

The right to food in Mexico, an unfinished challenge

Despite the efforts made by the three levels in the government as well as civil and social organizations, the right to food seems far for millions of Mexican citizens

By means of the Network for Food, Congregación Mariana Trinitaria takes the challenge to give the right to food to more Mexican people, through strategies that involve the government and civil societies, always acting with responsibility and the commitment this problem needs.

In Mexico there is a remarkable gap in right to food, despite the advances on this topic and the attempts to fill it, as mentioned by the National Council for the Evaluation of Social Development Policy (CONEVAL).

The Right to Food is one of the economic, social, and cultural rights that are included in the International Agreement on Economic, Social, and Cultural Rights, which was ratified by Mexico so, there were some mandatory responsibilities that must be taken.

In the Diagnose about Right to Nutritious and High-quality food in 2018, CONEVAL mentioned that despite the recent advances on issues regarding right to food in Mexico, there are still some important infringements related to strategic indicators, like shortcomings on access to food, problems about access and quality; and they all have influence on the development of phenomena like malnutrition, especially overweight and obesity.

The previous situations homogeneously affect all the population and regions in the country, while some conditions prevail like malnutrition in children and elderly people, anemia, among others.



This confirms that people with low incomes spend a bigger amount of their resources on food than the ones with high incomes.

CMT and the Right to Food

Congregación Mariana Trinitaria (CMT), on its Integral Model for Health, Social and Economic Development, and Welfare; which is part of its Network for Food; aims to increase balanced diets based on healthy food by creating and developing strategies so that Right to Food in Mexico becomes more accessible for everybody.

Through social programs and collaborations with government departments, leaders of civil societies and civil Organizations; CMT helps vulnerable people by providing them with milk formula, liquid milk, vegetables, and proteins.

Millions of Mexican people face food insecurity



- In 2016, 20.1 percent of the population, that is to say, 24.6 million Mexican people, suffered from severe and moderate food insecurity.
- Children under the age of five are one of the most vulnerable groups, as in the same year 21.7 percent of them faced difficulties to have access to food.
- The states with the highest percentages of minors with this problem were: Tabasco (42.5 percent), Oaxaca (31.8 percent), Guerrero (28.4 percent), Colima (25.1 percent), State of Mexico (26.6 percent), and Michoacán (25.3 percent).

Additionally, it was informed that the availability of food is not a problem in the country as macroeconomic indicators do not show an imminent problem delivering food in aggregate levels due to trade openness in the country, which allows the replacement of production with imports.

Even though there are some issues that we must consider so as to improve the efficiency related to the distribution and waste of food, like increasing the physical infrastructure of refrigerated transport and storage capacity, strategies that may also contribute to stop the increase of costs and guarantee the constant distribution of supplies.

Without money to buy food

CONEVAL mentions that the problem of food in Mexico, which was found on this and many other studies, is related to accessibility, especially to the economic one. More to the point, it is observed that the expenses on food and beverages made by low-income families correspond to the half of the total expenses they made in 2016, while people with high incomes spent just the fourth part of their incomes in that.

A violated right

The right to food implies that people must have access to a balanced diet without making any sacrifice on the satisfaction of other basic needs or rights. This way, if people only may have access to food by sacrificing one or more characteristics on their diet; it means that their rights were violated.

CMT Food Assistance Actions

- Almost 1 million liters of milk will be delivered by Congregación Mariana Trinitaria in Durango, as a result of the collaboration with several municipalities in that area for one year.
- More than 6 million liters of milk were delivered by CMT in Puebla in 2020, after collaborating with SEBIEN in that state.
- More than 3 thousand families in Michoacán were assisted in December 2020 after CMT milk deliveries.



Due to the different crises that the COVID-19 pandemic caused in many areas, it is important to highlight the work performed by CMT, as mentioned by partners like the local deputy in Querétaro, José González Ruiz, who recognized the efforts made by CMT to provide milk to thousands of families in San Juan del Río, a municipality in that state.

CMT Solutions



- More than 2 thousand families in Baja California get the benefit of having liquid milk delivered by CMT and local and federal legislators.
- More than 2 million liters of milk were delivered in Tabasco in 2020 thanks to the collaboration with the authorities in Centro and local authorities.