



Highlights & Happenings

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New Facilities Provide Healthy Places to Cook, Dine, and Learn for 230 Children

Children at two schools in San Miguel now have clean, modern kitchens and dining rooms where hot meals are provided by Feed the Hungry. This was made possible thanks to architect Rafael Franco, who generously donated materials and labor for the buildings, and thanks to the perseverance of our Program Director, Olivia Muñiz Rodríguez, who tackled many obstacles throughout the process.

Nuevo Pantoja

In February, we officially inaugurated our new school kitchen in the primaria (elementary) school located in the community of Nuevo Pantoja. This extends our support for this community, where we already operate a school kitchen in the kindergarten on the other side of the highway.

Nuevo Pantoja is a very poor colonia in the urban area. Many of the working adults make bricks to sell. At the time of the latest census report, the population of Nuevo Pantoja was 204 men, women, and children. In 47 households, only ONE had all services – electricity, water, and sewage.



Their old "kitchen" was a tiny shack with no running water. The new kitchen is clean, bright, and modern, and they have a dining room where the children can take their meals together, out of the weather. We are now serving 170 nutritious lunches there every school day.

The Need for Help Was Obvious

Feed the Hungry nutritionists conducted a baseline assessment of the health of 140 of the children attending this primaria. Even though this school is located in an urban neighborhood, most of the children have nutritional deficiencies related to low consumption of fruits and

vegetables. Clinical signs of malnutrition could be easily seen, including poor muscular development, dry hair, spots on face and arms, and scaly skin.

Only 43% of the children are at normal weight. Even those who are at normal weight or overweight show signs of nutritional deficiencies related to a lack of vitamins and minerals.

We expect to see improvements in a very short time. *(Continues on page 2)*

A group of young children are seated at a long wooden table in a classroom, enjoying their lunch. The children, of various ethnicities, are focused on eating. They are using blue and white trays that are divided into compartments for different food items, including rice, beans, and small pieces of meat or vegetables. Some children are also eating cookies. Red and green plastic cups are placed on the trays for drinks. The background shows a typical classroom setting with shelves holding various supplies and other children in the distance.

In addition to the sparkling new kitchen and dining facilities, the preschoolers now attend classes in a newer building. Previously, their classroom was a cold, dark outbuilding built with adobe and asbestos 80 years ago.

"This was one of the most satisfying years of my life...thanks to Feed the Hungry."
— Rafael Franco, Architect

President's Letter

In February, Feed the Hungry San Miguel launched its Early Childhood Nutrition Program. The purpose of the program is to provide sustenance for children aged from roughly one-year-old until they enter school. The food is prepared and served at an existing FTH school kitchen.

We initiated the program in the most disadvantaged community that we serve, Plan Juarez. It is an indigenous village 90 minutes driving time from our warehouse. On the first day, 9 mothers and their 16 children, ages 1 to 4, walked a mile or more to the school, where both mothers and children enthusiastically enjoyed a healthy hot meal. As Feed the Hungry can only provide meals on school days, the mothers were required to attend nutrition-based cooking classes so that the program is sustainable—they can follow our guidelines and menus in the home as well.

A second community will institute the new program soon. Once we are able to thoroughly examine the results of these trials, we plan to expand the program to several additional locations after the start of the new school year. I wish you could join me in experiencing the joy of being with these tiny children as they enjoy our wholesome food. It is so fulfilling, knowing that we are fueling their bodies and brains during these most critical formative years.

FTH is always looking to feed more children. To do that we are searching for ways to fund these programs. A number of years ago, a family living in San Miguel decided that instead of buying gifts for family members who didn't need them, they all agreed to pool their money to fund a FTH kitchen in the Alcocer community.

Today, the same approach has been resurrected by FTH volunteers, Board members, and groups of friends as a way to sponsor kitchens when the expense is too much for one individual. Please contact FTH for more information on this approach and to schedule a visit to a kitchen that needs your support.



