

# Highlights & Happenings

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## Highlights of Our 35<sup>th</sup> Year Feeding the Hungry

This year, Feed the Hungry San Miguel celebrates 35 years of providing hot, nutritious school meals to needy children in San Miguel de Allende. Although the organization has grown and evolved, we are still dedicated to our original mission and to fulfilling the vision of our founders.

Every week, more than 12,000 pounds of produce, meats, and dry goods are delivered to our school kitchens. And as always, our amazing volunteers pack and deliver it all, come rain or shine. Volunteer drivers didn't let the gasoline shortage at the beginning of the year keep them from delivering their assigned school's weekly supplies—many lined up for gas, used their personal supplies, and one driver even hired a taxi to help him make his delivery!

We now provide meals for 4,700 children every school day at our 36 kitchens, as well as food for 7 local charities and nutrition education for families. Assessments of the health of the children before and after they enter our meals program reveal a marked improvement in their development, with fewer signs of malnutrition. But did you know that we are also concerned with children younger than school-age, their mothers, school kitchen and dining facilities, and water conditions in the communities? We hope you enjoy learning about some of these initiatives and accomplishments, and we thank you for your support. With your help, we are changing lives.

### Pre-Kinder Nutrition Program

Over the years, we have observed that many children enter school already undernourished—and to some extent underdeveloped—because of nutritional deficiencies related to a lack of vitamins and minerals. Poor nutrition in a child's early years will manifest itself in a myriad of health and cognitive disorders. That's why, in February, we launched the 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. Their mothers also receive a nutritious meal themselves. The mothers attend nutrition-based cooking classes so that they can follow our guidelines and menus in the home as well. The meals have been enthusiastically received in the two pilot locations. We are now committed to extending this important program to more communities in 2020!



### Addressing Water Woes

This year, we continued working with other NGOs to ensure there is uncontaminated water for drinking and cooking in communities at risk. Caminos de Agua tested the water at our newest kitchens and consulted on solutions for sites that exceed the WHO limits for arsenic and fluoride. For example, at Palo Colorado, we worked together to develop a plan to make the existing water catchment system operational, and to install a line from the cistern to the adjacent new FTH kitchen. This effort is critical to Feed the Hungry's mission of improving the health and well-being of children in the campo.

### Clean, Safe Places to Dine

A beautiful new kitchen at Palo Colorado was lovingly built by our generous "architect angel," Rafael Franco, who provided the materials and labor free of charge. Mr. Franco also constructed a new covered dining area for the children in the rural community of Alonso Yáñez.

### Nuevo Pantoja's New Kitchen

In February, we officially inaugurated our new school kitchen in the elementary school in the community of Nuevo Pantoja. Their old school "kitchen" was a tiny shack with no running water. Thanks again to Mr. Franco, they have a new kitchen that is clean, bright, and modern, and 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. *(Continued on page 2)*







### Angels Among Us

In addition to a new kitchen, the Nuevo Pantoja elementary school meals program also has a new sponsor: a group of friends who became Kitchen Angels, coordinated by board member Joan Nagelkirk. Another group of friends and co-workers joined together to become Kitchen Angels for our meals program at the Melchor Ocampo Preschool that is located in the rural community of Alcocer. And through our partner Amistad Canada, an anonymous donor is our new Kitchen Angel for the kitchen in Nuevo Cimatario, which opened in January. These generous supporters will help us continue to provide a combined 340 nutritious school meals every day in these 3 communities.

### “Autumn Magic” Tour

For an entire week in October, special guests from around the US were hosted by FTH and treated to unique experiences from an insider's view of San Miguel de Allende, all while contributing to the well-being of disadvantaged children. Profits from the tour will support the ongoing operation of FTH's school kitchen in the rural community of Alonso Yañez, where 179 meals are served every school day to elementary and kindergarten students.



### English Classes for FTH Staff

During the summer break, it was suggested that some of Feed the Hungry's volunteer English teachers who teach at Los Ricos de Abajo start tutoring the Feed the Hungry staff. The Mexican staff members were enthusiastic to learn new words relating directly to their work in a multicultural NGO.

