

A Community We Support: Fajardo de Bocas

Focus on Nutrition

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 cook as well as the volunteer mothers who help to serve the children.

“Healthy cooking” classes, designed around foodstuffs that are readily available, are offered to the entire village. Family Nutrition Education workshops continue to be offered and the children are periodically weighed and measured.

Location Statistics

The latest census (2010) reported that the population of the Fajardo de Bocas community was 365 men, women, and children, residing in 96 households. 120 were children ages 0 to 14.

Only 94 residents had some income and only one-third of the homes had all services: electricity, water, and drainage. Most homes had dirt floors.

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 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 Fajardo de Bocas is Ralph Hunting. The school is 22 km from the Feed the Hungry center.



The Feed the Hungry kitchen at Fajardo de Bocas serves 194 hot, nutritious meals every school day. At the Don Miguel Hidalgo kinder, 25 children receive a meal, and the Emiliano Zapata primaria students receive two meals: 85 meals are served in the morning and 84 in the afternoon.

There is one paid cook. Two volunteer cooks (mothers) help prepare and serve the afternoon meal.

Nutrition Report - School Year: 2018/2019

For the latest Nutrition Report (February 2019), staff nutritionist Irving E. Ayala Zúñiga assessed 102 students in primaria and kinder through height, weight, and body fat measurements.

Underweight Children

19% light underweight
13% moderate to severe underweight

The diagnosis is light underweight in satisfactory evolution.

In this community, we see each year a reduction in the number of cases of children with poor nutrition, although it is a gradual improvement, because in some cases children are living in extreme poverty. Also, every school year children with nutritional problems enter the first grades of preschool and primary, so have not had the benefit of Feed the Hungry meals in prior years.

Condition	Percentage	Children
Obese	8%	8
Overweight	13%	13
Normal	47%	47
Light underweight	19%	19
Moderate underweight	8%	8
Severe underweight	5%	5

The children in primaria have a warm meal at the time of recess in the morning, and another meal at the time of leaving the school during the afternoon. This greatly supports the well-being of the children. In addition, thanks to the high content of vegetables in the dishes that are served daily, children learn to accept a greater variety of foods made with vegetables that provide them with vitamins and minerals necessary for their proper development.

Obese and Overweight Children

8% obese
13% overweight

The cases of overweight and obesity have been persistent, although they have been controlled thanks to the work done by the Feed the Hungry nutrition team and their healthy menus. At the nutrition workshops the children learn about the negative impacts of consuming processed foods high in sugar, soft drinks, and fried foods.

Feed the Hungry menus are rich in vegetables, helping to combat malnutrition and control overweight. Most cases of obesity in the communities are related to malnutrition, since excess weight does not guarantee that nutrition is complete; many high-calorie foods do not provide the nutrients necessary for good health.

General Observation

There are still a few mothers who continue to bring food to school that is not properly balanced, thus the importance of the nutrition workshops for mothers that focus on motivating them to support the Feed the Hungry program. It is important that mothers know that the food provided to their children is healthy and adequate and it is not necessary for them to spend the little money they have to bring them food at school.