Feed the Hungry Board of Trustees 2019

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By the numbers

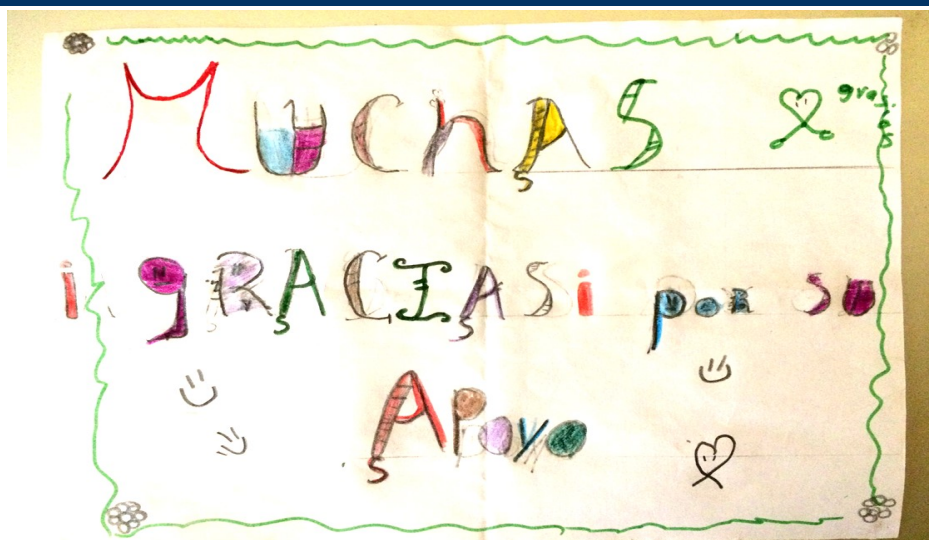
School kitchens supported:	36
Charities supported:	7
Pounds of food delivered weekly:	12,000+
Miles driven by our volunteers:	1,000+
Meals served every school day:	4,500+
Budgeted meals for the 2018—2019 school year:	1,049,000

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bere@feedthehungrysma.org

CONTACT

(+52) 415 152 2402
contact@feedthehungrysma.org



View videos of the weekly packing process, visits to schools for health assessments and nutrition workshops for mothers, and more!

fthvideos.org

The Journey of a FTH School Meal

Feeding thousands of children in the poorest communities in San Miguel de Allende is not a single action: it is a journey with several stops along the way, involving the support and active participation of our dedicated volunteers and staff.

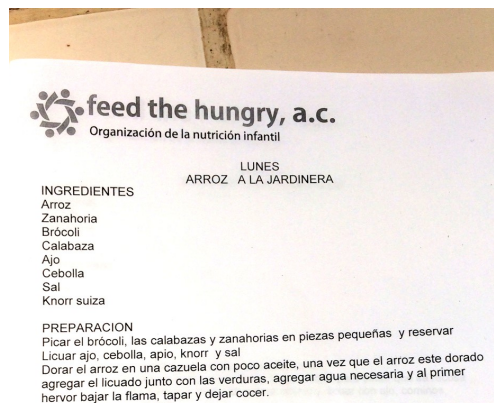


It all begins, of course, with your donations. Every penny and peso is administered to get the best and most out of it in order to provide the healthiest, most nutritious hot meals to more than 4,500 children every school day. Our nutritionists design seasonal menus directed by Chef Valentín, who as a child was a former FTH beneficiary. He is the head of our kitchen staff and in charge of training paid and volunteer cooks in the communities.

Where schools operate on extended hours—mandated by the government—our kitchens serve two lunches: Estancia de San Antonio, Loma de Cocinas, Fajardo de Bocas, and La Campana. In some schools the families are in a situation so precarious that they were sending their children to school with empty stomachs, or with a few pesos to buy junk food. Those children had such a hard time staying alert in class until lunchtime, that Feed the Hungry now offers a light breakfast in some of the school kitchens located in Nuevo Pantoja and Nuevo Cimatario preschools, as well as in Los González and Plan Juárez (Misión de Chichimecas) elementary schools.

A sample weekly breakfast menu:

MONDAYS - Corn-strawberry atole, with a nutritious muffin
 TUESDAYS - Rice-banana atole
 WEDNESDAYS - Chocolate oatmeal with amaranth cookies
 THURSDAYS - Rice pudding
 FRIDAYS - Fruit and jello



For breakfasts and lunches, based on the seasonal menus, our operations staff places orders of vegetables, fruits, dry goods, perishables (meat, poultry, dairy), and hygiene supplies, such as disinfectant, soap, and mops—that are essential for the operation of our school kitchens. All of these are delivered—sometimes at no cost, as is the case with in-kind donations—to the Feed the Hungry warehouse by our suppliers. The criteria for their selection include cost, freshness/quality, and timely delivery.



