

A Community We Support: Nuevo Pantoja

Location Statistics

The most recent INEGI census reported a Zona Ecológica Nuevo Pantoja population of 204 men, women, and children, residing in 47 households. Only ONE of the homes had all of the basic services: electricity, piped water, and sewage.

More than half of the residents were under the age of 12. Only 33% of the inhabitants (older than 12 years) were economically active.

The average level of schooling completed was less than five 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.

On **Saturdays**, volunteers package 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 for Nuevo Pantoja is Surrendra Kumar.

Nuevo Pantoja is a very poor community in the urban area. Most of the working adults are in construction or make bricks to sell. Feed the Hungry operates school kitchens in both the kinder (preschool) and primaria (elementary) schools, which are separated by a major highway.



Nuevo Pantoja Kinder

The Feed the Hungry kitchen for the Nuevo Pantoja kinder opened in 2017. Every school day, 114 nutritious meals are served to students at the Francisco Ferrer Guardiola Kinder.

To provide a school kitchen for the kindergarteners, Feed the Hungry supplied materials and the residents built the kitchen themselves, coming together at the end of long hard days and working until dark. They were that eager to have a school kitchen and were very proud of their accomplishment and self-reliance.

Nutrition Report

For the latest Nutrition Report (September 2018), Feed the Hungry staff nutritionist Irving E. Ayala Zúñiga assessed 32 kinder students through height, weight, and body fat measurements.

The diagnosis of this student population is moderate to severe underweight in satisfactory evolution. In just the first year since the FTH kitchen opened, this community has shown a great improvement compared to our first assessment.

Malnutrition in this community is due to the limited capacity of families to obtain affordable healthy food. Even though the community is very close to the downtown area of the city, there are serious economic and nutritional deficiencies.

Some of the deficiencies that were observed in the children were dry hair, dehydration, white patches on the skin, brittle nails, and stained teeth. These are due to a lack of vitamins and minerals that are only found in fruits and vegetables.

In May 2018, we started providing breakfast as well, because many of the children do not have breakfast at home and they were buying snack food outside the school in the morning. The FTH breakfast is a cup of oatmeal with cinnamon, rice with milk, or yogurt with fruit. Now with the FTH breakfast that children have at school, the sale of junk food outside the school has been eliminated.

Condition	Percentage
Obese	0%
Overweight	3%
Normal	38%
Light underweight	3%
Moderate underweight	28%
Severe underweight	28%



Nuevo Pantoja Primaria

Feed the Hungry began operating a kitchen in the elementary (primaria) school in February, 2019. This was made possible thanks to architect Rafael Franco, who generously donated materials and labor for new buildings. The 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.

Nutrition Report

Upon opening the new school kitchen in February 2019, Feed the Hungry nutritionists conducted a baseline assessment of the health of 140 of the children attending the primaria.

Only 44% of the children are at normal weight. With the hot meals and nutrition education program in operation, we expect to see improvements at the next assessment.

Condition	Percentage
Obese	10%
Overweight	18%
Normal	44%
Light underweight	22%
Moderate underweight	4%
Severe underweight	2%

General Observation

In this community, the cases of obesity and overweight are largely due to the excessive consumption of tortillas to compensate for the lack of other important foods in the diet, and to the consumption of soft drinks and junk food. This is a very big problem in most of the communities, where they consume sodas instead of water. The high sugar content of sodas causes not only an irregular increase in weight, but also the risk of diabetes, which is an epidemic in Mexico.

The nutritional state of these children has progressed satisfactorily since the FTH program launched at this school. The small store that sold junk food on the school grounds was closed, as a condition of Feed the Hungry's opening of a kitchen there.

Children accept a greater variety of foods, such as vegetables and fruits. Mothers show great interest in improving the nutritional status of their children and have begun to make recipes from the school menus at home. This progress is due not only to the school meals, but also to the training provided to the children and their mothers. Feed the Hungry has been very well received in this community.

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