

Alonso Yáñez Kitchen Report

Community: Alonso Yáñez | **Schools:** Lázaro Cárdenas Primaria (Elementary) & Bertha Von Glumer Leyva Kinder (Preschool)

Location Statistics

The most recent INEGI census reported an Alonso Yáñez community population of 475 men, women, and children, residing in 97 households. None of the homes have all of the basic services: electricity, piped water, and sewage.

The average level of schooling completed is five years.

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 drivers for Alonso Yáñez are **Anne McCotter** and **Janis Jennings**.

The delivery distance is 11 miles from the Feed the Hungry center.



Underweight Children

27.57 % light underweight

9.81 % moderate to severe underweight

The community of Alonso Yáñez has had the benefit of the school lunch program since 2015. Since that time, we have witnessed important advancements in the general nutritional status of the children, with fewer signs of malnutrition (dry skin and hair in newborns, spots on face and hands, and severe underweight). This is thanks in large part to the fact that preschool children also have school lunch, so that children who enter primary school no longer enter with severe signs of malnutrition.

Just the same, we must continue with the nutritional support in this community because there are many low-income families that depend on the daily lunch, which may be their only healthy meal of the day. And the children are better able to concentrate in class, which reduces the risk of children leaving school before finishing their studies.

The acceptance of food by the students of this community is very good, much improved since we started the program, when many children avoided eating vegetables in their dishes. Today these children have learned the good habit of consuming vegetables in their meals.

Obese and Overweight

5.61% obese

10.75% overweight

In this community, the cases of obesity and overweight are largely due to the excessive consumption of tortillas to compensate for the lack of other important foods in the diet, and to the consumption of soft drinks. This is a very big problem in most of the communities, where they consume sodas instead of water. The high sugar content of sodas causes not only an irregular increase in weight, but also the risk of diabetes, which is an epidemic in Mexico.

Due to nutritional education provided to the children and their mothers, cases of overweight here have been gradually decreasing. Children already recognize that the harmful effects of consumption of soda, and in many cases they have stopped consuming it.

Feed the Hungry San Miguel began operating a kitchen in Alonso Yáñez in 2015. During school year 2018/2019 we will serve hot meals to more than 200 children every school day.

Nutrition Report - School Year: 2018/2019

For the latest Nutrition Report (December 2018), our staff nutritionist, Irving E. Ayala Zúñiga, assessed 214 students in primaria and kinder through height, weight, and body fat measurements.

Condition	Percentage	Children
Obese	5.61%	12
Overweight	10.75%	23
Normal	46.26%	99
Light underweight	27.57%	59
Moderate underweight	8.41%	18
Severe underweight	1.40%	3



General Observation

The participation of the mothers of this community is very good and the nutrition work has been accepted by the children as well. This has boosted the positive progress of the nutritional status of the children in general. One of the great obstacles here is the socio-economic level of this community. Another major problem is the poor quality of the water, since it is contaminated with fluoride and arsenic, which has contributed to diseases in the inhabitants.

Water Quality Improvements

San Miguel de Allende's water source is subterranean aquifer made of volcanic rock. The water table continues to decline while concentrations of arsenic and fluoride continue to climb. Children are at greatest risk, as their growing bodies absorb these dangerous minerals at a much higher rate.

In 2017, working with NGO Caminos de Agua, we had the water quality tested in 31 of the communities where we operate a school kitchen. Of those, the water in Alonso Yáñez had the highest levels of fluoride and also unhealthy levels of arsenic.



Feed the Hungry works with other NGOs to install cisterns for rainwater harvesting. Rotary Club of San Miguel de Allende Midday, A.C. built a water collection system in this community, benefiting the school kitchen there to provide clean, potable water for drinking and cooking. Rotary funded half the cost and the community provided all of the labor for the school's system.

Early Childhood Nutrition Initiative - Pilot Project



Feed the Hungry has initiated its most significant new program since we started serving hot meals to impoverished school children in the campo over 30 years ago. We know that poor nutrition in a child's early years will manifest itself in a myriad of health and cognitive disorders; however, our current food programs are oriented to children in preschool and elementary school.

We are now working to leverage our presence in the rural communities to provide nutritional support for children not yet in preschool, and develop a comprehensive educational program for mothers of children one to three years old. It will be a logistical and financial challenge, but we are committed to helping this very vulnerable population.

Alonso Yáñez has been selected as one of three schools to participate in a pilot of the new program in 2019. We are very excited about this new initiative and look forward to seeing the results.