

A Community We Support: Peñón de los Baños

Location Statistics

The most recent INEGI census (2010) reported a Peñón de los Baños population of 283 men, women, and children, residing in 71 households. Of those, only 43 households had all services (electricity, piped water, and sewage).

The illiteracy rate was 7%, with the average level of schooling completed was just less than 6 years.

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. 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.

The volunteer driver for Peñón de los Baños is **Anne Lewis**.

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



Background

The Feed the Hungry kitchen in Peñón de los Baños has been in operation since 2007 and now serves 80 meals to children every school day at the Lázaro Cárdenas elementary and Antonio Caso preschool. There is one paid cook, who is assisted by volunteer moms.

The community of Peñón de los Baños is located 35 kilometers from the Feed the Hungry Center.

Nutrition Report

For the latest Nutrition Report (March 2019), staff nutritionist Irving E. Ayala Zúñiga assessed 73 students in elementary and preschool through height, weight, and body fat measurements.

Underweight Children

32% underweight

In this community there have been great improvements in the general nutritional status of the children. Because the Feed the Hungry program has been in operation here for 12 years, children who enter preschool with signs of poor nutrition improve during those three years, and enter elementary school in better health.

Workshops have been conducted to emphasize the importance of vegetables in the daily diet and to encourage their consumption in each and every meal. The work in nutrition education for children must be constant, since the factors that interfere with a healthy diet are always present in their environment, either because of lack of availability of healthy food where they live, or because of the unhealthy food that is seemingly everywhere.

Obese and Overweight Children

35% obese or overweight

Obesity and overweight in the community of Peñón de los Baños is becoming an increasingly persistent problem, since the selling of junk food is carried out in the community. In many cases, this is the way in which families generate income.

Another problem is the high consumption of cola with daily meals. Soft drinks are widely consumed by most people in the communities of San Miguel de Allende.

New workshops will be implemented to educate the population about the problems caused by cola drinks and to reduce the consumption of these products. It is important to note that thanks to the workshops carried out previously, some significant changes have been achieved in the eating habits of the residents.

General Observation

In this community, it is very important to focus efforts on nutrition education, as little by little more industrialized products are sold through the stores that have been installed in the community. Children attending our workshops gain a good understanding of the problem, and we see positive changes as a result.

Condition	Percentage
Obese	10%
Overweight	25%
Normal	33%
Light underweight	27%
Moderate underweight	5%
Severe underweight	0%