

A Community We Support: Loma de Cocinas

Location Statistics

The rural community of Loma de Cocinas is 37 kilometers from the Feed the Hungry Center.

The most recent INEGI census (2010) reported a population of 282, with the majority under the age of 12. There were 60 households, only 16 of which had all basic services: electricity, water, and drainage. 14% of adults were illiterate and only 29% had an income.

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, supplies, and perishables.

On **Saturdays**, volunteers sort and pack the individual dry goods and supplies from bulk purchase.

On **Mondays**, our vendors deliver fresh produce and perishables which are then weighed 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 Loma de Cocinas is **Harry Macy**.

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



Background

The Feed the Hungry kitchen in the Loma de Cocinas community opened in 2007. Every school day we serve lunch to 25 children at the 20 de Noviembre preschool (kinder) and two lunches to 50 students at the Cuauhtémoc elementary (primaria) school.

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.

Nutrition Report

The children are weighed and measured periodically to evaluate progress.

For the latest Nutrition Report (December 2019), staff nutritionist Irving E. Ayala Zúñiga assessed 45 students in primaria and kinder through height, weight, and body fat measurements.

Condition	Percentage
Obese	4%
Overweight	29%
Normal	40%
Light underweight	20%
Moderate underweight	4%
Severe underweight	2%

In this community, our menus focus on providing more vegetables at each meal so that children receive the necessary minerals to develop properly. It is intended that children get used to eating a greater variety of vegetables than they usually have available at home.

Underweight Children

Underweight cases have been controlled, and some have evolved satisfactorily from severe underweight to moderate or mild underweight. Signs of malnutrition, such as spots on the skin and hands and dry hair, have also decreased.

Overweight Children

Cases of overweight and obesity in the community of Loma de Cocina are observed mostly in children in the last grades of elementary school; many of the children come from other communities with greater economic solvency. As a result, they have bad eating habits that lead to weight gain.

Nutrition Workshops have been conducted that address balanced and healthy eating and the risks of consuming sugary food and drinks such as industrialized juices and cola. In cases of overweight and obesity, it is important to continually implement workshops to reinforce the lessons learned, so that children and their parents gradually abandon these bad habits and adopt a better lifestyle.

General Observation

Due to remoteness from other communities, families can be very reluctant to change. We continue to work hard to dissuade mothers who insist on bringing food from home, because these are not balanced meals and mainly consist of processed meats and sugary drinks.