

A Community We Support: San José de Allende

Location Statistics

The most recent INEGI census reported a San José de Allende population of 899 men, women, and children, residing in 172 households.

Only 49 of the homes had all of the basic services: electricity, piped water, and sewage.

More than 68% percent of the residents were under the age of 12.

The average level of schooling completed was less than five years and 18% were illiterate.

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.

The community is 65km from the Feed the Hungry Center. The volunteer driver is Erica Daborn.

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



The Feed the Hungry kitchen in the community of San José de Allende opened in 2018. Generous San Miguel architect Rafael Franco donated prefabricated structures, sinks, work surfaces, and labor to create a kitchen in an existing space, as well as materials and labor for a new dining hall.

Every school day, 210 balanced, nutritious meals are served to the students attending the Ignacio Allende elementary (primaria) school and the Diego Rivera preschool (kinder). There is one paid cook who is assisted by volunteer mothers from the community.

Nutrition Report

For the most recent nutrition report (June 2019), Feed the Hungry staff nutritionist Irving E. Ayala Zúñiga conducted an assessment of the health of 189 kinder and primaria students through height, weight, and body fat measurements.

Underweight Children

19% light underweight
25% moderate to severe underweight

This community has one of the largest populations of children supported by the Feed the Hungry program. There is little healthy food for purchase nearby. Vegetables can only be purchased in supermarkets located in larger towns. Unfortunately, soft drinks, sweets, and processed foods are available in small stores even in outlying communities, and mothers buy them to ease their workload at home. Feed the Hungry nutrition workshops encourage families to grow vegetables or buy them seasonally so that they are easier to find and less expensive.

Malnutrition affects nearly 50 percent of the children who are studying at kindergarten and primary level. Physical manifestations include dry skin with white spots, dry hair with discoloration, poor reflexes, and lethargic movement. Low-income children often skip breakfast because there is nothing to eat at home, or the mothers don’t make it a priority to prepare a breakfast. The children are pleased with the variety of vegetables in their Feed the Hungry lunches and they eat heartily.

Obese and Overweight Children

20% obese and overweight

Obesity and overweight is less common than underweight in this community, but it exists even among the most unfortunate children, due to an excessive consumption of foods such as tortillas that satisfy the appetite but do not provide adequate nutrition. Even overweight and obese children are found to be deficient in vitamins and minerals, and present the same signs of malnutrition as underweight children, due to an unhealthy diet.

Children who are overweight often drink soda when they leave school, and also drink it at home. Nutrition workshops for children have had a positive impact; teachers have observed that some children have heeded the advice to stop drinking cola. Rates of overweight have been gradually decreasing since the Feed the Hungry program started here.

General Observation

In this community, good nutrition must be continually endorsed, because of the large number of families and homes that are widely distributed across rivers, over hills, and through ravines. For this reason, many mothers have difficulty attending educational meetings. Yet there are many young mothers who need to learn about good eating habits and can be reluctant to change. It is vitally important to work directly with the mothers through nutrition workshops, cooking classes, and good examples set by the school lunch program.

Condition	Percentage
Obese	10%
Overweight	10%
Normal	37%
Light underweight	19%
Moderate underweight	13%
Severe underweight	12%