



ANNUAL REPORT 2022

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Mission

Feed the Hungry is committed to improving the health and well-being of children in San Miguel de Allende by alleviating hunger through school meals, family nutrition education and community development programs.

View

Feed the Hungry is guided by the conviction that all children deserve to grow up safe and in an environment that enriches them, where each one has the opportunity to develop their full potential. We believe that a well-fed child develops a fertile mind that helps them have a better future, both for themselves and for their families and members of the community where they live.

Values

Learning
Collaboration
Empathy
Effort
Honesty
Integrity
Service
Solidarity
Respect

MESSAGE FROM THE PRESIDENT OF THE BOARD OF DIRECTORS

I am pleased to present again the Annual Report of activities of the organization Feed the Hungry, A.C., which contains the details of the activities carried out during this year, in which you can appreciate the hard work carried out by the personnel who work there, as well as such as the support received by volunteers who donate their valuable time in achieving the organization's objectives.

During this year, the activities that had been carried out for several years were continued, such as the provision of hot and nutritious food every school day, in which 3,625 children benefited.

On the other hand, 2,161 mothers and 3,539 children attended the activity of providing nutritional workshops. The latter had anthropometric measurements taken in order to periodically monitor them and make changes to their diet to improve their health.

In addition, in the middle of the year, the hydration pilot program began, within which 1,910 children benefited.

Within the Pre-Kindergarten program, 214 children benefited.

In addition to this, food supplies were delivered periodically throughout the year to 7 charitable institutions.

Finally, I can only thank our donors, since without their generous contributions it would not be possible to continue the implementation of these programs that benefit the local population.

Sincerely,

Jennifer Venkatraman President

FEED THE HUNGRY

The Feed the Hungry organization is legally constituted as a Civil Association and is authorized to issue tax-deductible donation receipts.

GOALS

* Provide help to children from the most needy communities in our municipality, through a balanced and nutritious diet.

* Provide nutrition education to beneficiary children and their families.

* Carry out individualized consultations on height and weight to supported children, giving them personalized follow-up to improve their health.

* Carry out community development programs that provide sustainability to the families of the benefited children.

* Improve the performance of the organization's activities, through periodic analysis of the actions carried out.

* Increase transparency in carrying out the activities and execution of the resources that are necessary to carry out the mission of the organization.

* Encourage volunteering and disinterested support among people from civil society towards community support

BOARD OF DIRECTORS

Jennifer Venkatraman

President

Francis Lineth Bonilla Torres

Vice President

Michael Jeffrey Gerber

Secretary

Stephan Falk Livingston Weill

Treasurer

OPERATIVE TEAM

Sofía Olivia Muñiz Rodríguez

Director of the Food and Nutrition Program

Susana Tovar Murillo

Administrative assistant

Irving Eduardo Ayala Zúñiga

Nutritionist in charge

Carlos Daniel Frías Malagón

Assistant Nutritionist

Verónica Aragón López

Warehouse Manager

José Valentín de la Trinidad Patlán González

Head Chef

Pedro Enrique Velázquez Miranda

Chef and Supervisor

Paola del Carmen Sanabria Botello

Chef

Juana Liliana Granados Guerrero

Nutritionist

Ana Laura Rojas Juárez

Nutritionist

María Guadalupe Trejo Ramírez

Supervisor

David Araiza López

Maintenance

María Isabel Pirul Ramírez

Cleaning

Chris Louis María Peeters

Financial director

Miriam Lucía Becerra Escobedo

Accountant

Margarita Arredondo Méndez

Accounting assistant

Cooks

María Eulalia Olalde Oviedo Mirna Ramírez González Erika Arteaga Rioyos Adela Valdez Deanda María de Lourdes Miranda Vázquez Manuela Muñoz Hernández María de Jesús Correa Muñoz María Estela Vargas Aldama Claudia Elva Moreno Medina María Isabel López Martínez Marilí López López Beatriz Patlán Balderas Daniela Patlán Martínez Alejandra Morales Peralta María Fabiola Pérez Morales Estefany Nayeli Estudiante Vázquez María Luisa Angélica Ontiveros Arteaga María de Jesús Sierra Soto María de la Paz Hernández Arredondo María Erika Oviedo Vértiz Alejandra Pamela Sánchez Ramírez Angélica Cruz Delgado Liliana Ortiz Martínez Claudia Ramírez Ramírez Liliana Zamora Cruz Diana Jaqueline Trejo Rodríguez

