

## A Community We Support: Clavellinas

### Location Statistics

At the time of the latest census (2010), the population of Clavellinas was 1,152 men, women, and children residing in 232 households. Roughly 60% of the residents were children under the age of 12.

Only just over half of the households had all services (electricity, plumbing, and sewage).

Only 26% of adults had a source of income.

### The Weekly Support and Supply Cycle

Our 36 school kitchens are visited each week by our three 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 Clavellinas is **Steve Islander**. The village is 33 kilometers from the Feed the Hungry center.



### Background

Since 2007, Feed the Hungry has provided a hot, nutritious lunch to the children attending Ignacio Ramirez Primaria (elementary) and Jose Maris Luis Mora Kinder (preschool).

In May 2019, we began serving breakfast as well, because many of the children do not have breakfast at home, or they buy unhealthy snacks at shops nearby. The FTH breakfast is a cup of oatmeal with cinnamon, rice with milk, or yogurt with fruit. **We now serve more than 500 meals per school day.**

Seasonal menus are designed by the Feed the Hungry staff-nutritionists and tasty and healthy recipes are created by the staff chef. This team trains the salaried cooks as well as the volunteer mothers who help to serve the children. “Healthy cooking” classes, designed around foodstuff that is readily available, and Family Nutrition Education workshops are also offered.

### Nutrition Report

The children are weighed and measured periodically to measure progress.

For the latest Nutrition Report (December 2018), staff nutritionist Irving E. Ayala Zúñiga assessed students in primaria and kinder through height, weight, and body fat measurements.

Condition	Percentage
Obese	5%
Overweight	11%
Normal	48%
Light underweight	23%
Moderate underweight	8%
Severe underweight	5%

On the day of the assessment, there were 264 children in attendance.

#### Underweight Children

23% light underweight

13% moderate to severe underweight

The Clavellinas community has made steady progress in reducing underweight cases since it was integrated into the nutrition education and school lunches program.

The children of this community have learned to accept foods of plant origin, such as carrots, broccoli, and spinach. This is reflected in the fact that there are fewer nutritional deficiencies in evidence. However, there are still cases of nutritional deficiency, since the community is very poor and many children only have one high quality meal at day, at school.

Workshops have been held with children to teach the importance of eating vegetables and fruits daily to promote health and prevent disease. This has improved the acceptance of the dishes that are served daily in the dining room.

## Obese and Overweight Children

5% obese

11% overweight

The cases of obesity and overweight increased slightly since our last measurement, due to the fact that there are children who have come to Clavellinas from other communities where problems of poor nutrition are related to the consumption of sweetened foods and soft drinks.

There are small shops in the area near the school. Children leaving school have easy access to products that promote obesity, because in these little shops they only sell soft drinks, sweetened juices, processed cakes, churros, and sweets.

These cases of overweight and obesity have been addressed with workshops with children and with mothers, focused on learning about bad eating habits and the products that should be avoided to combat obesity and overweight. Increased physical activity is also encouraged.

## General Observation

The community has integrated very well with the Feed the Hungry nutrition program. The children are very participative and many of them have made positive changes.

