

## A Community We Support: Marroquín de Abajo

### Location Statistics

The most recent INEGI census reported a Marroquín de Abajo population of 283 men, women, and children, residing in 64 households.

Only 37 of the homes had all of the basic services: electricity, piped water, and sewage.

Only 33.57% of the inhabitants (more than 12 years of age) had a source of income.

The average level of schooling completed is five years.

### The Weekly Support and Supply Cycle

Our 36 school kitchens are visited each week by our three 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 that are 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 Marroquín de Abajo is Shirley Adlerbert.

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



Feed the Hungry San Miguel began operating a kitchen in the rural community of Marroquín de Abajo in 2008. The delivery distance is 18km from the Feed the Hungry center. The school principal is Maestro Luis Felipe Zarate.

During school year 2018/2019 we will serve hot meals to 85 students at the Mariano Matamoros elementary (primaria) and Itzcoatl preschool (kinder) every school day.

The children and their mothers learn how delicious healthy food is when they enjoy the lunches provided by Feed the Hungry. Meals are based on balanced menus developed by our chef. The nutrition workshops also reinforce the benefits of fruits and vegetables and the detrimental effects of junk food. The November 2018 nutrition workshop was attended by 29 mothers.

### Nutrition Report

For the latest Nutrition Report (April 2019), staff nutritionist Irving E. Ayala Zúñiga, assessed 54 students in kinder and primaria through height, weight, and body fat measurements.

Condition	Percentage
Obese	2%
Overweight	7%
Normal	74%
Light underweight	13%
Moderate underweight	4%
Severe underweight	0%

### Underweight Children

13% light underweight  
4% moderate underweight



The diagnosis obtained after analyzing the results of the measurement of the children is of light underweight to normal status in satisfactory evolution

The evolution of the nutritional status of the children of this community continues to go in a positive direction. Significant progress has been seen not only by the nutrition team but also positive feedback from teachers about what they observe in their students' academic performance.

This is a community of scarce resources, so it is very important that we continue with the support of school lunches so that the achievements are not lost. Children have also become accustomed to eating foods with vegetables every day; there are very few cases of children who avoid eating vegetables.

### Obese and Overweight Children

2% obese  
7% overweight

The cases of overweight and obesity in the community are very few and well controlled. Although some cases are persistent, workshops are held with children about the bad eating habits that cause obesity, and the children are consuming less junk food. But there are always small shops selling junk food, cola drinks, and industrialized beverages that cause a rapid increase in weight when consumed. The nutrition team works hard to control these bad habits as best as possible.