Marisa Gabriela Torres Ramírez

Ana María Bolaños Luna

VOLUNTEERS

As every year, we had the support of volunteers who continued to carry out the activity of packing the food and supplies required in each kitchen on a weekly basis, and in the same way we had the support of volunteers who distributed said supplies in the kitchens supported by the organization. This activity is essential to carry out in a timely manner the activity of providing daily hot and nutritious food to kindergarten and primary school children.

On the other hand, the organization had the advice of volunteers who participated with their time and knowledge in planning the activities necessary to carry out the proper functioning of the organization.





OUR PROGRAMS

SCHOOL MEAL PROGRAM

The first 3 months of 2022 were very difficult months to continue the school food program. Since several directors took very strict measures regarding the children's meal times and in other schools they did not allow food during school hours for fear of contagion among the children.

So the distribution of food pantries continued in some communities, including nutrition and pre-kindergarten programs.

Agreements were made with school directors to reopen kitchens. With great pleasure and satisfaction we saw that, thanks to the children's mothers, the directors agreed to allow us to reopen several of our kitchens. In the month of May, all kitchens were fully reopened.

Having had direct contact with mothers in the communities gave us another perspective to continue helping families with nutritional needs.

This is how the Board of Directors authorized the food extension program for the families of school-age children who had mild, moderate and severe malnutrition, as well as nutritional deficiencies. This important program began in 4 rural communities, benefiting 37 families. Offering pantries with products from the basic basket, nutrition workshops, healthy menus, measurements, diagnoses and personalized consultations for mothers.

Searching for the needs of extremely poor communities, we found the small community of Los Toriles. Benefiting the families of preschool and primary school children who presented severe malnutrition and low weight.

In this community, the Early Nutrition programs (Pre-Kindergarten) and the Food Extension program were started; measurements were carried out on 24 enrolled children and 18 babies and their mothers were cared for.

In that same community, 7 elderly people who lived alone in extreme poverty were cared for. Thus beginning the food assistance program for older adults in need. Due to the remoteness and difficult access to this small community of 200 people, the visits and program activities are done monthly.

As an organization, we take great satisfaction in knowing when we have accomplished our mission, improving the health and well-being of children through school meals and nutrition education.









This mission was accomplished in the schools of the communities of Jalpa and Los González.

No cases of malnutrition were found in the children, the school community is much better, thanks to the participation of the mothers since they learned to prepare healthy foods and have changed to good eating habits at home.

Giving this an opportunity to extend Feed the Hungry programs to communities in need.

The first week of June, a pilot hydration program for schools began, mainly for communities where water quality is not good and they regularly have water shortages in schools, providing free purified water to 3 schools in communities where we have established our programs, for food preparation in the Feed the Hungry kitchen and providing a jug of purified water in each classroom for children's hydration.

The mothers and school directors let us know the great benefit for the children and how important this program is for the schools. In addition, the enormous savings since some schools had to buy purified water.

Due to the good acceptance of the program and the constant water shortage in some communities, the board of directors approved that the purified water program be another program of the organization and be extended to 12 more communities.

NUTRITION

The Feed the Hungry nutrition team focuses on school children aged 4 to 12 years from the schools benefiting from the association's support, committed to their healthy diet, adequate training in nutritional education and prosperous growth for children, developed mobile workshops, gave talks with mothers and fathers, provided truthful, timely and nutritional quality information to the population involved in order to ensure a better future for the children of San Miguel de Allende and its surroundings.

During the first part of 2022, the delivery of food supplies to all the beneficiaries of the association's programs continued, so, to take advantage of the attention, disposition, but above all, the approach of people, workshops were implemented. of nutrition during delivery. Thanks to the internship program, teaching materials were developed and a large number of workshops were implemented and given during the distributions.



The increase in the population benefiting from these mobile workshops allowed the information to reach more people and have a positive impact on the population. During these activities, community participation was sought regarding the information provided to them, with the response being the pleasure and interest of the general population.

