

SCHOOL MEAL/FEEDING PROGRAM(S)

School year: 2020–2021

- School Breakfast Program
(Programa de Desayunos Escolares)

Lead Agency: Ministry of Health, National System for the Comprehensive Development of Families (*El Sistema Nacional para el Desarrollo Integral de las Familias – SNDIF*)

NATIONAL LAWS, POLICIES, AND STANDARDS

- National school feeding policy
- Nutrition
- Food safety
- Health
- Agriculture
- Private sector involvement

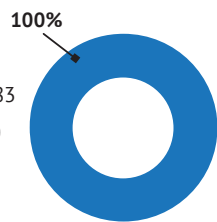
Line item in the national budget...

- Yes No No response

BUDGET

Total: USD 455,437,283

- Government*: USD 455,437,283
- International donors**: USD 0
- Private sector: USD 0
- Other donors: USD 0



Includes funding from the United States Department of Agriculture Yes No No response

* International donations by United Nations agencies or non-governmental organizations often represent funding from multiple donors.
** The government budget includes allocations from both the national and regional governments.

INFRASTRUCTURE

Some schools in Mexico have electricity, piped and clean water, flush toilets, and dedicated eating spaces; very few have kitchens. School kitchens have diverse characteristics across Mexico, alternately with open or closed cooking areas and using charcoal/wood stoves or gas or electric stoves. Many kitchens have electricity and refrigeration.

SPECIAL NOTES

Population and enrollment numbers from the UNESCO Institute of Statistics (UIS) were used to complete this report.

MEALS/SNACKS/MODALITY

- Breakfast Snacks
- Lunch Take-home rations
- Dinner Other

- Grains, cereals Fish
- Roots, tubers Green, leafy vegetables
- Legumes, pulses, nuts Other vegetables
- Dairy products Fruits
- Eggs Oil
- Meat Salt
- Poultry Sugar

- Dairy milk Tea
- Yogurt drink Water
- Fruit juice Atole (traditional hot corn/masa)

Prohibited food items: Some foods are not allowed because they are a significant source of simple sugars, refined flours, fats, and/or sodium. These include flavored milk and condensed milk; sweetened industrialized beverages; sugar syrup or high fructose syrup; any food that has sugar in its first three ingredients; refined flours and pastas; sweet bread and pastries; starches; cream; mayonnaise; sausage; fried snacks; consommé in pastes or powder; salty instant soups; any food that exceeds 400 mg of sodium in 100 g of product; any food that contains non-caloric sweeteners or sugar substitutes; and any food that contains colorants and flavor enhancers.

FOOD SOURCES

- Purchased (domestic) In-kind (domestic)
- Purchased (foreign) In-kind (foreign)

COMPLEMENTARY ACTIVITIES

- Handwashing with soap Hearing testing/treatment
- Height measurement Dental cleaning/testing
- Weight measurement Menstrual hygiene
- Testing for anemia Drinking water
- Deworming treatment Water purification
- Eye testing/eyeglasses

COMPLEMENTARY EDUCATION PROGRAMS

- Food and nutrition Health
- Agriculture Reproductive health
- School gardens HIV prevention
- Hygiene Physical education

The checked items were provided in most or all participating schools.



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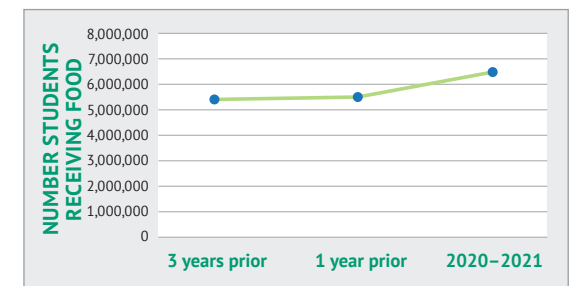
United Mexican States



SCHOOL MEAL PROGRAMS

CHILDREN RECEIVING FOOD, 2020–2021

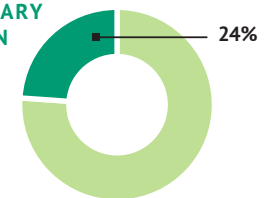
School level	Total	# Enrolled	# Receiving food
Pre-school	6,719,345	4,789,664	0
Primary school	13,407,878	14,012,770	6,518,168
Secondary school	13,462,307	14,105,856	0
Total	33,589,532	32,908,290	6,518,168



COVERAGE: PRIMARY AND SECONDARY SCHOOL-AGE CHILDREN

Total number primary and secondary school-age children: 26,870,184

Receiving school food: 6,518,168



- Food was also provided to some students in...
- Pre-schools
 - Vocational/trade schools
 - Other

NUTRITION

School feeding program(s) included/involved the following:

- Fortified foods**
- Bio-fortified foods
- Micronutrient supplements
- Nutritionists involved**
- Special training for cooks/caterers in nutrition**
- Objective to meet nutritional goals**
- Objective to reduce obesity

Food items fortified/biofortified:

Grains/cereals, dairy products

Micronutrients:

Zinc, folic acid, riboflavin, calcium, vitamin D

ADDITIONAL INFORMATION

At least 37 nutritionists are engaged in school feeding in Mexico. Food items produced in school gardens are consumed by the students, and efforts to prevent or mitigate overweight/obesity include nutritional requirements for the School Breakfast Program, food and nutrition education, health education, and physical education.

