

A Community We Support: Los Galvanes

Location Statistics

At latest census (2010), there were 1,364 residents in Los Galvanes, residing in 284 households, of which only 126 homes had all of the basic services: electricity, piped water, and sewage.

At that time, 1,003 residents were under the age of 12. Of residents 14 years of age and older, 453 had some income.

Of the adult inhabitants, 5.79% were illiterate.

As many as 89 children, ages 3 to 5, are benefitted by the Feed the Hungry meals program.

The community is 29 kilometers from the Feed the Hungry Center.

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 Los Galvanes is **Jerry Rossing**.



Underweight Children

9% moderate underweight
0% severely underweight

In the community of Los Galvanes it is very important to offer nutrition workshops for children and the mothers, because of bad eating habits that are prevalent in the community.

Although this community has limited resources, its location is not far from the main routes, so there is a large number of stores where people can buy food that is not suitable for consumption by children. Among these products are cola drinks, churros, sweetened juices, and pastries.

Feed the Hungry conducts workshops for children on the benefits of consumption of fruits and vegetables in their daily diet and the importance of having the healthy meal offered in our school kitchen. The cases of underweight and severe underweight have been significantly reduced.

Obese and Overweight Children

2% Obese
3% Overweight

The cases of overweight and obesity are persistent in the children of this community due to the consumption of products with high contents of sugar that are sold in the surrounding stores. Another problem is that the population of children in preschool is constantly changing, because children are only in school for three years and, therefore, every year children from the last grade leave and new malnourished children enter the first grades.

The most effective way to eradicate the problem of overweight is to hold frequent workshops with the mothers to discourage the consumption of these products that are harmful to health.

The Feed the Hungry nutrition program has had a great impact on the community, to such an extent that more than 60% of the population of children in preschool are in a normal state of nutrition and the underweight cases in this community have been gradually reduced.

General Observation

In this community, mothers are participatory but are reluctant to stop buying processed food because they say it saves them cooking time, and some still believe that they spend less money on processed food versus fresh. Workshops with mothers will continue to correct these bad habits and improve the state of general nutrition of the children.

The Feed the Hungry kitchen in Los Galvanes opened in 2002 and now serves 84 meals to children every school day at the Carmen Ramos del Rio kinder (preschool). The principal is Profra. Claudia Carmina Barcenas Contreras.

Nutrition Report

For the latest Nutrition Report (January 2019), staff nutritionist Irving E. Ayala Zúñiga assessed 65 students in preschool through height, weight, and body fat measurements.

Condition	Percentage
Obese	2%
Overweight	3%
Normal	63%
Light underweight	23%
Moderate underweight	9%
Severe underweight	0%