To continue with the positive response from all beneficiaries, we sought to provide information that would have a positive impact on their health, but at the same time would be of great interest to the community.

Thanks to the response and interest of the population, the workshops continued along with the delivery of food supplies, until the last community distribution that was carried out in the first quarter of the year, due to the reactivation of the association school meals program.

Meanwhile, since the first month of the year, nutrition and hygiene workshops were given to the cooks of our organization, in order to provide them with the necessary tools to carry out their activities. Which not only include the preparation of food, but also ensuring that they have the necessary measures to guarantee their safety and that they comply with the correct proportion to ensure the correct nutrition of the children.



In order to correctly evaluate the efforts that were made and their benefits, anthropometric evaluations were carried out on the children of the program, and thus determine their evolution and growth in order to continue supporting our population.

Below is a table with the activities carried out in 2022, the nutrition workshops, the communities and the benefited population:

Workshop date	No. of assistant cooks	Duration	Place of delivery
28 January 2022	18	1 hour 20 min	Store
25 February 2022	18	45 min	Store
19 April 2022	18	45 min	Store
27 May 2022	20	45 min	Store
24 June 2022	18	1 hour 20 min	Store
24 July 2022	15	45 min	Store
15 August 2022	11	30 min	Store
09 August 2022	12	45 min	Store
10 August 2022	12	45 min	Store
28 October 2022	25	30 min	Store

Community	Workshops with Children	Workshops with moms	Assistant moms	Measurement date	Measured Children
Clavellinas	March	June	139	May	278
	October	December	•		•
La Cuadrilla	May	May	94	December	161
	October	November	21	December kindergarten	39
Los Ricos	November	April	19	October	45
Alonso Yáñez	February	October	78	March October	138 45
Estancia de San Antonio	March	January April	6 66	March	98
La Campana	August	March	98	September	194
		October	44		
San Cristóbal	March	April	37	June	60
Pantoja	March	March	24	June	68
Tres Palmas	March	October	72	December	94
	June	December	22		•
Puerto De Sosa	March	January April	29 24	January	52
Peñón de los Baños	March	April	17	March	51
Los González	March	March	21	October	49
La Medina	March	February	22	March	40
San José de Allende	May	March November	112	November	174
Alcocer	January	November	39	May	59
Marroquín	March	October	34	May	47
Galvanes	May	April	62	Мау	88

Community	Workshops with Children	Workshops with moms	Assistant moms	Measurement date	Measured Children
Fajardo de bocas	October	January	70	May	94
Centro Infantil de los Ángeles	March	December	45	May 23	107
Sosnabar	June	August	123	February	188
Emiliano Zapata	November	November	88	March	164
La Medina	January	June	31	March	51
Pozo de Balderas	October	January	18	July	44
Nuevo Pantoja Primaria	October	December	74	November	139
•	October	May	32		
Plan Juárez	October	•	22	September	30
Nuevo Cimatario		October	29	November	49
Toriles	October	October	33	February	44
Don Francisco	September	August	217	November	346
Pantoja	November	May	44	December	74
Palmillas	October	January	21	September	44
Las Cañas	December	October	12	September	35
Loma de cocinas	May	September	34	May	66
Nuevo Pantoja kínder	February	December	18	June	27
Palo colorado	April	November	54	May	79
Salitrillo	October	February	39	September	52
San Francisco	March	May	31	January	47
San Miguel Viejo	January	February	46	February	79

It is important to mention that, during the period of the anthropometric evaluations of the children, group activities were also carried out, both with children and with their mothers, this with the purpose of providing them with nutritional education, which in the table above shows the dates, places and also participants of these.



These talks and workshops were focused on the particular needs of each school and each community, in order to provide personalized and quality attention to each group with which we interacted..

Finally, a brief numerical summary of the activities carried out during the year is shown:

Total children measured	3,539
Total mothers attending	2,161
Total workshops for mothers	45
Total workshops for children	41

COOKING LESSONS

During the year 2022, 6 menu change training sessions were held for 200 mothers in 11 communities.

