

Milk that encourages life

Congregación Mariana Trinitaria helps thousands of vulnerable people in the state of Durango who currently lack food... “Hunger must not be a reason to pass away”

Malnutrition and food shortages were the causes of death of five thousand 900 people in Mexico in 2019. UNICEF mentions that people who live in rural areas are more vulnerable to suffer the negative effects of hunger, areas where Congregación Mariana Trinitaria delivers thousands of liters of milk with the objective of decreasing the vulnerability of many families, specifically the ones located in Durango. However, the actions of this civil society are not limited to only one state, as it pretends to reach every place where needs may be found.

Thousands of Mexican people die every year as a consequence of malnutrition. This pathology is the sixth cause of death in children under four. Congregación Mariana Trinitaria, A.C. (CMT) believes that nobody should die for that reason, so it promotes strategies to deliver milk among the families that need it the most, just the way it currently happens in the state of Durango..

Three thousand 640 milk cartons were delivered by Congregación Mariana Trinitaria through subsidies. The last delivery took place in “Durango Solidario”, a group of municipalities located in Durango, Hidalgo, Rodeo, and Canatlán.

“It is a big support for families. In my community 17 families got benefits. I heard about the program and I was told that I had to make a list to get benefits for six months. I have to thank them for that and I hope they keep on giving us support”, says María Romana Parada González, president of the local board in Camellones, located in the municipality of Durango, Durango.

In Mexico, one out of eight children under five is below the standard size (in moderate or severe levels) compared to other children the same age, according to the United Nations International Children’s Emergency Fund (UNICEF).

The lack of a balanced and nutritive diet is related to the death of more than half children who pass away around the world. If they suffer from malnutrition, they are more vulnerable to die as a consequence of diseases and suffer from slow growth.

An advanced stage of malnutrition is not the only reason to suffer from the severe consequences of that problem. Three quarters of children who die as a result of that situation were in mild or moderate stages of malnutrition.



It is remarkable the support provided by both Congregación Mariana Trinitaria and the municipality of Durango, Durango. As a result of the program “Durango Solidario por la Alimentación” (Durango showing support in food issues), 80 thousand liters of milk were delivered between the most vulnerable families in that area.

This way, Congregación Mariana Trinitaria promotes welfare as we are convinced that hunger must not be a cause of death for anybody.

Thousands of people die in Mexico due to malnutrition



- 6 thousand 956 people died in Mexico in 2019 due to malnutrition.
- 117 of them were under four years.



- 115 were from five to 14.
- 128 were from 15 to 24.



- 601 between 45 and 64 years old.
- 5 thousand 539 people who passed away were over 65 years old .

In numbers



3 thousand 640 milk cartons were delivered by CMT through direct subsidies. The last delivery took place in rural areas in the group of communities called “Durango Solidario”.



21 thousand 840 families have received benefits of this program.



36 thousand 400 families will get benefits after completing the ten deliveries in the program.



80 thousand liters of milk were delivered as a result of the collaboration with the municipality of Durango, Durango.

A big support to economy

“Nowadays, due to the pandemic we could not work so, it was a big support for us. I am thankful for everything because I received extra support as I was also given construction materials, like cement and mortar to build my house”, mentioned María del Socorro Jiménez Ortiz, a beneficiary of the program.

So far, six deliveries were completed, which means benefits for 21 thousand 840 families. Nevertheless, the effort continues and four more deliveries will take place so, the total number of families receiving the benefits of this program will be 36 thousand 400.

“It is a big help to the economy. The milk is good-quality, and children like it, and also we can save some money. People should get informed and try the product as it is good-quality and it is also a support to home economics”, mentions Carmen, a woman who received milk in the deliveries.

CMT successful case



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