

A Community We Support: Nuevo Pantoja

Location Statistics

At the time of the latest census report (2010) the population of Nuevo Pantoja was 204 men, women, and children; 126 were children under the age of 14. In 47 households, only ONE had all services – electricity, water, and sewage.

Only 33% of the population over age 12 had a source of income, and 8% are 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 sorted 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 Nuevo Pantoja is **Surrendra Kumar**.

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

Nuevo Pantoja is a very poor community in the San Miguel de Allende urban area. Most of the working adults are in construction or make bricks to sell. Feed the Hungry operates school kitchens in both the kinder (preschool) and primaria (elementary) schools, which are separated by a major highway.

Malnutrition in this community is due to the limited capacity of families to obtain affordable healthy food. Even though the community is very close to the downtown area of the city, there are serious economic and nutritional deficiencies.



Nuevo Pantoja Kinder

The Feed the Hungry kitchen for the Nuevo Pantoja kinder opened in 2017. Every school day, 96 nutritious meals are served to students at the Francisco Ferrer Guardiola school. Since the FTH kitchen opened, the health of the students has shown great improvements year over year.

hard days and working until dark. They were that eager to have a school kitchen and were very proud of their accomplishment and self-reliance.

To provide a school kitchen for the kindergarteners, Feed the Hungry supplied materials and the residents built the kitchen themselves, coming together at the end of long

Upon our first health assessment, some of the deficiencies that were observed in the children were dry hair, dehydration, white patches on the skin, brittle nails, and stained teeth. These were due to a lack of vitamins and minerals that are only found in fruits and vegetables.

Foods included in the FTH menus provide balance to the diet, so that underweight children receive the missing nutrients and calories needed to continue their growth and development, and overweight and obese children receive adequate nutrition for weight control.

In May 2018, we started providing breakfast as well, because many of the children do not have breakfast at home and they were buying snack food outside the school in the morning. The FTH breakfast is a cup of oatmeal with cinnamon, jello with fruit, rice with milk, or yogurt with fruit.

Nutrition Report

The children are weighed and measured periodically to evaluate progress. For the latest Nutrition Report (December 2019), Feed the Hungry staff nutritionist Irving E. Ayala Zúñiga assessed 32 kinder students through height, weight, and body fat measurements.

Underweight Children

31% Light underweight
8% Moderate underweight

Condition	2019	2018
Obese	6%	0%
Overweight	3%	3%
Normal	53%	38%
Light underweight	31%	3%
Moderate underweight	8%	28%
Severe underweight	0%	28%

We now see fewer clinical signs of nutritional deficiency, such as dry hair and pale skin, thanks to the breakfast and school lunches provided by the Feed the Hungry meals program. It is important to continue to support this community, since each school year more underweight children enter preschool.

Obese and Overweight Children

6% Obese

3% Overweight

New cases of obesity are under observation. The main cause of obesity in preschoolers is due to the poor choice of food provided by their mothers at home. Workshops are conducted to inform the mothers what foods they should avoid and how much food the children should receive according to their age and daily habits.

General Observation

In this community, we provide not only nutrition workshops, but also workshops about hygiene and food-borne diseases, because there have been cases of hepatitis due to lack of hygiene. In these workshops, mothers are informed of the causes of this disease as well as how to prevent infections and the care that patients should receive.

The nutritional state of these children has progressed satisfactorily since the FTH program launched at this school. Children accept a greater variety of foods, such as vegetables and fruits. Mothers show great interest in improving the nutritional status of their children and have begun to make recipes from the school menus at home. This progress is due not only to the school meals, but also to the training provided to the children and their mothers. Work in this community must be continual and consistent so that we see even greater improvements.