STUDIES CONDUCTED

The SNDIF, in collaboration with the Center for Research on Policies, Population, and Health of the National Autonomous University of Mexico (UNAM), coordinates the nutritional surveillance system called the "Evaluation of Nutritional Status." Information is collected on the weight, height, and eating habits of primary and secondary school children and adolescents in the national educational system. Information is available at: <https://datos.cipps.unam.mx/SNDIFdb>. This data source shows that that beneficiaries of the School Breakfast Program have experienced notable progress in weight-for-age (an indicator of malnutrition), with an even larger impact seen among girls. In 2021, questions related to the COVID-19 pandemic as well as food safety have been added to the nutritional status evaluation.

RESEARCH NEEDED

Prevalence of anemia and other biochemical markers; Impact of food guidance on behavior change (e.g., food choices) among schoolchildren.

AGRICULTURE, EMPLOYMENT, AND COMMUNITY PARTICIPATION

Jobs created by school feeding programs*

Cooks and food preparers
Transporters
Off-site processors
Food packagers and handlers
Monitoring
Food service management
Safety and quality inspectors
Other

**If blank, no response was provided.*

Farmers were involved with the school feeding program(s)...

Yes No No response

Other private sector (for profit) actors were involved...

Yes No No response

There was a focus on creating jobs or leadership or income-generating opportunities for...

Women Other groups
 Youth No response

There was community engagement (by parents or others) in the school feeding program(s)...

Yes No No response

Were there links between food banks and the school feeding program(s)?

Yes No There are no food banks in this country.

ADDITIONAL INFORMATION

Farms of all sizes provide eggs, poultry, and vegetables for the School Breakfast Program, and the private sector is engaged in food trading, processing, and transport. The tendering process to secure contracts for the program is competitive, with preferential treatment for small-scale farmers/small farmer organizations/small companies. Cooks in the program are predominantly women; however, few receive remuneration for their work either in cash or in kind.

CONTACTS: MEXICO

Agency: Ministry of Health, National System for the Comprehensive Development of Families (*El Sistema Nacional para el Desarrollo Integral de las Familias – SNDIF*)

Website: <https://www.gob.mx/difnacional>

SUCCESSES AND CHALLENGES

Among the successes related to school feeding in Mexico, the School Breakfast Program is mandated to offer 25% of daily nutritional requirements. Nutrition standards have been established for hot and cold school breakfasts, prioritizing the inclusion of fresh fruit and vegetables and limiting foods high in sugar or fat. Results of the Nutritional Status Assessment demonstrate that the School Breakfast Program has a positive impact on indicators of malnutrition, particularly among girls. The current administration (2018–2024) aims for a complete transition to hot school breakfasts by 2024. Unfortunately, the COVID-19 pandemic has delayed this transition as food supplies have been provided as take-home rations rather than in-school meals. In the 2020–2021 school year, the budget for the School Breakfast Program was not considered adequate, and two states stopped operating the School Breakfast Program.

EMERGENCIES/COVID-19 PANDEMIC

Schools in Mexico were closed but operating remotely for the entirety of the 2020-2021 school year. Throughout the COVID-19 pandemic in 2020 and 2021, the social food assistance programs of the DIF National System continued to operate. In response to the pandemic, the School Breakfast Program has shifted its beneficiary population to include not only schoolchildren, but also their families, and shifted from providing in-school meals to providing take-home rations on a monthly or bimonthly basis that were prepared by the students' families at home. Beginning in May 2020 and with assistance from UNICEF, families with children or adolescent in the municipalities most affected by the COVID-19 pandemic received food baskets and/or pantry cards. **As a result of this project, 30,000 grocery shopping cards and 2,000 baskets were delivered to the municipalities of Tijuana and Mexicali in Baja California; Nezahualcoyotl, State of Mexico; and Center, Tabasco, and Benito Juárez, Quintana Roo.** Mexico was also affected by an earthquake in Oaxaca in June 2020.

SCHOOL BREAKFAST PROGRAM PROGRAMA DE DESAYUNOS ESCOLARES

Lead implementer(s): National and State Systems for the Comprehensive Development of Families
(*SNDIF y Sistemas Estatales para el Desarrollo Integral de la Familia – SEDIF*)

OBJECTIVES:

- To meet nutritional and/or health goals

MODALITIES OF PROVIDING STUDENTS WITH FOOD:

- In-school meals
- Take-home rations

FREQUENCY AND DURATION:

- 5 times per week for in-school meals; monthly for take-home rations
- During the school year

TARGETING:

Geographic (targeted based on indicators of poverty and marginalization)

HOW MANY STUDENTS RECEIVED SCHOOL FOOD IN 2020–2021 SCHOOL YEAR?

School level	# Students	% Girls	% Boys
Pre-school	0	–	–
Primary school	6,518,168	50%	50%
Secondary school	0	–	–
Total	6,518,168	50%	50%

FOOD AND BEVERAGE ITEMS:

Grains, cereals*	Poultry	Oil
Legumes, pulses, nuts	Fish	Dairy milk
Dairy products*	Green, leafy vegetables	Tea
Eggs	Other vegetables	Water
Meat	Fruits	Other beverage: Atole

* *fortified*

FOOD SOURCES:

100% Purchased (domestic) 0% In-kind (domestic)
0% Purchased (foreign) 0% In-kind (foreign)

If blank, no response was provided.

ADDITIONAL INFORMATION:

The School Breakfast Program began in 1929, and in 2020–2021, the program operated in 96,634 public schools. Because of the COVID-19 pandemic, the program provided take-home rations (delivered to students' homes) or meals to be picked up at school and eaten at home in the 2020–2021 school year. Parents voluntarily provide donations in-kind to support/complement school breakfasts. This in-kind support (which is usually comprised of fresh fruits) is not mandatory; rather, it depends on each school and the organization of each Parent Committee.

