

A Community We Support: San Miguel Viejo

Location Statistics

The most recent INEGI census (2010) reported a San Miguel Viejo population of 669 men, women, and children, residing in 128 households.

Only 79 of the homes had all services: piped water, electricity, and sewage.

Children 12 years of age and younger made up 69% of the population.

The illiteracy rate was 9%. The average level of schooling completed was just over 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.

The volunteer driver for San Miguel Viejo is **Judy Patterson**.

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



Background

The Feed the Hungry kitchen in the community of San Miguel Viejo has been in operation since 2003 and now serves 70 meals to children every school day at the Benito Juárez elementary school. The cooking is done by one paid cook who is assisted by volunteer moms.

The community of San Miguel Viejo is located only 3 kilometers from the Feed the Hungry Center.

Nutrition Report

For the latest Nutrition Report (May 2019), staff nutritionist Irving E. Ayala Zúñiga assessed 55 students in primaria (elementary school) through height, weight, and body fat measurements.

Underweight Children

20% mild underweight
20% moderate to severe underweight

San Miguel Viejo is a community that has been included in the Feed the Hungry school lunch program for some years now. It is located in a semi-urbanized area, and although its location is very close to the city, there are many poor families there.

Through the Feed the Hungry program, it has been possible to reduce the cases of children who are severely underweight. However, it has been noted that, year after year, children entering elementary school already have problems of poor nutrition.

Upon entering elementary school, the children receive a hot lunch, and workshops on good nutrition are also offered. As a result, cases of severe underweight are almost completely eliminated in this student population.

Obesity

4% obese
9% overweight

Cases of overweight and obesity among the elementary school students have increased slightly as families with an improved economic status choose to purchase cola, churros, and cold cuts more frequently.

This problem has been the main cause of overweight in most children in the communities of San Miguel de Allende. For this reason, our nutrition program focuses on addressing this issue, since the more stores there are around the schools the easier it is for children to consume these products. However, with the help of the workshops, children have learned to decrease their consumption of soda. And, at their age, it is easier for them to change their eating habits than it is for their mothers.

General Observation

In the community of San Miguel Viejo, it has been observed that children are very participatory and have shown positive changes and advances in the time that the organization has supported this school. The participation of teachers to facilitate the work of the organization has always been positive and this greatly benefits the children.

Condition	Percentage
Obese	4%
Overweight	9%
Normal	47%
Light underweight	20%
Moderate underweight	18%
Severe underweight	2%