

## A Community We Support: Ejido de Tirado

### Location

Emiliano Zapata is an urban school only 3 kilometers from the Feed the Hungry Center, yet in a very poor community.

### 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**, Feed the Hungry staff pick up the “shopping list” order and delivers it to the school.

**Valentin Patlán Gonzáles** received Feed the Hungry meals when he was student at Emiliano Zapata—and he is now Feed the Hungry’s Chef, Supervisor Coordinator, and Pre-Kinder Nutrition Program Manager.



### Background

The Feed the Hungry kitchen at the Emiliano Zapata preschool (kinder) in the Ejido de Tirado area opened in 1997. It now serves as many as 150 children every school day—nearly 30,000 meals per school year.

The seasonal menus are designed by the Feed the Hungry nutritionists and tasty and healthy recipes are created by the staff chef. This team trains the salaried cooks as well as the volunteer mothers who help to serve the children. “Healthy cooking” classes, designed around foodstuff that is readily available, and Family Nutrition Education workshops are also offered. The children are weighed and measured periodically to measure progress.

### Nutrition Report

For the latest nutrition report (April 2019), Feed the Hungry staff nutritionists assessed 38 students through height, weight, and body fat measurements.

#### Underweight Children

44% light underweight  
17% moderate to severe underweight

The Emiliano Zapata school is located in an urban area of San Miguel de Allende, so one would not expect that the children would be suffering from poor nutrition. However, in this school, the population of underweight children is quite high.

Thanks to the work done by the Feed the Hungry team, the number of children severely underweight has been managed, evolving to moderate and light degrees of underweight.

It is important to note that the population of children in this preschool is very changeable; they only remain for three school cycles—new children enter first grade each year and third grade students leave, so there is a large turnover of the population every school year.

#### Obese and Overweight Children

3% obese  
9% overweight

The cases of overweight and obese children in the Emiliano Zapata preschool are a smaller population compared to the cases of children suffering from underweight. These children are in an area at risk for obesity because there are a lot of shops and mobile food stalls selling junk food near the school.

Workshops are conducted with parents, emphasizing the importance of healthy breakfasts and a balanced diet with low added sugars.

### General Observation

In this school of Emiliano Zapata there is a high risk that children adopt bad eating habits because the amount of stalls and stores where junk food is sold are very numerous. And the important thing is to teach parents about the health risks caused by poor diet.

Condition	Percentage
Obese	3%
Overweight	9%
Normal	26%
Light underweight	44%
Moderate underweight	15%
Severe underweight	2%