



5 tips for a healthy and sustainable *Romería*

- **Taking preventive measures in terms of hydration and nutrition is vital to successfully complete the walk.**
- **FIFCO volunteers will organize a waste collection day on Friday, August 1.**

The *Romería* (pilgrimage) is a physical challenge. To avoid health problems, specialists remind us of the importance of hydration and nutrition before, during, and after the walk.

Carolina Villalobos, nutrition specialist at FIFCO, advises:

1. Stay well hydrated and avoid heavy meals.
2. Eat light meals beforehand with complex carbohydrates, low-fat proteins, and vegetables.
3. During the journey, practical snacks such as fruit, nuts, or whole-grain sandwiches are good allies, as is drinking water regularly, alternating with hydrating drinks after 30 minutes.
4. When you finish, it is necessary to rehydrate and replenish your energy with nutritious foods.
5. On the other hand, it is recommended that used beverage containers be disposed of properly.

To this end, *EcoRomería* was created, an effort that promotes the proper management of waste generated. The program seeks to educate *romeros* about the importance of waste separation and reducing the use of single-use plastics, encouraging recycling and reuse.

FIFCO, as part of its commitment to sustainability and through its volunteer program *Elegí Ayudar* (I Chose to Help), has been participating in *EcoRomería* for more than 12 years, and this year, more than 20 volunteers will facilitate and accompany the waste separation process.

“At FIFCO, through our expansive sustainability philosophy and in partnership with the Municipality of Cartago, we contribute to ensure that one of the country's most important celebrations is experienced in a conscious manner, promoting proper waste separation, recycling, and respect for public spaces,” said Maria Pía Robles, FIFCO’s Director of Corporate Relations.

The volunteers will be located around the *Basílica de Los Ángeles*, where they will help collect and separate recyclable waste, specifically plastic bottles (PET), cans, and Tetra Pak containers, so that they can be recycled properly. In addition, collection points will be set up along the route to facilitate the disposal of waste by *romeros*.

The event will take place on Friday, August 1, from 8:00 a.m. to 5:00 p.m. Pilgrims can look for volunteers wearing FIFCO T-shirts to guide them to the initiative's containers.

About FIFCO

FIFCO is a beverage and food company with 117 years of history, with operations in Costa Rica, Central America, Dominican Republic, Mexico, and the United States, 5 manufacturing plants and 13 distribution centers. It has 3 business divisions that include Florida Bebidas (food and beverages), FIFCO Hospitality (real estate sector) and FIFCO Retail (retail sales). It exports to over 10 countries around the world and has a portfolio of more than 2,000 products.