

## A Community We Support: Montecillo de Nieto

### Location Statistics

The most recent INEGI census (2010) reported a Montecillo de Nieto population of 294 residents in 56 households. Of those, only 6 had water piped into the home, and only 5 households had all services (electricity, piped water, and sewage).

Almost 9% of the inhabitants were illiterate (7.75% of the men, and 9.87% of the women). The average school enrollment ratio was 5.60 years.

### The Weekly Support and Supply Cycle

Our 36 school kitchens are visited each week by our three 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 start packaging 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 Montecillo de Nieto is **Melody Ann Smith**. The school is 8 kilometers from the Feed the Hungry center.



Feed the Hungry San Miguel began operating a kitchen in Montecillo de Nieto in 2014. It is one of the most impoverished communities that we support.

During school year 2018/2019 we will serve 70 hot meals every school day at the El Pípila primaria (elementary) and Emiliano Zapata kinder (preschool). That’s 13,300 meals per year.

### Nutrition Report - School Year: 2018/2019

For the latest Nutrition Report (January 2019), our staff nutritionist, Irving E. Ayala Zúñiga, assessed 54 students through height, weight, and body fat measurements.

#### Underweight Children

22% light underweight  
7% moderate underweight

The diagnosis of this community is light underweight to normal nutritional status in satisfactory evolution.

Continuing improvements have been observed thanks to the Feed the Hungry school lunch program, including a decrease in physical signs of malnutrition, such as discolored and dry skin, and dull hair.

Children have been able to get more vegetables and fruits in their daily diet, and some have stopped consuming cola after class. An achievement of note is that children in preschool eat all the food provided from the Feed the Hungry kitchen, even though it is made with many vegetables, and the preschool children eat only the food provided in the dining room and do not consume other products during their class schedule.

Preschool children are usually the ones who have more nutritional problems, but these have shown a great improvement in their general nutritional status. The preschool teacher has observed that they are more active during the class and have improved concentration.

#### Overweight Children

9% overweight

The number of overweight children is under control and the cases of obesity are totally absent. It is important to continue to monitor for obesity because without such diligence, it is easy for children to adopt bad habits.

Feed the Hungry’s nutrition workshops with children and mothers help to reinforce good eating habits in the home. Another form of prevention is the continued inclusion of plant-based foods in school menus to habituate children to always include them in their meals.

#### General Observation

In this community, the biggest challenge is to convince the mothers of the families to participate actively and avoid conflicts among themselves. Little by little, there has been a notable improvement and better participation.

Condition	Percentage	Children
Obese	0%	0
Overweight	9%	5
Normal	61%	33
Light underweight	22%	12
Moderate underweight	7%	4
Severe underweight	0%	0