

A Community We Support: Pozo de Balderas

Location Statistics

The latest INEGI census data (2010) reported a Pozo de Balderas population of 366 men, women, and children; 271 were children under the age of 12.

Only 28% of the adult population was employed and 12% were illiterate.

The community is 34 kilometers from the Feed the Hungry Center.

The Weekly Support and Supply Cycle

Our 36 school kitchens are visited each week by 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 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 Pozo de Balderas is **Harry Macy**.

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



there's a difference in the energy levels of the children. A few children in first and second grades were always asking what time the 'recreo' (recess) would be, because they arrive to school very hungry, so much so that sometimes the teachers asked that as soon as the cook had something ready—even if it wasn't recess yet—that these kids were served something, because they don't even have breakfast at home.

One time she made a comment to one of these kids along the lines of, "Wow, you eat so well!" (he had asked for two or three servings already) and he answered, "Yes, because later in the day I don't eat anymore." She says she's relieved FTH helps these children so much.

Nutrition Report

For the latest Nutrition Report (January 2019), staff nutritionist Irving E. Ayala Zúñiga assessed 89 students in kinder and primaria through height, weight, and body fat measurements.

| Condition | Percentage |
|----------------------|------------|
| Obese | 6% |
| Overweight | 21% |
| Normal | 50% |
| Light underweight | 19% |
| Moderate underweight | 2% |
| Severe underweight | 2% |

Underweight Children

19.10 % light underweight

4 % moderate to severe underweight

In this community, remarkable advances have been found in the general nutritional status of children, with reductions in physical evidence related to the lack of micronutrients in the children's diets. Signs of scaly skin, dry hair, and growth retardation have declined.

These changes have been achieved thanks to the fact that children in preschool are included in the nutrition program—when they enter primary school the children know the menus and are accustomed to eating vegetables daily.

It is important to continue with the work that is carried out with the children of this community since there are still children that enter the first grade of preschool with malnutrition, a sign of the family's lack of income and inadequate nutrition in the home.

Obese and Overweight Children

6% Obese

21% Overweight

In the community of Pozo de Balderas, there is a persistent incidence of overweight and obese children; however, the number of children with obesity has been reduced and has progressed to overweight, which is a positive development. Improvements can partly be attributed to the healthy school meals and the nutrition workshops where the children learn about illnesses related to a poor diet.

Children with persistent problems of obesity and overweight are children who do not always take the lunches in the school kitchen, but instead eat cakes brought by their mothers at recess. Workshops are being held with the mothers to discourage bringing food to the school and to encourage them to have their children partake in the hot, balanced meals provided by Feed the Hungry.

General Observation

The mothers had been a bit apathetic about the Feed the Hungry program, but thanks to the nutrition workshops and support from the principal, participation by the mothers has increased. Principal Maestra Diana Laura understands the importance of our programs and appreciates what we have been doing in her school. A positive and significant advance is expected to reduce the number of mothers bringing food to school.