

A Community We Support: La Campana

Location Statistics

The most recent INEGI census (2010) reported a La Campana population of 916 men, women, and children, residing in 193 households.

Only 39 homes had all basic services: electricity, piped water, and sewage. The balance obtain water from a common well. Most homes had dirt floors.

25% of the residents over age 14 were illiterate. Only 205 adults above the age of 14 had some income.

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 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 La Campana is **Daniel Moore**. The delivery distance is 26 km from the Feed the Hungry Center.

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



younger than one year old. To ensure optimum nutrition for their babies, these mothers also receive a nutritious meal.

Nutrition Report

For the latest Nutrition Report (September 2019), staff nutritionist Irving E. Ayala Zúñiga, assessed 191 students in primaria and kinder through height, weight, and body fat measurements.

Underweight Children

The children have evolved satisfactorily to mild underweight. In relation to the previous school year, the number of children severely underweight has been significantly reduced. Although many children are mildly underweight, they are children who have improved their nutritional status and are no longer severely underweight.

Severe underweight cases are mostly found among the preschoolers. With the entry of new students into preschool, we see more who suffer from severe malnutrition due to the lack of nutritious food at home. Because they are only in school for a few hours a day, they receive only one meal from Feed the Hungry (the elementary students receive both breakfast and lunch). Therefore, the preschoolers progress more slowly. They benefit from the vitamins and minerals provided in their school meal, and will continue to improve when they enter elementary grades.

Obese Children

Cases of obesity in this community are very isolated and are generally related to families with greater economic capacity. We try to convince the parents not to give their children money to buy snacks from the small stores near the school. The location of these stores are outside school grounds, but near the playground, so are a major cause of concern. Feed the Hungry conducts nutrition workshops to reinforce healthy eating habits and avoidance of junk food and soft drinks.

General Observation

In this community there is excellent participation by teachers and parents. It is important to highlight that this school year we have had strong support from the preschool principal, who is very interested in the work of the nutrition team and the health of her students. Education in regards to the importance of more vegetables and fruits in the daily diet has improved the nutritional status of children, with the coordinated support of mothers, teachers, and the staff of Feed the Hungry.

Feed the Hungry San Miguel began serving the school children in La Campana in 2006. The community is among the very poorest that FTTHSM serves. We are currently providing 374 meals every school day for 151 primaria (elementary) students and 60 kinder (preschool) students. Two cooks are employed by Feed the Hungry; volunteer mothers assist with cooking and clean-up.

In April 2019, Feed the Hungry kicked off a new Early Childhood Nutrition Program, with La Campana as one of the first communities to benefit. The purpose is to provide sustenance for small children aged between one and three years old, and to encourage breastfeeding among the mothers of babies



| Condition | Percentage 2019 | Percentage 2018 |
|----------------------|-----------------|-----------------|
| Light underweight | 46% | 10% |
| Moderate underweight | 10% | 18% |
| Severe underweight | 2% | 24% |
| Normal | 39% | 42% |
| Obese | 1% | 3% |
| Overweight | 2% | 4% |