Once the elements are all in place, our hard-working volunteer packers, supported and guided by our staff, organize, sort, weigh, and package what each school kitchen requires for operation. Saturday volunteer packers tackle the dry goods; the Monday volunteer packers take care of all the produce. With great attention to detail, the bins for each school are checked to make sure they include everything required.

Next along the journey, our volunteer drivers collect the food and supplies and deliver them every Tuesday morning to our 36 school kitchens throughout rural and urban San Miguel de Allende. Every week, roughly 4,319 pounds of fruits and vegetables and 7,724 pounds of dry goods are delivered to our school kitchens, for a total of 12,043 pounds. Once they receive food and supplies, cooks who work at each of our kitchens are then able to prepare and serve delicious and healthy meals for the students, every school day.



It may seem that this journey comes to an end every time a lovingly prepared hot meal is dished out to the boys and girls Feed the Hungry serves, yet the journey is never truly “over.” Fighting hunger happens through a chain of kind, generous acts; each of these is one more step towards a better present and a more promising future for these disadvantaged children.

A Community We Support: Alonso Yáñez



Feed the Hungry San Miguel began operating a school kitchen in the community of Alonso Yáñez, 11 miles from the Feed the Hungry center, in 2015. During school year 2018/2019 we will serve hot meals every school day to more than 200 children at the Lázaro Cárdenas Primaria and Bertha Von Glumer Leyva Kinder schools. For many of the children, this may be their only healthy meal of the day.

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. It is a very low-income population and the average level of schooling completed by residents is only five years.



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.

Underweight Children: 37%

More than one-third of the children are underweight, with 9% moderately to severely underweight. However, since founding our school kitchen there, we have witnessed important advancements in the general health of the children, with fewer signs of malnutrition (such as dry skin and hair, spots on face and hands). This is largely due to the fact that the preschool children here receive a school lunch, therefore they are in better health by the time they enter primary school.

Condition	Percentage	Children
Obese	6%	12
Overweight	11%	23
Normal	46%	99
Light underweight	28%	59
Moderate underweight	8%	18
Severe underweight	1%	3

The children are also 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 Children: 17%

One of the great obstacles here is the socio-economic level of this community. The cases of obesity and overweight are largely due to the excessive consumption of tortillas to compensate for the lack of other available and affordable foods, and to the prevalence of soft drinks. The high sugar content of sodas causes not only an abnormal 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 the harmful effects of drinking soda, and in many cases they have stopped consuming it.



Pre-Kinder Nutrition Program

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. Alonso Yáñez has been selected as one of three schools to participate in a pilot of a new program to provide nutritional support for children ages 8 months to 4 years.

How You Can Help

If you would like to help us ensure continuity of the school meals program in Alonso Yáñez, please make a donation (see page 8 for instructions) or attend our Autumn Magic 2019 excursion (see page 7), a benefit for this school kitchen. We are also hoping to be able to provide a dining room at this school, so that the students don’t have to eat their meals outdoors, in all kinds of weather.

A Feed the Hungry Hero

Over the past 35 years, many people have been involved in making Feed the Hungry San Miguel a success. Everyone along the way has had a fascinating tale to tell. Board member Dianne Walta Hart interviewed several of the people who started, nurtured, and grew a single “soup kitchen” into the thriving NGO it is today. She concluded, “The story of Feed the Hungry will go on forever, with new people, new challenges, and a continually evolving organization. Thank you to all who put us where we are today and to those who will see us into tomorrow.” Here is Dianne’s 2011 interview with one of the early leaders of FTHSMA.

Alice Foster Minton

Our first meeting was at Vivoli Café in San Miguel de Allende. I walked in and looked for a short person with red hair (her description) and heard someone call my name. A black fedora with feathers hid the red hair, but the wave of the hand beckoned to me. Alice Foster Minton, the former head director of Feed the Hungry San Miguel, was at that time 79 years old. Without ever having been farther south in Mexico than Monterrey, in 1991 Alice and her husband, Joe, sold everything and moved from New Orleans to San Miguel. Once settled, the Mintons joined St. Paul’s Church, and a year later, Alice took over the leadership of Feed the Hungry, and Joe became a driver.



