing meaningful opportunities for the children, adolescents, and families who are part of this community.

Our proposal focuses primarily on ensuring access to nutritious food through the project "EMPOWER WITH FOOD." In order to provide comprehensive support to families, work was organized across different areas that are directly connected and coordinated with this initiative. These spaces are sustained through the collaboration of various stakeholders who contribute to their implementation.

This report presents the achievements reached in each project, the challenges we encountered, and the future proposals that will help us continue supporting families.

We believe this report is an appropriate means to celebrate our achievements and to express our gratitude to those who contribute to and are part of Comedor Catalina, making it possible to build a better future for families.

We also hope that our experience may serve as a guide for other organizations seeking to replicate and develop new possible pathways.

ABOUT THE ORGANIZATION

WHO WE ARE

Comedor Catalina is a community center dedicated to creating opportunities for families living in situations of vulnerability.

It was founded in 2001, during a period of profound social, political, and economic crisis in Argentina.

Its creation was driven by the strong commitment and concern of footballer Jorge "Polo" Quinteros, under the guiding principle of "tener la panza llena."

LOCATION

It is located at Miguel Cané 4655, Virreyes (San Fernando), Buenos Aires Province, Argentina.



PURPOSE

To support families through a comprehensive approach, focusing not only on their nutrition but also on providing tools to improve their quality of life.

RESPONSIBLE PARTIES

Jorge "Polo" Quinteros, a footballer and iconic figure of Argentinos Juniors, is the founder of the organization.

Elena Rodríguez, Polo's mother, is the President of the Civil Association and the institution's primary leader. She is supported by Rosa and Moni, who serve as mothers' coordinators.

In addition, the mothers are self-organized in the preparation of meals and the cleaning and maintenance of the facilities.



INTERDISCIPLINARY TEAM



Daia
Coordination



Jessi
Community



Jere
Nutrition



Maru
Psychology



Agos
Children and
Adolescents



Lore
Environment



Giu
Design

+13
permanent
volunteers
across the
different
projects

Comedor Catalina has an interdisciplinary team made up of professionals from various fields, distinguished by their social commitment and professionalism.

Some team members work in paid positions for the organization, while others participate on a voluntary basis.

The fees received by some of the team members are funded through contributions from Tradecos.

ABOUT THE ORGANIZATION

63

beneficiaries of the Community Kitchen

3

permanent collaborators

3

paid staff members who are part of the
interdisciplinary team

17

volunteers

Comedor Catalina has received financial support from Tradecos since 2010. In 2014, the volunteer program was established. Beginning in 2020, in the context of the COVID-19 pandemic, paid professionals started to be incorporated into the organization.



Feliz Cumple

2

4



Tradecos



COLLABORATORS

In order for Comedor Catalina to provide opportunities, it receives material and financial support from various stakeholders who strengthen each project.

Special recognition is given to **Tradecos**, which has supported the Community Kitchen for more than 15 years. Thanks to its contributions, we are able to focus on improving the nutritional quality of our families' diets and on developing projects aimed at enhancing their quality of life.

1

SPONSORSHIP

Tradecos: fixed monthly financial contribution for food supplies, professional fees, infrastructure works, and projects.

4

COLLABORATORS

Diego Mejuto, Federico Filarent, Emiliano Alcaide, and Facundo Gentilela: food donations and assistance in response to spontaneous requests.

10

VOLUNTEERS RESPONSIBLE FOR PROJECT SUPPORT

+17 volunteers available: individuals who provide spontaneous assistance

6

PARTNERSHIPS

Project-based work allows us to create synergies both within and beyond the organization.



