

A Community We Support: San Francisco

Location Statistics

At the time of the latest census report (2010) the population of San Francisco was 295 men, women, and children; 181 were children under the age of 12. In 55 households, 36 had all services – electricity, water, and sewage.

The average level of education is 4.48 years. Illiteracy was at 9%.

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.

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 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 San Francisco is **Steve Islander**.

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



The Feed the Hungry kitchen in San Francisco opened in 2008. Meals are served to students at the Rodríguez Flores Primaria (elementary) and the Jn. Anagua Kinder (preschool), where 93 meals are served to children every school day.

The work that has been carried out in this community has greatly increased the acceptance of healthy foods. The balance between children with normal weight and children with low weight shows a steady advance, due to good nutritional habits of the children and their mothers. Cases

of severe underweight are almost completely eradicated, and many cases of underweight are now in a state closer to normal.

Many of the mothers in this community are committed to improving their family’s diet, although mothers of children new to the program often resist making changes, which is a continual challenge.

Nutrition Report

For the latest Nutrition Report (September 2019), Feed the Hungry staff nutritionist Irving E. Ayala Zúñiga assessed 74 students in primaria and kinder through height, weight, and body fat measurements.

Underweight Children

22% light underweight
6% moderate to severe underweight

The nutritional status of the students has improved greatly since one year ago. The cases of children who are at normal weight are primarily those who are in the last years of primary school and have therefore had the benefit of Feed the Hungry meals for the longest.

This is manifested in the absence of signs of malnutrition, such as dry skin and hair, spots on the arms and face, discolored hair and low growth. New children entering school more often display these signs of nutritional deficiency. Every year, children enter primary school with food deficiencies that must be combated throughout their years in school, therefore consistent nutrition education is as important as the daily meals.

Obese and Overweight Children

1% obese
12% overweight

The number of overweight and obese children in Tres Palmas is closely related to the high availability of soft drinks and junk food in the community. For this reason, nutrition workshops for children and their mothers address diseases such as diabetes and high blood pressure which are caused by poor nutrition. As a result, mothers promise to improve their eating habits and also stop consumption of sodas by their families. The children show interest in enjoying a wider range of vegetables in their diet, as these provide important vitamins and minerals and help to ensure that weight is controlled.

Although the acceptance of children and their mothers for these changes in habits has been great, the situation will continue to be monitored, since the amount of junk food for sale in the vicinity of the school continues to increase.

Condition	2019 Percentage	2018 Percentage
Obese	1%	10%
Overweight	12%	7%
Normal	58%	37%
Light underweight	22%	9%
Moderate underweight	5%	16%
Severe underweight	1%	21%