Classes began soon after two volunteers stepped forward: Ezequiel Ruiz, a Spanish teacher in San Miguel who was teaching with some of the Los Ricos volunteers in a school in the city, and Ethelyn Daroff (“Lyne”), a new volunteer from the Seattle area. According to Lyne, “There was full participation from the students. They were always eager to learn and took this opportunity very seriously. The staff at Feed the Hungry are a dedicated and delightful group.” It was an extremely positive experience for all involved, and therefore, the English classes are bound to continue for as long as possible.



### Classes for Cooks and Their Families

In August, at the Feed the Hungry headquarters, we held one of many cooks' trainings before the new school year began. Chef Valentín and our nutritionists taught the new menu to 21 volunteer moms who prepare the food in the school kitchens. One of our largest cooks' trainings to date, they learned how to prepare the meals following hygienic procedures, and gained knowledge about the nutrients and qualities of each ingredient. By year-end we will have presented more than 100 cooking and nutrition workshops for cooks, moms, and children.

### New Board Members

Lastly, we welcomed Joan Nagelkirk to our Board of Trustees, and Alejandra (“Alex”) Rosas to our Advisory Board. We are thrilled to welcome them to these positions and know that they will contribute greatly to the organization. Their professionalism and enthusiasm will help propel us into another exciting year of service to the community.



## PLANNING AHEAD FOR THE HOLIDAYS?

This holiday season give **the GIFT OF GIVING!**

Make a donation to **Feed the Hungry San Miguel** in the name of a friend or family member. It is a great gift for a person who already has everything—and it makes everyone feel good all year long!

For more information please e-mail [contact@feedthehungrysma.org](mailto:contact@feedthehungrysma.org)



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# President's Letter

Organizations are living entities, with a birth, a development period, maturity, and eventually the possibility of demise. NGOs are not exempt from this cycle. Ideally, an organization's leadership is capable of heading off significant downturns while laying the groundwork for revitalization and rebirth. No matter how competent the officers are, they must attract new team members, be open to fresh ideas, and expand outreach while staying focused on the mission.

Feed The Hungry's Mission Statement is, "No child shall feel the pain of hunger." For 35 years, we have grown and matured and directed our efforts to this cause. Our generous donors have enabled us to achieve more than our founders could ever have imagined: we are currently providing nearly 5,000 hot, nutritious meals to needy children every school day in 43 locations.

Consequently, we have a strong commitment to the communities we serve, and will continue to serve, despite donations being down in 2019. Letting the children go hungry is simply not an option.

This loss of revenue does necessitate the temporary curtailment of any new kitchen expansions. We will, however, continue to develop our early childhood nutrition program that was initiated in January. Operating losses are being covered through transfers from our endowment fund and our tight budget controls. FTH is also blessed with volunteer power, dedicated staff, and talented individuals guiding us, all of which are priceless. And this wealth continues to grow.

In this regard, I am proud to announce that Joan Nagelkirk, who has worked diligently for the past two years on our Advisory Board, has joined the Board of Trustees and is leading our strategic planning project. And we recently welcomed to our Advisory Board Alejandra Rosas, a former school principal and state of Guanajuato education official who will provide valuable insight on the workings of the school system.

Feed the Hungry is a mature yet dynamic organization. We ensure our long term survival through solid management and the positive relationships we have with our supporters. Rest assured that Feed the Hungry is positioned to serve as long as the needs of the children exist.

—Al Kocourek,  
President, Feed the Hungry San Miguel, Inc.



