

## A Community We Support: La Cuadrilla

### Location Statistics

Per the latest census (2010), the current population of La Cuadrilla is 487 men, women, and children, residing in 112 households. Of these, 92.66% have electricity, 40.37% have piped water, 47.71% have a toilet.

The average level of schooling is a little more than 5 years; 9% of the population is illiterate.

27.31% of the population over 12 years old is employed.

8.21% of the population is indigenous, and 16.84% of the inhabitants speak an indigenous language.

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

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 La Cuadrilla is Tom Gosh. The distance to the school is 12 km from the Feed the Hungry Center.



The Feed the Hungry kitchen at La Cuadrilla opened in 2001 and currently serves 100 meals daily: 30 children in kinder and 25 in primaria; in telesecundaria we are feeding 45, thanks to the teachers that allow those students to go to the kitchen.

Fortunately, very few mothers are bringing food to primaria (which we discourage), and the principal does not let the children leave the school grounds to buy snacks at a tienda.

### Nutrition Report

For the latest Nutrition Report (January 2019), staff nutritionist Irving E. Ayala Zúñiga assessed 31 students in kinder (preschool) through height, weight, and body fat measurements.

#### Underweight Children

35% light underweight

16% moderate underweight

Condition	Percentage	Children
Obese	0%	0
Overweight	0%	0
Normal	48%	15
Light underweight	35%	11
Moderate underweight	16%	5
Severe underweight	0%	0

Preschool children have improved satisfactorily since the establishment of the Feed the Hungry kitchen there. The signs of malnutrition, such as dry hair and skin discoloration, are only visible in children in first grade, while in children in second and third grade they do not exhibit these signs.

Preschool children tend to avoid vegetables, but thanks to the support of the teachers and the nutrition workshops that offered by Feed the Hungry, these children consume most of the dishes on our menus and they show a very good acceptance of different vegetables in their daily diet. With the help of the workshops, the children are also taught that they should avoid soft drinks and highly sweetened foods.

#### Obese and Overweight Children

0.0% obese and overweight

Cases of overweight and obese children are very rare, due to the great deficiencies that exist in the community. Even so, the habits that promote obesity are present, since in this community there are many shops where they can buy products like Cola and processed junk foods. Nutrition workshops also stress the importance of daily recreational activity to prevent sedentary lifestyles.

#### General Observation

It is extremely important to teach good eating habits to children who are of school age, when they begin to establish the eating habits that will last the rest of their lives. The teachers show a lot of support for the Feed the Hungry program and they help to reinforce these good habits.