Volunteer mom communities	Assistance Menu January – February	Assistance Menu March – April	Assistance Menu May – June	Assistance Menu August – September	Assistance Menu October – November	Assistance Menu December	Total
Puerto de Sosa	29	29	29	29	29	29	174
Estancia de San Antonio	6	6	6	6	6	6	36
Pozo de Balderas	8	8	8	8	8	8	48
Montecillo de Nieto	11	11	11	11	11	11	66
Salitrillo	35	35	35	35	35	35	210
San Francisco	2	2	2	2	2	2	12
Tres Palmas	34	34	34	34	34	34	204
San Cristóbal	34	34	34	34	34	34	204
La Palmilla	11	11	11	11	11	11	66
Los Ricos	15	15	15	15	15	15	90
Nuevo Cimatario	15	15	15	15	15	15	90



Estancia de San Antonio

To carry out the cooking workshops, the mothers were given a recipe book containing the seasonal menu.



Fajardo



Tres Palmas



Montecillo de Nieto



Pozo de Balderas

PRE-KINDERGARTEN

During this year the program operated in 12 communities belonging to San Miguel de Allende, which are: Montecillo de Nieto, La Campana, Clavellinas, La Palmilla, La Cuadrilla, Pantoja, Alonso Yáñez, Ejido de Tirado, Nuevo Pantoja, Toriles and Peña Blanca, the other community belongs to the municipality of San Luis de la Paz: Plan Juárez.

Under this program, 205 families were supported, of which 214 children benefited, around 259 to 380 grocery bags were delivered per month.

Nutritional monitoring was carried out through anthropometric measurements, dynamic and recreational activities were carried out, as well as informative workshops on nutrition issues.

Pantry bags delivered in 2022

No.	Month	Pantries	
1	January	256	
2	February	272	
3	March	288	
4	April	320	
5	May	249	
6	June	305	
7	July	271	
8	August	229	
9	September	384	
10	October	344	
11	November	396	
12	December 406		
	Total	3,720	

The Pre-Kindergarten program in 2022 gave 275 nutrition workshops to mothers belonging to the program, which dealt with prevention or were informative, which they had to apply and carry out at home. At the end of the workshops, they were given brochures or information flyers so that they could have access to them at any time.

Extra physical activation activities were carried out with their children, recipe preparation by chefs from the organization, presentation of topics by mothers, a "healthy dish" contest and home visits by the members.

Below are some handouts used in the workshops:







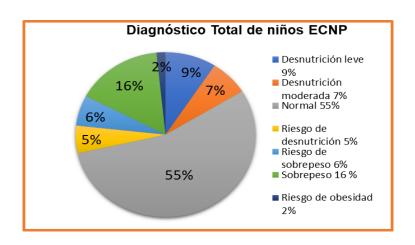
Nutritional assessment

Two measurement periods were carried out semiannually to evaluate the nutritional status of the members of the program, the end was in the November-December period where the following results were obtained:

55% of the population is in a normal state, 16% were overweight, which indicates a body weight higher than what they should have, 9% indicates mild malnutrition in which there is a slight weight below their growth in terms of their own height, 7% showed moderate malnutrition where there is a problem due to weight and height, we can also interpret it as chronic and acute malnutrition, 6% of the population indicates a risk of overweight, 5% presented a risk of malnutrition in those children who are at the limits of their nutritional status, in whom if a nutritional intervention is not carried out, they can determine malnutrition and 2% indicate a risk of obesity.

According to the results obtained, we conclude that children in a state of moderate nutrition have entered a lower stage of malnutrition which is mild, reducing the percentage of malnutrition. In cases of overweight, the majority are members from 6 months to 1 year. of age who are fed with milk formulas due to lack of knowledge of the importance of breastfeeding, formulas are milk substitutes but their nutritional composition is not comparable with breast milk; This diagnosis also occurs due to food portions, since mothers offer their children larger amounts of food than those recommended for their age.

It is a problem that can be treated, improved and thus maintain a normal weight since growth and development curves occur during this age.



PRE-KINDER DIAGNOSTIC RESULTS					
Total population: 193 c	ion: 193 children Measured population of childre children				
Nutritional diagnosis	Number	Percentage			
Moderate malnutrition		13	7.0 %		
Mild malnutrition		17	9.0%		
Risk of malnutrition		10	5.0 %		
Normal		102	55.0%		
Risk of overweight		11	6.0 %		
Overweight		29	16.0%		
Obesity risk		3 2.0 %			
Total:		185	100% of population measured		

Extended Feeding

This Pilot program was launched in January 2022 in three communities where school cafeterias are operated (Plan Juárez, La Palmilla and San José de Allende), in February 2022 the community of Los Toriles is integrated and finally in November 2022 the community of Don francisco, closing the year with a total of five active communities in the program: Plan Juárez, La Palmilla, San José de Allende, Los Toriles and Don francisco.

