

## A Community We Support: Salitrillo

### Location Statistics

The most recent INEGI census reported a Salitrillo population of 242 men, women, and children, residing in 54 households. Only 15 of the homes had all of the basic services: electricity, piped water, and sewage.

Seventy-three percent of the residents were under the age of 12. Of the residents over 12 years old, 21% were economically active.

5.37% of the population is indigenous.

The average level of schooling completed was less than five years and 10% were illiterate.

### 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.

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.

The volunteer driver for Salitrillo is William Mayfield.

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



The Feed the Hungry kitchen in the community of Salitrillo opened in 2018. An existing space at the Pedro Moreno primaria (elementary) school was adapted to function as a school kitchen.

Thanks to an exhaustive joint effort by the nutrition and operations staff of Feed the Hungry San Miguel, the school principal, and the participation of the volunteer mothers who will perform the cooking, 134 balanced, tasty meals are served to the students every school day.

In March 2019, we started providing breakfast as well as lunch, because many of the children arrive at school without breakfast (and sometimes without dinner the night before). The meals provided by Feed the Hungry may be the only food they consume all day.

### Nutrition Report

Upon the launch of the school meals program, Feed the Hungry staff nutritionist Irving E. Ayala Zúñiga conducted a baseline assessment of the health of 60 primaria students through height, weight, and body fat measurements.

#### Underweight Children

13% light underweight

18% moderate to severe underweight

Condition	Percentage
Obese	18%
Overweight	17%
Normal	33%
Light underweight	13%
Moderate underweight	8%
Severe underweight	10%

In this community, malnutrition in various stages was present in more than 31% of the students measured, due to a deficiency in the consumption of vitamins and minerals. In these children are reflected the characteristic signs of inadequate nutrition, such as brittle hair, skin discoloration, dehydrated skin, and sores around the lips and nails.

The main cause of malnutrition in Salitrillo is the lack of available of foods of high nutritional value, such as vegetables and fruits. The places to purchase food are very far away, making healthy food that can be found in the surroundings more expensive than many families can afford.

Poor nutrition challenges the children’s ability to learn, can cause delayed cognitive development, and lead to bad behavior as well as problems relating to their classmates.

#### Obese and Overweight Children

18% obese

17% overweight

The main causes of childhood obesity in this community are bad eating habits (such as excessive consumption of sugar) and lack of physical activity. Obesity at this age can trigger chronic diseases, including, childhood diabetes, arterial hypertension, and cardiac diseases.

The overweight children tend to be those with a more stable economic status, however, because of the location of their community, only high-sugar foods are available in the small markets. Another problem is the habit of eating with a tortilla instead of using utensils, doubling their consumption of tortillas.

Unfortunately, the parents had not been concerned about the quality of food, but simply that children consume a lot of food, which causes overweight children to eat in an uncontrolled way, leading to obesity.

#### General Observation

This community is deeply rooted in their bad eating habits and tend to worry about eating more instead of eating better. Even so, the community is very participative and is very happy with the support they are now receiving from Feed the Hungry, including nutrition workshops for mothers and for children.

We look forward to seeing improvements as the families learn how to prepare healthy yet inexpensive meals and the children become accustomed to more fruits and vegetables in their diets.