

A Community We Support: Puerto de Sosa

Location Statistics

At the time of the latest INEGI census (2010), the population of Puerto de Sosa was 556 inhabitants in 118 households. Only 104 homes had all services – electricity, water, and sewage.

At that time, 75% of the residents were under age 12.

The average level of schooling was 5 years; 13% 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 Puerto de Sosa is **Timaree McCormick**.

Population statistics source: 2010 INEGI Census (Instituto Nacional de Estadística, Geografía e Informática)



The Feed the Hungry kitchen in the Puerto de Sosa community opened in 2017. At the General Francisco Villa elementary school and Ovidio de Krolly kindergarten, 105 meals are served every school day. The school is located 32km from the Feed the Hungry Center.

Mothers in this community are very participative in our program. There are no paid cooks at the Feed the Hungry kitchen; the volunteer mothers are

responsible for the daily cooking. This helps them feel more committed to improving their eating habits and their children's health.

The support of teachers in this community facilitates the work of the nutrition team and promotes the progress of the children.

Nutrition Report

For the latest nutrition report (September 2019), Feed the Hungry staff nutritionists assessed 63 students through height, weight, and body fat measurements.

Underweight Children

17% light underweight

27% moderate to severe underweight

Condition	Percentage
Obese	14%
Overweight	16%
Normal	25%
Light underweight	17%
Moderate underweight	21%
Severe underweight	6%

This community is a fairly recent addition to the school lunch and nutrition program. In a short time, we have seen good progress, thanks to the support of the mothers and the teachers.

The children have been motivated to consume vegetables in each of their daily meals. Mothers have attended nutrition workshops to learn to add vegetables to all of their stews.

Children with light underweight have improved, due to the coordinated work carried out in the community and education on the importance of good eating habits.

The socio-economic state of the community has evolved, so that there are a smaller number of children with poor nutrition. Even so, there are cases that need to be supported by the program to provide them with good nutrition. Children who entered preschool with severe underweight are currently in elementary school with improved nutritional status.

Obese and Overweight Children

14% obese

16% overweight

The cases of overweight and obesity have been reduced. With the help of the workshops, many mothers have reduced the daily consumption of cola drinks.

With the improvement of the socio-economic status of the community, there is a risk that children will increase consumption of sweetened products, especially sugary drinks that can cause rapid weight gain.

The workshops scheduled for this school year will focus on teaching children and their parents about the diseases that can develop due to excessive consumption of junk food. In addition, parents will be offered hygiene workshops to prevent foodborne illnesses.

School teachers tell us that they have observed a positive change in children's eating habits after the nutrition workshops they have attended.