Through this program, fresh and dry food supplies were provided to a total of 47 families, as well as nutritional guidance to 53 children who are registered within the program.

During 2022, a total of 737 pantry bags were delivered, 63 home visits were made to supervise the proper use of the products delivered and to offer guidance to families on the preparation of healthy dishes and the promotion of hygiene measures at home.

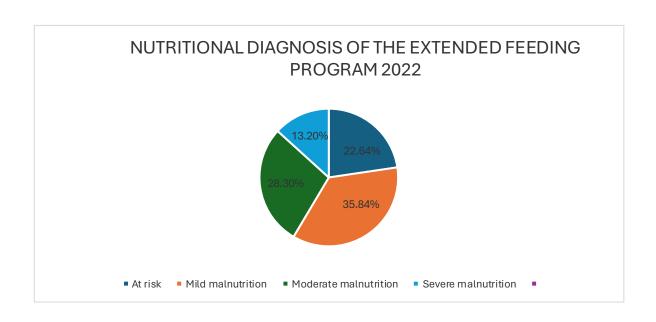
The food extension program in 2022 provided a total of 68 nutrition, hygiene and health workshops. For which 18 different topics were prepared with scientific support and 18 teaching materials were prepared, some of the topics were: "Correct diet at school age", "Hygiene in food preparation", "Preparation of healthy dishes with products of your community and the grocery bag" and "Causes of child malnutrition".

Other activities that were prepared for the program population and that stood out during the year were; delivery of community and personalized menus, cooking recipes, informative brochures and informative quarter sheets, workbook with nutrition activities for children and really for learning evaluation.

Nutritional status of the beneficiaries

The data shown below are the diagnoses obtained from the first semiannual measurement, with these data the year 2022 was closed.

EXTENDED FEEDING PROGRAM Total population: 53 children (100%)						
Nutritional diagnosis Number of children Percentage						
At risk	12	22.64%				
Mild malnutrition	19	35.86%				
Moderate malnutrition	15	28.30%				
Severe malnutrition 7 13.20%						
TOTAL. 53 99.98%						



HYDRATION PROGRAM

Having provided food service in the communities for a long time, we learned that the lack of water is very evident in times of heat and that the wells that supply water in the communities are becoming deeper and deeper.

Approximately 5 years ago, the Feed the Hungry organization, in collaboration with the Caminos de Agua association, carried out studies on the water dispensers that supply water to the kitchen.

In the studies, we realized the poor quality of this as an initial survey, so we decided to carry out the study in all schools.

After several studies that indicated that the concentration of heavy metals in water was higher than what is allowed for human consumption, we therefore took on the task of investigating the effects on the human body due to the consumption of these metals and The organization's board of directors chose to provide purified water in jugs in schools.

In September 2022, it began with the support of purified water, delivering 20-liter water jugs in 16 communities.



This water is used in the preparation of foods, flavored drinks and consumption of natural water in classrooms.





By providing this help, we guarantee that the consumption of contaminated water is not constant and they are made aware of consuming better quality water.

AFFILIATE PROGRAMS

HEALTH

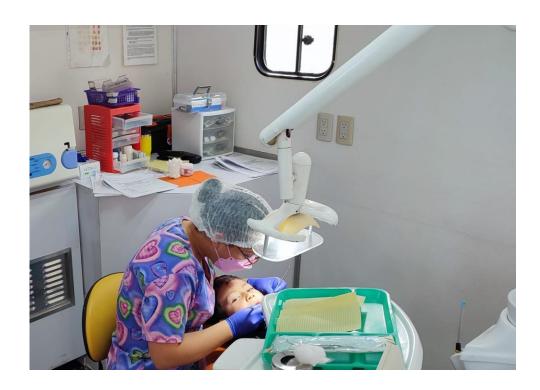
The Patronato Pro-Niños dental unit that visits the communities where the Feed the Hungry organization has a food program, began the year with few visits to the communities since the fear of contagion in children continued.