Alice and Olivia, 2011

At that time, Feed the Hungry had what were called “feeding stations”—but no money. Alice says that, in retrospect, everything was very primitive. The board of directors as we know it today did not exist; there were just people who helped. There was even a volunteer for chicken oil pick-up and delivery (there was a rotisserie on Insurgentes and the owner would collect the chicken drippings to be used in the beans and rice to provide extra nourishment).

Alice remembers buying garbage bags to store rice and beans to keep rats and bugs out, hiring cooks, picking up left-over food from restaurants, and announcing Feed the Hungry’s needs every Sunday at St. Paul’s Church. Alice says, “I was the chief cook and bottle washer and it occupied every minute of my day.”

As she reflects on her seven years with Feed the Hungry—two serving as the person in charge and five more conducting fundraising auctions—she is proud of starting a kitchen in the school for students with disabilities, Escuela de Educación Especial, and paying the cooks all year, including summers and holidays, not just the weeks they worked. “After all, they have children!” But most of all, she’s proudest of hiring Olivia Muñiz Rodríguez, Feed the Hungry’s Program Director. “Olivia is one of the most dedicated people. We shared the workload. I don’t know what I would have done without her or what Feed the Hungry would do today without her.”

After the interview, when I told her I would have her approve everything before anyone else read it, she said, in her best Rhett Butler imitation, with a big Alice smile and mischievous chuckle, “Frankly, my dear, I don’t give a damn.”

But we all know, in spite of what she says, she does care. And most of all, she cares about Feed the Hungry.

Our Dedicated Drivers

During the Mexico-wide gas shortage in December, our driver coordinator, Chip Swab, volunteer coordinator Jonna Stratton, and operations manager Olivia Muñiz Rodríguez met every week to survey our 34 volunteer drivers to see who had enough gas in their vehicles to do their weekly deliveries to the school kitchens.

Our incredibly dedicated volunteers managed to continue their deliveries to 43 locations, even though many of them had to sit in line for hours at whatever stations in San Miguel were open. When driver Bill Heublein couldn’t get gas, he hired a taxi to pick up and deliver to his assigned school—that’s dedication!



HOW TO VOLUNTEER

Feed the Hungry couldn’t function without our staff of dedicated volunteers, filling needs in a variety of ways and in many different capacities. One of our biggest needs is for **regular and substitute drivers** to deliver food every Tuesday of the school year to our FTH schools and charities. Our drivers wouldn’t have anything to deliver were it not for the corps of **food handlers and packagers** who donate their time on Saturdays and Mondays getting food ready to be delivered.

Individuals with skills in areas such as **event support, database management, writing, graphic design, and photography** are often needed as well.

If you’re interested in any of these volunteer opportunities, please contact Volunteer Coordinator, Jonna Stratton at:

jonnainmex@gmail.com



Join Us for “Autumn Magic”

A Journey Into the Heart and Soul of San Miguel de Allende

October 11—17, 2019

Most visitors to San Miguel de Allende wander through the cobblestone streets of this 475-year old city, wondering what’s behind the high walls and ornate doors of so many 16th century architectural treasures. Opulent courtyards with gardens and fountains beckon, but are just out of reach.

Feed the Hungry’s “Autumn Magic” excursion will host a small group of at most 30 visitors, who will spend seven magical days in the city voted “Best City in the World” in 2017 and 2018 by *Travel+Leisure*, and declared American Capital of Culture 2019 by the International Bureau of Cultural Capitals.

This very special event is designed to introduce you to San Miguel as an insider—not as a tourist. We’ll visit unique locales where you can step into the rich past of this enchanting city.

UNFORGETTABLE EXPERIENCES OFF THE TOURIST TRACK

Your week will be filled with culture, history, music, and phenomenal food—the colors and flavors of this colonial gem, designated a World Heritage of Humanity site by UNESCO. Plus, we’ll venture out to the countryside to visit a Feed the Hungry school kitchen and meet some of the children helped by our program.



