

An Urban Preschool We Support: Centro Infantil de los Ángeles

Location Statistics

Centro Infantil de los Ángeles is an urban school only 4 kilometers from the Feed the Hungry Center.

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. 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 the Centro Infantil school is **Jim Duggan**.



Background

Centro Infantil de los Ángeles provides free, quality daycare and preschool education to children from needy families.

The Feed the Hungry kitchen at the Sigmund S. Freud preschool (kindergarten) opened in 1999. Every school day, 63 children receive a hot, nutritious lunch.

The 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 foodstuff that is readily available, and Family Nutrition Education workshops are also offered. The children are weighed and measured periodically to measure progress.

Nutrition Report

For the latest Nutrition Report (December 2018), staff nutritionist Irving E. Ayala Zúñiga assessed 53 students through height, weight, and body fat measurements.

Underweight Children

11% light underweight
30% moderate underweight
17% severe underweight

Condition	Percentage
Obese	4%
Overweight	6%
Normal	32%
Light underweight	11%
Moderate underweight	30%
Severe underweight	17%

Centro Infantil de los Ángeles is a school located in an urban area in San Miguel, yet the children who attend this school come from families with very limited resources, and this is reflected in the nutritional deficiencies that the children suffer.

Among the most common deficiencies are low weight for their height, low height for their age, discolored and dry hair, and spots on face and hands. These deficiencies have gradually improved, thanks to the food that is provided in the Feed the Hungry kitchen. Bad eating habits improve because every day they include vegetables in their diet. The vegetables in their diet provide them with vitamins and minerals necessary for their proper growth.

Obese and Overweight Children

4% obese
6% overweight

Overweight and obesity is largely due to lack of control over what the children consume at home. In some cases, there is a lack of physical activity due to the location where they live, because in the urban area children avoid going out on the street because of the risks that may exist there. Other problems are related to the large number of stores in the area and the products sold there, such as soft drinks, sweetened juices, and junk food.

Thanks to the fact that at school they are given foods with high contents of vegetables, the children begin to improve their nutrition status. They start to prefer foods with vegetables and accept them more readily than they did before joining the nutrition program.

General Observation

In this school, mothers and children are very participative in the nutrition education, so that whenever there are interventions, a positive evolution is seen. However, being a preschool, these children only stay for three years, meaning that each year one third of the student population finishes with courses and a new group of children enter to the school with their own nutritional needs. For this reason, the advances in this school are very different every year.