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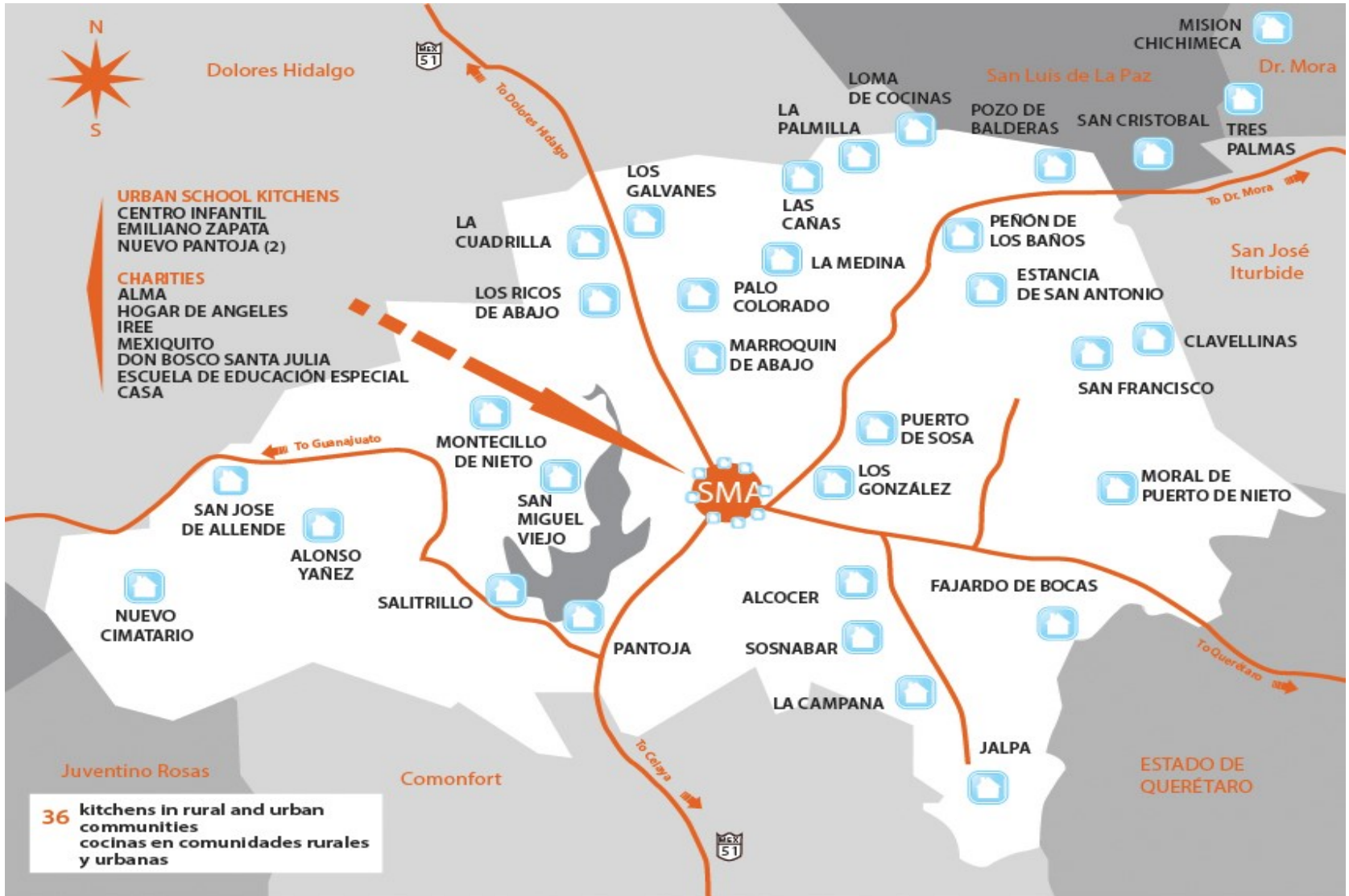


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# OUR CURRENT REACH



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## Meet New Advisory Board Member Alejandra Rosas

Maestra Alejandra Rosas was a teacher, principal, and district supervisor in various locations within the state of Guanajuato for a total of 34 years. Alex, as she prefers to be called, has always made it a priority to look for ways to support women and children in need. Her passion: to help and support children in Mexico, her country. Her motto: to give and to serve, even now that she's retired.