“YOUR” SCHOOL KITCHEN



While feasting on the rich sights, sounds, and traditions of our stunning city, you will also be contributing to the health and future of children in San Miguel’s poorest communities. Feed the Hungry provides hot meals to nearly 5,000 children in 36 communities, as well as food for seven local charities.

Proceeds from this year’s tour will be dedicated to Feed the Hungry’s kitchen in the community of Alonso Yáñez, 18 km from San Miguel centro. We’ll visit the school where 198 kindergarten and elementary students receive a nutritious lunch every school day (36,600 meals per year), thanks to our generous supporters.

“Our visit was an eye-opener in many ways. We’ll never forget this experience or the people we met. We saw places we would never have seen if we had come by ourselves. We especially loved visiting the school. Staying in private homes added so much to the trip. The food was amazing and you found such beautiful venues. We are so impressed with Feed the Hungry and the work you have done.”

– Autumn Magic 2018 guest

Please visit our website for full details: feedthehungrysma.org/2019/02/25/announcing-autumn-magic-2019/



Ways to Donate

In spite of the rising costs of food and fuel, our operational efficiencies and strong local relationships enable us to maintain the cost of a fresh, well-balanced meal at just around 50 cents.

- ❖ \$20USD feeds 2 children for a month
- ❖ \$100USD feeds 10 children for a month
- ❖ \$250USD feeds 2 children for one school year

By donating to Feed the Hungry, you are contributing **health, hope, and opportunity** to disadvantaged communities in the San Miguel de Allende municipality.

For a US tax deduction:

Donate by check payable to Feed the Hungry San Miguel, Inc.
Mail to Feed the Hungry at either of the following addresses:

Feed the Hungry San Miguel
c/o La Conexión, Aldama #3
San Miguel de Allende 37700
Guanajuato, Mexico

Feed the Hungry San Miguel
Box 636
220 N. Zapata Hwy, Suite 11
Laredo, TX 78043-4464, USA



Or make an online donation: feedthehungryisma.org (click on the orange **DONATE** button)

For a Mexican tax deduction:

Donate by check payable to Feed the Hungry, A.C. Mail to Feed the Hungry at either of the addresses listed above.

For a Canadian tax deduction:

Donate by check payable to Amistad Canada and note "Feed the Hungry Project" on the memo line. Mail to Amistad Canada:

Amistad Canada, c/o The Tax Management Centre 14
2530 Sixth Line
Oakville, Ontario
CANADA L6H 6W5

Or make an online donation: amistadcanada.org/donate (be sure to select Feed the Hungry San Miguel as your charity of choice).

Make a Legacy Gift

Please also consider Feed the Hungry as a beneficiary when planning your will. Through Planned Giving, you can make a lifelong impact on the lives of children in economically disadvantaged communities. Visit feedthehungryisma.org/how-to-help/planned-giving/ to learn more.

Sponsor a School Kitchen

We encourage individuals, families, friends, coworkers, and businesses to consider the incredible good that can be done by becoming a Founding Donor or a Kitchen Angel. Sponsorship of a currently unsponsored school enables us to extend our reach to impoverished communities that might otherwise remain on our waiting list for years.

Sponsorship of a specific school kitchen also provides donors with a more personal connection to where their donations go. Founding Donors and Kitchen Angels receive regular updates on progress at their sponsored schools and, if they like, tours of the schools as well. Visit feedthehungryisma.org/how-to-help/school-kitchen-sponsorship/ to learn more.

Make an In-Kind Donation

Consider opening the door of your home or facility for our events, or to host a visitor attending our fundraising excursions. We also welcome auction items such as art, products, tours, and gift certificates. **If you wish to donate any of these items please email contact@feedthehungryisma.org or call 152-2402, ext 103.**

Feed the Hungry San Miguel, Inc. is a 501(c)(3) U.S. non-profit corporation guided by a dedicated Board of Trustees, supported by a small, professional staff and a corps of exceptional volunteers.

Feed the Hungry San Miguel, Inc. raises funds and provides guidelines to its Mexican operating entity, Feed the Hungry A.C.

Amistad Canada is our partner for donations from Canadian residents.

Donations are tax-deductible in the U.S., Mexico, and Canada.