

A Community We Support: Estancia de San Antonio

Location Statistics

In the rural community of Estancia de San Antonio, 38 kilometers from the Feed the Hungry Center, FTH provides nutritious meals to children in the Melchor Ocampo primary school and the Jaime Nunó preschool.

In this community, 13% of adults are illiterate and only 26% have an income. Nearly half of the homes do not have all services: electricity, water, and drainage.

The most recent (2010) INEGI census reports a population of 562, with 42% under the age of 12.

The Weekly Support and Supply Cycle

Our 36 school kitchens are visited each week by our two 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 Estancia de San Antonio is **Carl Schmidt**.

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



Background

The Feed the Hungry kitchen in Estancia de San Antonio opened in 2007. The students receive two meals every school day (breakfast and lunch). A total of 230 meals are served daily. There is one paid cook who is assisted by volunteer mothers.

The seasonal menus are designed by the Feed the Hungry staff-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, our staff nutritionist assessed 128 students in preschool and primary school, through height, weight, and body fat measurements.

Underweight Children

13% light underweight

15% moderate to severe underweight

Light underweight indicates a considerable improvement, because they are evolving toward normal weight. Physical signs of malnutrition have improved; the white spots on the face, brittle nails, and tissue dehydration has been decreasing.

Condition	Percentage
Obese	3%
Overweight	14%
Normal	55%
Light underweight	13%
Moderate underweight	9%
Severe underweight	6%

The children are increasing their consumption of macronutrients and micronutrients necessary to maintain this evolutionary process, but it is still necessary to continue with constant food orientation and monitoring, especially for the mothers of the families, to encourage improvements to their daily food habits.

It is important to note that having their daily nutritious food has helped greatly compared to other communities that do not have the support of Feed the Hungry.

Obese and Overweight Children

3% obese

14% overweight

Obesity and overweight rates are decreasing because the children are having greater physical activation at school and in the home, and the director, teachers, and parents participate as well. We recognize very important achievements in this area, as seen in the most recent assessments.

Since obesity and overweight are fought with family support, we must continue working to reduce the consumption of junk food in school and out, because it is a bad habit that still remains.

Junk food consumption is a problem that is also a cultural issue: parents believe that if they do not give their kids money to buy it, they are bad parents. Unfortunately, junk food is widely available and inexpensive, but we are happy to see that children and mothers are trying to improve. This community is struggling to avoid junk food, but with a team with mothers and parents, teachers, directors, and us, we can make big changes.

Summary

In our recent interview with the principal, she said that the FTH meals make all the difference in the world. She knows of several children who would be dropping out from school if it weren't for the FTH program. The kids make the most of it, as some of them arrive to school with empty stomachs, so it's very good that they get to eat something warm and varied. She says it improves their attention and they are more relaxed and able to learn. And the parents are very grateful.