Tradecos

Club Argentinos Juniors

Fundación AAAJ

Ministerio de Desarrollo de la Comunidad de la Provincia de Buenos Aires

Municipalidad de San Fernando

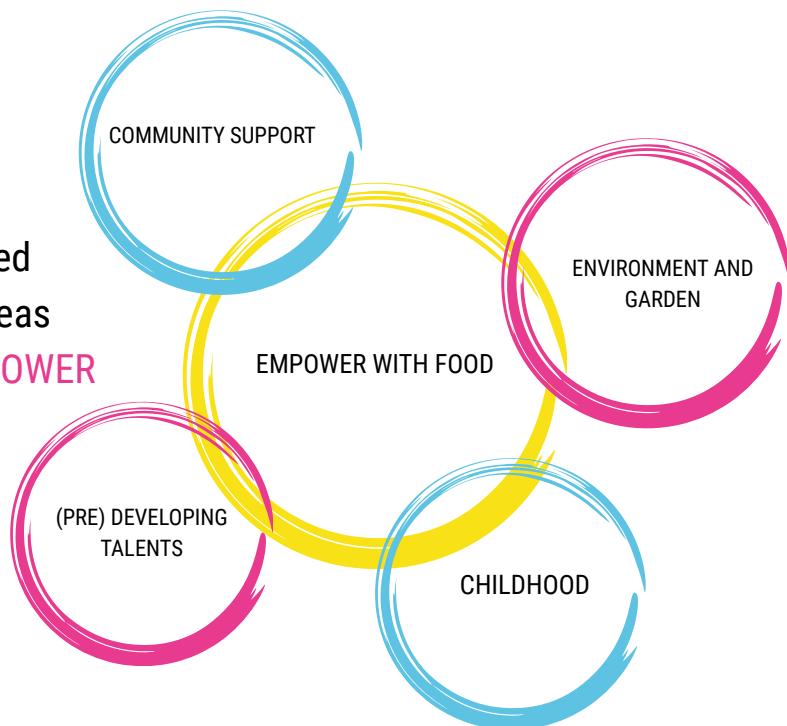
Mística Solidaria

WORK PLAN

VALUES THAT GUIDE US

- ♥ TO PROMOTE THE CREATION OF ALTERNATIVE POSSIBLE FUTURES
- ♥ TO REVALUE THE HUMAN DIMENSION OF EVERYTHING WE DO

- Since 2024, we have worked through interconnected areas under a central plan: **EMPOWER WITH FOOD.**



OUR AREAS OF WORK ARE:

- Health and nutrition
- Ecological literacy
- Digital literacy
- Environmental (regeneration): From the garden to the table, waste management and composting
- Training programs
- Infrastructure works

PROJECTS 2025

PROJECT	DESCRIPTION
EMPOWER WITH FOOD	An interdisciplinary institutional project with an emphasis on optimizing the nutrition of childhood, adolescents, and their families.
ENVIRONMENT AND GARDEN	It promotes the development of activities aimed at improving the environment of the Community Kitchen.
(PRE) DEVELOPING TALENTS	It promotes the development of talents and skills among the young people of the Community Kitchen through the support of sponsors.
COMMUNITY SUPPORT	It supports families through a comprehensive approach .
CHILDHOOD	It integrates the contents of Potenciar con Alimentos and develops relevant initiatives for childhood , as well as recreational outings.



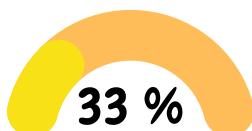
BENEFICIARIES

More than a childhood's community kitchen:
a family community kitchen.

Currently, 17 families receive food assistance and identify the Community Kitchen's lunch as their main nutritious and complete meal of the day.

FAMILY ECONOMY

Completion of secondary education



Informal work



Cause-and-effect relationship between not completing secondary education and the difficulty of obtaining formal employment.

FAMILY STRUCTURE



In 16 out of 17 families, caregiving responsibilities fall on the mothers.

90%
report having experienced domestic violence



100%
of mothers prioritize their children's nutrition over their own.



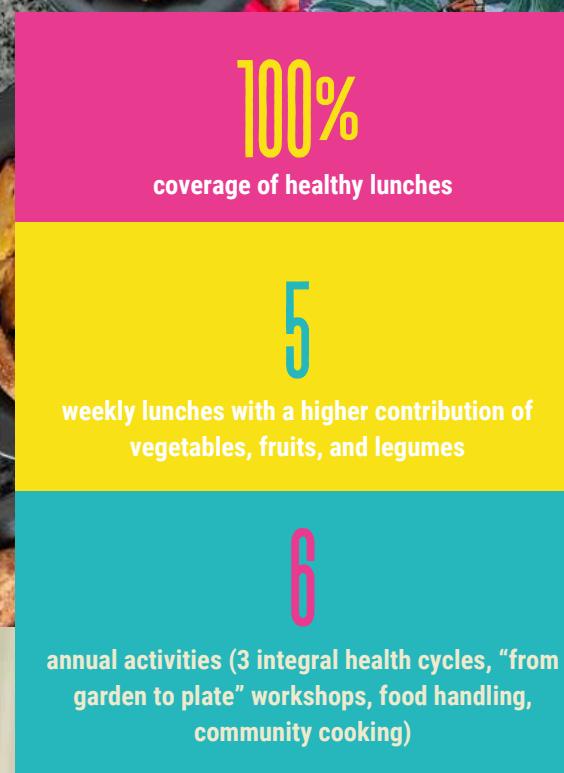
IMPACT AREAS OF INTERVENTION



1

EMPOWER WITH FOOD

Our core project



2

ENVIRONMENT AND GARDEN

Healthy environment for a healthy life



VEGETABLE GARDEN AND COMPOSTING

Strengthening the implementation
and community ownership of
practices

GARDEN

year-round maintenance
(irrigation, pest control, aesthetics,
planting, and harvesting)

