

BAJA CALIFORNIA SUR (BCS)- FOOD SECURITY ALLIANCE

48 nonprofit organizations, private businesses, government agencies, academic institutions, and individual volunteers, **working collaboratively to combat food insecurity for the most vulnerable in Baja California Sur.**

BCS-FSA MISSION

Secure access to healthy food for the most vulnerable population in Baja California Sur, improve health through education and nutrition, and promote sustainable local food production.

WHAT IS FOOD SECURITY?

“All people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food that meets their food preferences and dietary needs for an active and healthy life.” – United Nations, FAO

FOOD INSECURITY IN BCS

- 21.76% of the 712,000 people living in BCS experience food insecurity.
- Based on a 2013 survey facilitated by ICF of 600 families in at-risk communities, **44.2% (La Paz) and 52.9% (Los Cabos), reported that their families lack sufficient access to healthy food on a weekly basis.**
- Malnutrition and the chronic diseases associated with it are on the rise:
 - Nationally BCS is ranked first for obese and overweight children, at a rate of 23% of the overall population¹
 - Heart Disease, Chronic Kidney Disease and Diabetes are the leading cause of death in BCS²
- BCS has the fastest growing population in Mexico at a rate of 5.8%,³ with migrants arriving from states such as Chiapas, Guerrero, Oaxaca and Veracruz attracted by opportunities in La Paz and Los Cabos. Many of these migrants take up residence in marginalized communities, at risk of food insecurity.
- 38 government-run community kitchens recently closed in BCS, leaving 4,000 people in the state, of whom 41% were children, without this service



THE VALUE OF THE BCS-FOOD SECURITY ALLIANCE

- Knowledge sharing among peers and international partners.
- Amplified impact – connecting members to resources to pilot, replicate, and expand successful initiatives.
- Collective bargaining power - advocate for needed Policies, Systems, and Environmental change to increase food security in BCS.

¹ National Survey on Health and Nutrition, ENSANUT 2018 <https://ensanut.insp.mx/>

² Institute for Health Metrics and Evaluation 2017, <http://www.healthdata.org/mexico-baja-california-sur>

³ Instituto Nacional de Estadística y Geografía (INEGI) 2018, <http://www.inegi.org.mx>



BCS-FSA INITIATIVES

SECURING ACCESS TO HEALTHY FOOD

- **FOOD RESCUE PROGRAM** - Connects donors of fresh food from local farms, restaurants and hotels directly with feeding kitchens and shelters, and diverts food-waste from landfills.
 - Since 2017 alliance member, Raíz de Fondo, has led the food recovery program in La Paz. To date, 40 community feeding kitchens have received 100 tons of rescued produce, benefitting over 2,000 individuals (primarily children and elderly).
 - The program seeks to reduce the 30% of wasted agricultural products that occurs in Mexico, and in turn, decrease the carbon emissions produced by food waste.

(To read more about the Food Rescue Program visit: <https://tilth.org/stories/from-surplus-to-smoothies/>)

2020 GOALS:

- **Strengthen and diversify program in La Paz & expand to Los Cabos.**

- **GARDENS AND SELF PRODUCTION** – This program teaches community members how to grow and cook with fresh, healthy produce from gardens in community kitchens, schools, community centers and at home.

2020 GOALS:

- **Pilot agro-aquaculture model** in 4 feeding kitchens with the Center for Biological Investigation of Northwest Mexico (CIBNOR)
- Continue providing support for community and backyard gardens via member initiatives



NUTRITION & EDUCATION

- **NUTRITION & WELLNESS TRAINING** – Increases community interest and commitment to nutrition and wellness through education, practice, and dynamic social groups.
 - Healthy cooking classes - members share tips and tricks on how to reduce sugar and oil and make tasty meals out of vegetables grown in community gardens or donated from farms.

2020 GOALS:

- **Launch “No Waste Cooking Program”** - Regional chefs are creating a cookbook and training program for community kitchens to take full advantage of available ingredients and turning what is generally considered waste, into nutritious resources
- **Educate & engage young mothers** through a peer-to-peer nutrition and healthy cooking program.
- **Transform community kitchens into vibrant neighborhood hubs** - Utilize strengths and knowledge of BCS-FSA members as well as the community to provide training in areas such as; leadership, entrepreneurship, personal finance, exercise, gardening and more.

FUTURE INITIATIVES:

- **FOOD BANK** – Create a central warehouse and transportation system to store and provide economically accessible fresh food and bulk staples.



Donations can be made to the BCS Food Security Alliance Fund Online:

<https://icfdn.org/donate/?BCSFSA>

By Check: Payable to “International Community Foundation” –

2505 N Avenue, National City, CA 91950