

A Community We Support: Los González

Location Statistics

At the time of the latest INEGI census (2010), the population of Los González was 428 inhabitants in 94 households. Only 67 homes had all services – electricity, water, and sewage.

At that time, 71% of the residents were under age 12.

The average level of schooling was 5 years; more than 16% were illiterate.

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.

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 Los González is **Jonna Stratton**. The school is located 21km from the Feed the Hungry Center.

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



The Feed the Hungry kitchen in the Los González community opened in 2017. Children attending the Josefa Ortiz de Domínguez elementary (primaria) school and the Benito Díaz de Gamarra kindergarten receive a hot, nutritious lunch every school day, and the primaria students also receive breakfast. In total, 132 meals are served every school day.

Mothers in this community are very participative in our program. There are no paid cooks at this Feed the Hungry kitchen; the volunteer mothers are responsible for the daily cooking. This helps them feel more committed to improving their eating habits and their children's health.

Nutrition Report

For the latest nutrition report (September 2019), Feed the Hungry staff nutritionists assessed 56 students through height, weight, and body fat measurements.

Underweight Children

11% light underweight
5% moderate underweight

Condition	Percentage
Obese	9%
Overweight	18%
Normal	58%
Light underweight	11%
Moderate underweight	5%
Severe underweight	0%

In this community, there has been a decrease in underweight cases. Many of the moderate and severe cases have rapidly evolved to lightweight, with the exception of some persistent cases. The main deficiencies are related to the low consumption of plant-based foods.

The workshops we have held in this community have focused on motivating children and their mothers to include vegetables in all of their meals, in order to have a better intake of vitamins and minerals in their diet. We show how they can prepare Feed the Hungry menus at home and incorporate vegetables into sauces and stews, not just in salads that children may not accept. It has been observed that children have stopped consuming some products such as sausage and ham and are accepting a greater variety of vegetables in their meals. The importance of washing hands and vegetables before eating has also been emphasized.

Obese and Overweight Children

9% obese
18% overweight

In this community, obesity and overweight is a persistent problem, partly because it has become customary to consume soft drinks instead of water during meals. Many mothers prefer to buy soda than to prepare fruit water. The workshops have focused on educating mothers to reduce the consumption of sodas to prevent weight gain and development of metabolic diseases.

The physical activity of the children who live in this community is usually very limited, because their homes are very far from one another and they prefer to spend time just with family.

General Observation

The participation of this community is excellent, thanks to the support of the school principal and the interest the mothers have in the Feed the Hungry program.