

Serving the poorest of the poor in Mexico

Winter 2023

24 Years Feeding Hungry Kids in Mexico

*"After a few weeks in the program,
I see a spark in the eyes of the children. They are
no longer lethargic."*

...A VAMOS! volunteer

Every Dollar Feeds Kids, Inc.

Why EDFK helps VAMOS! feed the children

In 2023, VAMOS! has provided over 150,000 meals to children and women facing tough times in Mexico. The importance of feeding the poor cannot be overstated, as nutrition plays a pivotal role in a child's ability to thrive, both academically and developmentally.

For children in poverty, consistent access to nutritious meals is not just a matter of satisfying hunger; it is a lifeline for their overall well-being. The lack of proper nutrition can impede cognitive development, hinder concentration, and compromise a child's ability to learn. Malnourished children often struggle with fatigue, weakened immune systems, and diminished physical growth. In the context of education, hungry students are more likely to experience difficulty concentrating in class, leading to a direct impact on academic performance. By providing daily meals, VAMOS! addresses this critical need, ensuring that

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Every Dollar Feeds Kids

children are not hindered by an empty stomach in their pursuit of education.

VAMOS! also understands that addressing the needs of impoverished communities requires a holistic approach. In addition to providing daily meals, VAMOS! integrates medical and dental care into its program. Access to healthcare is a basic human right, yet for many in impoverished areas, it remains elusive. VAMOS bridges this gap by offering regular medical check-ups and dental care, ensuring that children receive the attention they need to thrive. Good health is intrinsic to the pursuit of education; a healthy child is more likely to attend school regularly and engage actively in the learning process. Well-fed children are better equipped to concentrate in class, participate in extracurricular activities, and make the most of their educational opportunities. Through the simple yet profound act of providing daily meals, VAMOS! addresses the immediate needs of hunger while sowing the seeds of long-term transformation. By recognizing the interconnectedness of nutrition, healthcare, and education, VAMOS is not merely feeding bodies; it is nourishing the aspirations, dreams, and potential within each individual it serves. In doing so, VAMOS! is crafting a narrative of resilience, empowerment, and positive change for communities that need it most.



May they all rest in peace. Their legacies will forever remain in the hearts of the children who have HOPE because of their work.

*The children of Cuernavaca
Thank You for your generosity.*



Ways to Contribute to EDFK

Every Dollar Feeds Kids, a 501(c)3 organization