

## A Community We Support: La Palmilla

### Location Statistics

The most recent INEGI census (2010) reports a La Palmilla population of 321 men, women, and children, residing in 65 households. 118 are children ages 0 to 14.

Only 135 of the adults have some income and only one-third of the homes have all services: electricity, water, and drainage.

Almost all homes have dirt floors.

### The Weekly Support and Supply Cycle

Our 36 school kitchens are visited each week by our 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 pack 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.

The community is 21 kilometers from the Feed the Hungry Center. Our volunteer driver for La Palmilla is **Chip Swab**.



The Feed the Hungry school kitchen was established in the La Palmilla community in 2008. Currently, 60 children at the Miguel Hidalgo preschool (kinder) and Juan José de los Reyes Martínez elementary (primaria) school receive meals through the Feed the Hungry program. FTH restored two primary school classrooms that had been half-built but abandoned. The construction and necessary modifications resulted in a kitchen and dining room that meet our specifications.

La Palmilla is one of the poorest communities that we support. During the hot months of the year, the heat from the sun burns through the well water pump, eliminating the water supply for the school. In order to continue providing the daily school meals, we also deliver jugs of purified water to the kitchen on a weekly basis.

We will finish this school year satisfied, knowing that the mothers are voluntarily preparing the meals for the children in the school kitchen according to our menus.

### Nutrition Report

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

Condition	Percentage	Children
Obese	3%	2
Overweight	12%	7
Normal	30%	18
Light underweight	43%	26
Moderate underweight	12%	7
Severe underweight	0%	0

### Underweight Children

43% light underweight  
12% moderate underweight

The great degree of poverty in this community is reflected in the number of children in a state of malnutrition. However, an achievement of our nutrition program is that children who were previously severely underweight are now lightly underweight, and cases of severe underweight are totally absent.

It has been observed that the children now accept a wider variety of foods rich in vitamins and minerals, such as vegetables and legumes necessary for their development. We continue with nutrition workshops to remind the mothers that their children need two meals in addition to their school lunches, and that those two meals should also contain vegetables and legumes.

### Obese and Overweight Children

3% obese  
12% overweight

In this community the cases of overweight and obesity are low but persistent. In some cases, it is common for the father to be working in the U.S. and with the extra income the family receives, they adopt bad eating habits in the home, such as the consumption of cola and processed, fatty foods promote weight gain.

In our workshops we continue to inform mothers that these habits could cause irreversible damage to the health of their children and the best way to avoid these problems is to provide an adequate and healthy diet with natural and fresh foods.

### General Observation

In this community, the children have greatly benefited from the Feed the Hungry program and the participation of the mothers and the teachers.