Alex was the principal at the school in La Campana, a community that is among the very poorest that FTH serves, and where close to 400 meals are served by FTH every school day. La Campana is also one of the first communities to benefit from our new Early Childhood Nutrition Program, providing healthy breakfasts to pre-kinder children and their mothers.

La Campana is one of our most successful schools, chiefly because of Alex. Although she says that she truly misses teaching, she will apply her expertise in an important role with FTH as an ambassador to the many communities that we serve.

"To me it's very clear that if the children have enough food, the right food, during the day, they are going to learn. The poverty in the communities is not only about money, but also information. The mothers learn from the cooks at Feed the Hungry how to prepare healthy meals, even if they do not have much money. The fact that students have at least one good meal, provided by Feed the Hungry, is a great thing. I have seen it for myself," said Alex.

We are thrilled that Alex has agreed to join Feed the Hungry's Advisory Board. Through her long-standing positive relationships with teachers, parents, and administrators, she will be a vital link between FTH staff and the principals and teachers where FTH operates kitchens.



Nothing stops Volunteer Coordinator Jonna Stratton from showing up every Monday to pack veggies for the school kitchens!

### 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.

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

[jonnainmex@gmail.com](mailto:jonnainmex@gmail.com)



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

[fthvideos.org](http://fthvideos.org)



## Angels at Alcocer



Feed the Hungry's Kitchen Angel program provides an opportunity for donors to make a greater community impact and have a more up-close and personal connection to their sponsored school's beneficiaries. This program allows an individual or a group of people (friends, family, co-workers, neighbors, etc.) to sponsor a specific school for a minimum of a three-year commitment.

Vanessa Garay and Claudine Langan, co-workers at Agave Sotheby's International Realty, inspired a team of friends to join together to sponsor the Melchor Ocampo Preschool in the community of Alcocer, which is located 15 minutes from the FTH distribution center. With the help of the school principal and FTH's Operations Director Olivia Muñiz, members of this Kitchen Angel group enjoyed a site visit in September. The students, moms, and FTH staff were happy to receive them.

The Melchor Ocampo Preschool has 61 students ranging from 3 to 5 years old. Every school day, volunteer moms serve the children delicious, balanced meals. The moms received cooking classes and training during the summer recess. On the day of their visit, the group had a chance to meet with Mariakarl Aragón, Feed the Hungry's cooking class coordinator and supervisor. She helps ensure that the volunteer cooks follow food safety guidelines and she provides overall support and guidance. Training in the kitchen with volunteer moms is an essential component of the success of this program.

A nutrition report detailing the health status of the students was provided to the group, and then the Kitchen Angels watched how the moms prepare the meals and how the children look forward to the food. The children wash their hands and then line up to receive their meal. They finish their lunch and then enjoy playtime outside.

"I am so delighted to be a Kitchen Angel. Thank you for giving me the opportunity to participate," said Mary Alice Phelan. "What a great experience to be able to see how the children enjoy their meals and the work that goes into it behind the scenes. Special gracias to the volunteer moms who do the work ensuring the kids eat a hot and nutritious meal every single school day," said Vanessa Garay.

Special thanks to all of the other members of the Kitchen Angel group: Barbara A. Mayfield, Chuck Rubin, Janice Williamson, William Mayfield, Billy Hayes, Marsha Cantrell, Anita Austin, and Mike Keefe. We encourage all Kitchen Angels to visit their school at least once a year.

Feed the Hungry currently has school kitchens in 12 communities where a Kitchen Angel is needed. Might you be one of them? Please contact us for more information about how you can make a difference today.



### Do You Enjoy Highlights & Happenings?

We would love to hear your feedback on our newsletter so that we can make it even more informative. If you have suggestions for articles, please email me: [donna@feedthehungrysma.org](mailto:donna@feedthehungrysma.org). It would also be helpful to learn if you read it online or in print, and if print, where you picked up a copy. Thank you!