ENVIRONMENTAL WORKSHOPS

3 meetings focused on reseeding the garden,
improvements to landscaping, compost
harvesting, repairs to flowerbeds and plants in
general, and strengthening the waste
management structure

MURAL

created by Juan Manuel Botte and
funded by Tradecos



3

(PRE) DEVELOPING TALENTS

New imaginaries are possible.



BRISA

received a nursing diploma and is currently practicing, as well as participating in courses and training.



GUADA

continues playing for Club Atlético Independiente and is in the second year of the Physical Education teacher training program.

(PRE) DEVELOPING TALENTS

visit to Tradecos with the aim of envisioning new possible futures.



4

COMMUNITY SUPPORT

Comprehensive family support



Strengthening support networks.

Referral to local school support services.

Conducting family and individual interviews with the psychologist

Assisting to spontaneous requests such as scheduling appointments with ANSES, document renewals, and others



5

CHILDREN AND ADOLESCENTS

Right to be children



2
recreational activities (swimming pool, CEFFA)

3
integral health cycles (linked to Potenciar con Alimentos)

2
semestral birthday celebrations



DONATIONS

BACK TO SCHOOL

School supply kits, backpacks, shoes, and clothing



FOOD SUPPORT

Distribution of basic food items such as rice, yerba mate, flour, sugar, and powdered milk



EVENTS

CHILDREN'S DAY

SPRING DAY



CHRISTMAS



IMPACT

SOCIAL AND ENVIRONMENTAL

More than just food...

Through the various support and training initiatives focused on "Potenciar con Alimentos," we achieved:

- Strengthen communication channels between mothers and coordinators to prevent food waste due to unexcused absences.
- Promote teamwork as a key link for the Community Kitchen's functioning.
- Encourage the active participation of mothers in the Community Kitchen through the division of daily tasks among participants.
- Incorporate new eating habits and culinary skills.
- Increase mothers' participation in training and support workshops.
- Establish support networks to address more complex situations (local community networks).



Comedor Catalina has a positive social impact on the community related to nutrition, food security, health, and the local community network.

Currently, 63 people have improved their nutritional and social habits thanks to the various initiatives carried out at the community kitchen.

AT THE NUTRITIONAL LEVEL

- Preparation of healthy, flavorful, and varied lunches.
- Incorporation of grains, legumes, meats (chicken), and vegetables of different types and colors into the recipes.
- All menus contain between 100 and 150 g of vegetables per serving.
- Fresh fruit is provided as dessert with every lunch.
- Development of food and nutrition education projects across different thematic areas to maximize the impact of the intervention.

AT THE ENVIRONMENTAL LEVEL

- Daily use of the composter was incorporated, reducing between 60 and 80% of organic waste generated in the Community Kitchen.
- Awareness was raised about the importance of separating recyclable waste, such as plastic wrappings and cans.
- The development of skills for food production through the garden is promoted.

IMPACT SUSTAINABILITY

With our actions, we impact several of the Sustainable Development Goals (SDGs) proposed by the United Nations, including:

- **No Poverty (SDG 1):** We provide a space where people can access a dignified meal, supported by social and employment assistance networks, promoting social inclusion and volunteer work.
- **Zero Hunger (SDG 2):** We offer nutritious meals to people in vulnerable situations, prioritizing fresh, seasonal ingredients, promoting the community garden to produce our own food, and preventing food waste through proper menu planning and attendance monitoring.
- **Good Health and Well-Being (SDG 3):** We foster healthy eating habits, ensure hygiene and safe food handling, offer workshops on nutrition and health care, and provide spaces for emotional support and accompaniment.
- **Quality Education (SDG 4):** We conduct workshops on cooking, gardening, and healthy eating, as well as technology workshops for children and adolescents.
- **Gender Equality (SDG 5):** We promote the participation of women in the organization and decision-making of the Community Kitchen, offering workshops on preventing gender-based violence and recognizing women's rights, creating safe and supportive spaces, and valuing caregiving work (cooking, cleaning, and service) performed by women.
- **Responsible Consumption and Production (SDG 12):** We sort and separate waste (organic, recyclable, non-recyclable), reuse containers and materials (cans, bottles, fabrics), and use organic leftovers for composting.
- **Partnerships for the Goals (SDG 17):** We establish agreements with local school support services, social organizations, companies, and the municipality, and receive donations from businesses and shops.



