

A Community We Support: Pantoja

Location Statistics

At the time of the latest INEGI census report (2010) the population of Pantoja was 381 inhabitants in 84 households. Only 37 homes had all services – water, electricity, and sewage.

At that time, 68% of the residents were under age 12. Of the inhabitants more than 12 years old, 38% had some source of income.

The average level of schooling was 5 years; 11% were illiterate.

The Weekly Support and Supply Cycle

Our 36 school kitchens are visited each week by our kitchen supervisors who use an inventory par stock system to prepare the “shopping list” for the following week.

On **Saturdays**, volunteers package the individual dry goods and supplies from bulk purchase stored in our center.

On **Mondays**, our vendors deliver fresh produce and perishables which are then cleaned and packed to order by another group of volunteers.

On **Tuesdays**, a third group of volunteers pick up the “shopping list” order for “their school” and delivers it using their own vehicles.

Our volunteer driver for Pantoja is **Mel Abraham**. The school is located 8km from the Feed the Hungry Center.



The Feed the Hungry kitchen in the Pantoja community opened in 2014. A hot, nutritious lunch is served every school day to 80 students at the Simón Bolívar primaria (elementary) school, and Lucas Alamán kinder (preschool).

General Observation

This community is particularly challenging to deal with in relation to their eating habits. Because many of the mothers work outside the home, the children have more control over what they eat. Although the mothers are busy, 37 of them attended our most recent nutrition workshop. The school director is very supportive and observant when students come to eat their lunch in the Feed the Hungry kitchen, and this helps us to know which children eat and which do not eat or eat only a little.

Nutrition Report

For the latest nutrition report (September 2019), Feed the Hungry staff nutritionists assessed 72 students through height, weight, and body fat measurements.

Underweight Children

10% light underweight
6% moderate to severe underweight

Condition	Percentage
Obese	3%
Overweight	21%
Normal	61%
Light underweight	10%
Moderate underweight	3%
Severe underweight	3%

In the community of Pantoja, cases of severe underweight are in control and did not increase with the entry of children to the first grades of elementary school. However, the participation of the mothers remains very low, because most fathers and mothers work outside the home and find it difficult to attend meetings requested by teachers and the Feed the Hungry team.

We have seen a considerable drop in the number of children with low weight. This is because the work of the nutrition team has been very constant, and because the community has gone through a good economic time and quality of life has improved. It is also observed that children show interest in the subjects related to the correct diet and gradually include vegetables in their diet. With the help of the workshops, we encourage children to try to eat all of the vegetables that are served on their plates.

Obese and Overweight Children

4% obese
22% overweight

In this community, overweight cases have gradually been reduced, and cases of obesity have been controlled. It is a challenge, because sausages are popular and they contain high amounts of sodium and also increase the risk of developing cancer during their lifetime. But there is a belief that consuming processed foods shows that their economic status is greater.

The consumption of cola is also a problem, because it is sold and promoted everywhere. Our workshops focus on food hygiene and combating the consumption of these products harmful to health. In this community, support from teachers and the school principal has benefited the work of the nutrition team. We will continue to motivate families to carry out healthy habits.