

A Community We Support: Sosnabar

Location Statistics

The most recent INEGI census (2010) reported a Sosnabar population of 1,035 men, women, and children, residing in 212 households.

Only 76 of the homes had all services: piped water, electricity, and sewage.

Children 12 years of age and younger made up 68% of the population.

The illiteracy rate was 14%. The average level of schooling completed was less than 5 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 Sosnabar is **Andreas Mladek**.

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



Background

The Feed the Hungry kitchen in the community of Sosnabar has been in operation since 2011 and now serves 240 meals to children every school day at the Naciones Unidas elementary school and José de los Reyes Martínez preschool. The cooking is done by two paid cooks who are assisted by volunteer moms.

The community of Sosnabar is located 16 kilometers from the Feed the Hungry Center.

Nutrition Report

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

Underweight Children

42% underweight

Sosnabar is one of the communities with the largest population of students that receive support from Feed the Hungry. In this community, there has been a great advance in the children’s nutritional status because they are offered a healthy lunch starting when they enter preschool.

Condition	Percentage
Obese	2%
Overweight	8%
Normal	33%
Light underweight	33%
Moderate underweight	9%
Severe underweight	0%

Children who enter elementary school already have the habit of eating vegetables. In addition, both children and their mothers participate in nutrition workshops where they learn about good eating habits and the importance of having balanced meals.

As a result, we see fewer cases of children with severe malnutrition even in the early grades of kindergarten, where those cases are more commonly found.

Obese and Overweight Children

10% obese or overweight

Cases of obesity and overweight have been kept in control thanks to the efforts made to encourage good eating habits. It is very common for children in these communities to find adults drinking cola instead of water to hydrate, which sets a bad example.

Thanks to the nutrition workshops that warn of the health problems caused by consumption of sodas, an increasing number of children reject these types of drinks. It is important to note that if you do not continue to instill and repeat the importance of good eating habits, it is too easy to return to bad habits because they are always present in daily life.

Positive changes have been reflected in that we see more children achieve and maintain a healthy weight for their age and height.

General Observation

In this community, many of the mothers are very interested in adopting good eating habits for their families, and the teachers are very supportive of improving the nutritional health of the children. Those who have more difficulty in making these changes are usually mothers, but it is expected that with the help of the workshops offered, a positive impact on children's habits will be achieved.