TESTIMONIALS

Short stories from those who build this institution every day.

"The Community Kitchen is always helping someone. It gives me the peace of mind of knowing that I can do something, and I do it, that's all. I wish it didn't have to exist. I wish every family had what they need at home and could eat with their family there.

The Community Kitchen provides families with support, assistance, and above all food, which is what they are missing."

Elena
Responsible



"And the Community Kitchen, for me, when I first started here, helped me a lot, both with my children and myself. Now, since I'm alone with my children and without my husband, it has helped even more. Just as they help me, I also like to come every day to help here and teach other meals that mothers don't know how to make."

Moni
Cook y coordinator.



"A place of growth and values... where people commit to contributing to the lives of others in order to improve them through love, time, trust, support, and helping them see that they can achieve whatever they set out to do. the community kitchen is a home where everyone does what they can to create positive changes that enrich the lives of others.

it contributed to my own growth, helping me see life in a more positive way and with greater meaning."

Lore
Volunteer

"The community kitchen means so much to me. it's my happy place, that space where i leave everything aside and simply enjoy being with the children and the mothers.

The community kitchen gives much more than the satisfaction of basic needs. It provides a space for listening, support, and joy, where volunteers share their time and their hearts. it promotes equal opportunities, offering children healthy and balanced meals, and also creating training spaces and workshops for both them and the mothers."

Agos
Volunteer

"Comedor always contributes a lot. To lend a hand when you need it most, to have a place where you can get a meal, support, and sometimes warm clothing and shoes – that helps a lot for a family that has nothing at that moment. Later, when you're in a better position, you can come and help others. That also helps, both for me and for others, emotionally, right? Feeling useful to others, just as they helped me when I needed it. Now I help others."

Rosa
Cook and Coordinator



TESTIMONIALS

Short stories from those who build this institution every day.

"For me, it is everything. They were companions, they helped me through the worst moments of my health, and they are always with me. the community kitchen gives me so much. Even though I don't have family, they are always with me, in my times of need."

Reina
Beneficiary

"It helps me a lot, with finances. I don't have enough money, so the food is very important and I am very grateful. also, the food is very tasty, and I am grateful to those who work in the kitchen because they put so much love into it. the community kitchen also gives me support, because when we come to an activity or an event, that's nice too, it motivates us to feel better."

Vilma
Beneficiary

"The community kitchen is a big part of me, the place where they saw me grow and the place that helped me for a long time, both me and my whole family. It has always been a space of great support.

The community kitchen gave me something very valuable, which is my degree. All the people who are part of Comedor Catalina contributed their little bit so that I am where I am today. It also gave me the opportunity to meet people with incredible hearts, with so much dedication and love for what they do, helping others without expecting anything in return."

Brisa
Beneficiary



"The community kitchen gives me emotional support and help, and thanks to the community kitchen I feel better, and well, based on that, my family does too."

Ayelén
Cook

"For me, the community kitchen helped me a lot to change my way of thinking and my way of seeing life. the advice from the people who are there helps me a lot. It changed the way I see life. and well, thanks to that, everything is different for me now. I feel motivated for everything. So for me, the community kitchen is very important in my life."

Andrea
Cook

ACKNOWLEDGMENTS

- To “Polo” for being a person who, far from forgetting his roots, chose to create a space that builds citizenship and equality.
- To Elena for being the leader of the Community Kitchen since its founding.
- To Tradecos for their support and trust in this space for more than 15 years, and for funding the development of this report.
- To the women mothers and cooks, who every day ensure the Community Kitchen functions.
- To children and young people for reminding us that, with opportunities for all, we can create a more just society.
- To collaborators and volunteers for being a key actor in sustaining the different activities.





**“Many small people, in
small places, doing small
things, can change the
world.”.**

**THANK YOU
FOR JOINING US
IN BUILDING NEW
HORIZONS**

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