

A Community We Support: Tres Palmas

Location Statistics

At the time of the latest census report (2010) the population of Tres Palmas was 308 men, women, and children; 225 were children under the age of 12. In the 63 households, only 46 had all services – electricity, water, and sewage.

The average level of schooling was less than 6 years, and 11% were illiterate.

The Weekly Support and Supply Cycle

Our 36 school kitchens are visited each week by 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 Tres Palmas is **Mark Toogood**. The distance from the Feed the Hungry center is 39 km.

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



The Feed the Hungry kitchen in Tres Palmas opened in 2014. Meals are served to students at the Ignacio Zaragoza Elementary and Prof. Paul Martínez de Anda Telesecondary, where 98 meals are served to children every school day.

In this community, great changes have been made, and the participation of the mothers has contributed a lot to these achievements. The mothers used to have trouble denying their children sugary drinks and junk food, but the nutrition workshops conducted by Feed the Hungry for the mothers are helping them to address this issue.

One of the great challenges in this community was that children avoided eating vegetables during the meal. Thanks to the nutrition workshops for the children, fewer of them remove the vegetables from their plates.

Nutrition Report

For the latest Nutrition Report (September 2019), Feed the Hungry staff nutritionist Irving E. Ayala Zúñiga assessed 78 elementary students through height, weight, and body fat measurements.

Underweight Children

29% light underweight
10% moderate to severe underweight

Condition	Percentage
Obese	3%
Overweight	6%
Normal	51%
Light underweight	29%
Moderate underweight	9%
Severe underweight	1%

In the community of Tres Palmas, it has been possible to reduce the cases of severe underweight, and instances of moderate underweight are also in decline. Although most of the underweight cases have evolved to mild underweight, continued vigilance is required in order to prevent setbacks.

Obese and Overweight Children

3% obese
6% overweight

Cases of obesity and overweight in this community are very rare, however, these cases have been given high priority to prevent an increase in the number of overweight or obese children. We are pleased to see that the children pay close attention in the nutrition workshops and have been actively participating in them, and most children have begun to reduce their consumption of cola at home. They even talk to their parents about the problems and diseases caused by the daily consumption of soft drinks.