— Donna Fullerton, Managing Editor



## Amy Alexander-Barnes Delivers the Goods!



Señora Francisca (cook) and Amy

Every Tuesday during the school year, a fleet of volunteer drivers head out early in the morning on a very important mission: delivering ingredients for thousands of school lunches in 36 rural communities. These volunteers use their own vehicles and gas, and are crucial to the success of our hot meals program.

The Feed the Hungry team is pleased to have recently welcomed aboard Amy Alexander-Barnes as a volunteer driver. Originally from Detroit, Amy has been a resident of San Miguel since 2012. Upon seeing one of FTH's social media recruitment posts looking for volunteers, she got in touch and signed up to be a backup driver. Her first assignment was a delivery to Fajardo de Bocas. As a backup driver, she didn't know her assignment until the night before. Upon getting her assignment from volunteer driver coordinator Chip Swab, she reviewed the details and vehicle requirements and took note of the friendly but firm reminder to report to the FTH Distribution Center by 7:30am sharp the next morning. She input the destination into her phone GPS that night and familiarized herself with the route, to avoid any surprises.

The community of Fajardo de Bocas is 22 km from the Feed the Hungry center. Getting there on a one-lane road was a bit challenging and quite an adventure for Amy. Being alert and dodging potholes was crucial to success. Upon arrival at the school, she was welcomed by one of the moms who cooks the school meals, Sra. Francisca, who appreciated Amy being there early so that she could begin preparations. The Feed the Hungry kitchen at Fajardo de Bocas serves

194 hot, nutritious meals every school day. At the Don Miguel Hidalgo kinder, 25 children receive a meal, and the Emiliano Zapata primaria students receive two meals: 85 meals are served in the morning and 84 in the afternoon.

With the help of another school volunteer, the ingredients and supplies were unloaded in no time at all, and Amy was back in San Miguel by 8:15am, with a great sense of pride in having provided an important service for one of the poorest communities in our area.

Amy is now one of our regular volunteer backup drivers that we know we can rely on when needed. "I look forward to another email from Chip for a new adventure to deliver good nutritious food. I am impressed with the volunteer set-up that makes the charity run smoothly. Everyone does an awesome job," said Amy. As a mother of three, she is aware of the importance of nutrition as children are developing, and the challenges parents face in instilling good eating habits.

If you or someone you may know would like to become a volunteer driver, please contact Chip Swab at [swabfamily@gmail.com](mailto:swabfamily@gmail.com), or call him at 415-125-5507. We strongly encourage new drivers to invite a riding companion along to keep company, help navigate, and enjoy the experience together.

## Rollover Your IRA to Make a Difference

If you are 70 ½ or older, you may pay more in taxes or even reach a higher tax bracket this year when you take your annual required minimum distribution (RMD) from an IRA account. Did you know that US tax payers can make a **tax free** donation as part of their RMD? The effect of this option is that the portion of the distribution sent to Feed the Hungry, Inc. is not reportable as income!

You can reduce your tax bill while also making a difference in the lives of the thousands of children that we serve every day. Simply inform your administrator to send a part or all of your distribution to Feed the Hungry San Miguel, Inc.

To learn more, consult your CPA or financial advisor, or contact:

Steve Livingston  
Treasurer, Feed the Hungry San Miguel, Inc.  
[steve@stevelivingston.com](mailto:steve@stevelivingston.com)  
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## Ways to Donate

- ❖ \$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:

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 San Miguel de Allende 37700  
 Guanajuato, Mexico

Feed the Hungry San Miguel  
 Box 636  
 220 N. Zapata Hwy, Suite 11  
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Or make an online donation: [feedthehungrysanmiguel.org](https://feedthehungrysanmiguel.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](https://amistadcanada.org/donate)

(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 [feedthehungrysanmiguel.org/how-to-help/planned-giving/](https://feedthehungrysanmiguel.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 [feedthehungrysanmiguel.org/how-to-help/school-kitchen-sponsorship/](https://feedthehungrysanmiguel.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@feedthehungrysanmiguel.org](mailto:contact@feedthehungrysanmiguel.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.

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