

A Community We Support: Moral de Puerto de Nieto

Location Statistics

The most recent INEGI census (2010) reported a Moral de Puerto de Nieto population of 945 men, women, and children, residing in 226 households. Children ages 0 to 12 made up 74% of the population.

More than one-third of the homes did not have all services: electricity, water, and drainage.

The illiteracy rate was 13%, with the average level of schooling completed was less than 5 years.

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 pack 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 is **Dick Brinson**.

Population statistics source: 2010 INEGI Census (Instituto Nacional de Estadística, Geografía e Informática)



Background

The Feed the Hungry kitchen in Moral de Puerto de Nieto has been in operation since 2017 and now serves 175 meals to children every school day at the Prof. Graciano Sánchez elementary school. The cooking is done by volunteer moms.

The community of Moral de Puerto de Nieto is located 28 kilometers from the Feed the Hungry Center.

Nutrition Report

For the latest Nutrition Report (December 2018), staff nutritionist Irving E. Ayala Zúñiga assessed 169 students in primaria (elementary school) through height, weight, and body fat measurements.

Underweight Children

71% underweight

In this school, a great number of children are underweight, which represents the primary nutritional problem of the children of this community. Moderate malnutrition is evidenced in children of low weight for their height, as well as skin discolorations and dry skin and hair.

Condition	Percentage
Obese	8%
Overweight	7%
Normal	14%
Light underweight	16%
Moderate underweight	41%
Severe underweight	14%

Feed the Hungry conducts workshops for the mothers to inform them of the risks and problems that come with poor nutrition. The children attend workshops to learn about “El plato del bien comer” with the objective of teaching them what should be on their plate for a balanced meal.

Improvements have been observed in children since the beginning of the Feed the Hungry program; the increase in cases of underweight children has stopped, and some of evolved from severe underweight to moderate underweight. We will continue working toward even better results.

Obese and Overweight Children

15% obese or overweight

Although cases of obesity and overweight in this school population community is low, it is not to be overlooked. As the economic status of the families improves, so do the number of overweight children. This is because parents begin to consume processed foods and junk foods such as sweetened juices, soft drinks, fatty sausages, and churros.

These products are strongly related to the development of obesity and overweight in children. Our workshops for children emphasize the detrimental health effects of junk food and the benefits of good eating habits.

General Observation

In this community, many mothers are reluctant to change their habits and it takes hard work to teach them about the best options for healthy living. The number of small shops that sell junk food and soft drinks near the school has increased, presenting one of the biggest obstacles to the success of the program. We will continue to offer workshops with mothers and children to reduce consumption of these products.