It was not until mid-year that the number of consultations with the dentist increased. The dental unit visited 15 communities where treatments were carried out, especially resins, temporary cures, extractions, fluoride, prophylaxis and sealants.

It is worth mentioning that the dental unit remained in each community long enough to also serve the children of the communities close to where the mobile unit was serving.

A total of 1,270 children were served.

The visits to the communities carried out by the dental unit are made during school hours and with the authorization of the directors, the mobile unit is parked outside the school so that mothers can easily provide dental care to their children.



EVENTS AND CAMPAIGNS

In the month of October, the **WALK**, **RUN**, **BIKE FOR FOOD CHALLENGE** event was held again, in which 130 people participated and individually completed the route they proposed, whether walking, running or cycling within the Dos vineyard. Owls for which they sought sponsors who made financial contributions to the organization through the link of their sponsors.



Also, in the month of June the **Back to School** campaign was carried out and in the month of November the **Holiday Appeal** campaign was carried out, which consisted of requesting support by sending letters to known donors and potential donors.

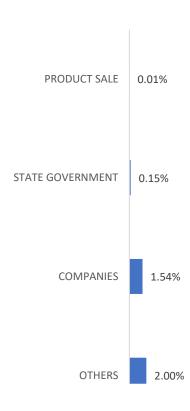
This year, 3,900 letters were sent by regular mail and 4,600 more via email during each of the aforementioned campaigns. The promotion of these was also carried out through our website, with the possibility of donating at the time.



FINANCIAL SUSTAINABILITY

The following graph shows the different sources of financing that the organization had during this year.

INCOME 2



FINANCIAL STATEMENTS



Opinion of the independent auditors to the Board of Directors of Feed the Hungry, A.C.

I have examined the comparative Statement of Financial Condition of Feed the Hungry, A.C. (the entity) as of December 31, 2022 and 2021, the Comparative Statements of Financial Activities and Comparative Statements of Cash Flow for the years then ended. These financial statements are the responsibility of the management. Our responsibility consists in expressing an opinion of the above referenced financial statements based on our audit.

My examination was carried out in accordance with auditing standards generally accepted in Mexico. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement and that they are prepared in accordance with Mexican Financial Reporting Standards. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the financial reporting standards used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audits provide a reasonable basis for our opinion.

In my opinion the before mentioned financial statements presented reasonably in all their important aspects, the balance sheets of Feed the Hungry, A.C. to the December 31, 2022 and 2021, the statements of activities and the statements of cash flow for the years ended, in conformity with Mexican Financial Reporting Standards.

C.P.C. Juni Menun Salgado Rodriguez Registro est AGAFF No. 18056

Feed the Hungry, A.C.

Balance Sheets

As of December 31, 2022 and 2021 (Pesos)

Assets		2022		2021
Current assets: Cash Accounts receivable Taxes receivable	\$	4,123,154 78,000 47,459	\$	4,949,593 714,802 48,880
Total current assets	\$	4,248,613	\$	5,713,275
Property and equipment: Building and land Furniture and equipment Transport equipment Allowance for depreciation		6,226,365 2,081,423 1,579,943 (5,361,597) 4,526,134		6,226,365 2,071,154 1,579,943 (4,746,026) 5,131,436
Total assets	<u>\$</u>	8,774,747	<u>\$</u>	10,844,711
Liabilities				
Current liabilities: Accounts payable	\$	265	\$	265
Taxes payable	Ψ	213,559	Ψ	157,680
Total current liabilities		213,824		157,945
Long term debt Employee benefits		1,474,914		1,115,124
Total liabilities		1,688,738		1,273,069
Net assets Changes in net assets		(2,485,633)		(160,319)
Net assets at beginning of year		9,571,642		9,731,961
Net assets at year end		7,086,009		9,571,642
Total liabilities and net assets	\$	8,774,747	\$	10,844,711

Total assets must equal total liabilities and net assets / equity

CONTACT

To contact us you can write to:

contact@feedthehungrysma.org

Or call us at:

(415) 1522402

We also invite you to visit our website:

www.feedthehungrysma.org