

A Community We Support: Palo Colorado

Location Statistics

The most recent INEGI census (2010) reported a Palo Colorado population of 1,172 men, women, and children, residing in 212 households; 762 are children younger than 12 years of age.

Only 24% of the inhabitants (more than 12 years of age) have some income and only 71 of the homes have all services: electricity, water, and drainage.

10.75% of the inhabitants are illiterate (6.65% of the men, and 14.45% of the women).

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 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.

Our volunteer driver for Palo Colorado is **Dennis Thies**. The school is 11km from the Feed the Hungry Center.



An average of 150 meals are served every school day at the María Montessori kindergarten in Palo Colorado. Nutritious breakfasts and lunches are served to 70 children, 2 volunteer moms, and 3 teachers.

The Feed the Hungry kitchen has been in operation there since 2003.

The key to the success of our mission during the last 16 years has been the collaboration and help of the school directors. Especially in the Maria Montessori Kinder, there have always been educators who are committed and concerned for the nutrition and wellbeing of the young children. They also encourage the mothers to participate in the Nutrition Workshops and monthly kitchen classes, the ultimate goal being that they become aware of what the children are eating in school, and learn to prepare the Feed the Hungry recipes at home in addition to volunteering in the preparation of the meals for the children at school.

Nutrition Report

For the latest Nutrition Report (May 2019), staff nutritionist Irving E. Ayala Zúñiga assessed 65 kindergarten students through height, weight, and body fat measurements.

Underweight Children

38% light underweight
7% moderate to severe underweight

Condition	Percentage	Children
Obese	2%	1
Overweight	8%	5
Normal	46%	30
Light underweight	38%	25
Moderate underweight	5%	3
Severe underweight	2%	1

Extensive work has been done to combat the problems of poor nutrition that afflict the children of this community. It is important to note that the population of children in kindergarten is very changeable, since they only remain in kindergarten for three years, so the data may vary because one third of the total population of children go on to elementary school the next year.

Severe underweight cases have been very rare and many of the children who were in moderate underweight have progressed satisfactorily to mild underweight. It has been observed that the children of this community accept the vegetables and there are only very few cases of children who remove them from their plate, although this number decreases gradually, since every day they are encouraged to try of all the vegetables that are included in the school meal.

Obese and Overweight Children

10% obese or overweight

The cases of overweight or obese children are very controlled and isolated because we are constantly working with the mothers to continue changing bad eating habits. The main cause of obesity and overweight present in this community is the high consumption of cola; only a few of the families avoid consuming it.

Our workshops in this community focus on reducing cola consumption, especially to educate the mothers who are responsible for purchasing the product for each member of the family. It was found that they usually buy smaller bottles for small children and 600 ml bottles for adults. Our main challenge it to reduce consumption of cola, especially by preschool children.