

A Community We Support: San Cristóbal

Location Statistics

The most recent INEGI census (2010) reported a San Cristóbal population of 215 men, women, and children, residing in 51 households.

Only 40 of the homes had all services: piped water, electricity, and sewage.

Children 12 years of age and younger made up 76% of the population.

The illiteracy rate was 14%. The average level of schooling completed was less than 5 years.

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. This list is divided into dry goods and supplies, and perishables.

On **Saturdays**, volunteers pack 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.

The volunteer driver for San Cristóbal is **Mark Toogood**.

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



Background

The Feed the Hungry kitchen in the community of San Cristóbal has been in operation since 2001 and now serves 100 meals to children every school day at the Constitución de 1857 elementary school and at the Niños Héroes preschool. The cooking is done by volunteer moms.

The community is located 37 kilometers from the Feed the Hungry Center.

Nutrition Report

For the latest Nutrition Report (April 2019), staff nutritionist Irving E. Ayala Zúñiga assessed 79 students in primaria (elementary school) and preschool through height, weight, and body fat measurements.

Underweight Children

33% light underweight
6% moderate to severe underweight

When the Feed the Hungry program began in the community of San Cristóbal, a large part of the student population was severely underweight. However, over the years this problem has been greatly reduced and the children have evolved satisfactorily, bringing them closer to normal weight for their age and height.

Condition	Percentage
Obese	4%
Overweight	10%
Normal	47%
Light underweight	33%
Moderate underweight	5%
Severe underweight	1%

Nutrition workshops are held for the mothers, to teach them how important it is to have a balanced diet rich in foods of plant origin, which contribute not only to the children’s health but also their academic performance. The children now accept a variety of vegetables in their daily meals.

Obese and Overweight Children

4% obese
10% overweight

Overweight and obese children in San Cristóbal are a very small population compared to children who are underweight. Just the same, the nutrition team focuses on working with them in the audio visual workshops so that they can identify and combat the main causes of obesity and overweight.

It is important to remember that these problems are very difficult to fight, because the Mexican population, mainly people with limited resources, has a special appreciation for drinking cola and eating churros before, during, and after the meal, which contributes to obesity.

Some of the Feed the Hungry nutrition workshops focus solely on the topic of cola and the problems and diseases that its consumption can cause.

General Observation

In this community, there is a lot of resistance to stop consuming cola, even though the mothers of the children show a lot of interest in our workshops. However, the hard work done by Feed the Hungry has been reflected in the overall improvement in the nutritional status of the children.