

Milk, a nourishing but unreachable food

Mexico is not able to produce the milk that all inhabitants need, which makes it the country with the most imports of this product. This is one of the reasons why the per capita consumption of this product is below the standards recommended internationally

For most people in the world drinking milk is a luxury, despite the fact this product is highly recommended due to its nutrients. In Congregación Mariana Trinitaria we take the challenge so, all over 24 years we have supported, in collaboration with our partners, by providing millions of liters of liquid, powder, and formula milk to the most vulnerable population in Mexico.



Milk and dairy products have a big potential to improve nutrition and livelihoods for thousands of million people around the world, highlights the Food and Agriculture Organization (FAO).

In its most recent publication “*Milk and dairy products in human nutrition*”, it mentions that the governments should invest more on programmes to make milk and dairy products available for poor families, and that they should be given assistance to produce them at home too.

It is important to mention that FAO decided that June 1 would be the World Milk Day with the objective of making people aware of the importance of this essential food of animal origin in human life.

Milk is expensive

The same publication mentions that despite the benefits they have, milk and dairy products are still quite expensive for poor families.

Even when the consumption of dairy products in developing countries is expected to have an increase of 25 percent in 2025, particularly as a result of their population growth and the increase in their incomes, milk and dairy products would be probably out of reach for the most vulnerable families.

“The governments have to discuss that in order to make nutrition a specific objective in the development of the dairy sector, and also they need to invest in programmes to assist poor families to know how to raise small farm animals like goats”, the publication details.

Mexico, with a deficit on production and consumption

According to FAO, in Mexico the per capita consumption of milk is 130 liters per person every year, a number that is considered to be below the recommendations of that international organization, which recommends 180 liters per person every year.

However, the deficit is not only in the consumption of it in Mexico, but also in the production of it, as it is the country with most imports of this product around the world given the fact that in 2017 it imported 360 thousand tons of milk.



The top milk imports by country	
Country	Tons of milk imported
Mexico	360 thousand tons
China	286 thousand tons
Argelia	168 thousand tons
Indonesia	162 thousand tons
Philippines	159 thousand tons
In the world	two thousand 650 tons

The National Chamber of Milk Industry (CANILEC) mentions that the production of bovine milk in Mexico in 2019 reached a volume of 12 thousand million liters. Independently from a continuous expansion on the production, it is still below the population growth in the country, the organization highlights.

Dairy farming shows an important concentration of the production in a few states. Jalisco is the state with the highest contribution to the production in the country, with 20.7 percent of that, Coahuila is next with 11.4 percent, and Durango with 10.1 percent.

Milk from cows, llamas, and donkeys

The publication by FAO brings up the fact that the word “milk” became a synonym for cow milk, but in different parts of the world people drink milk from other animals like: buffalo, goat, sheep, moose, llama, alpaca, donkey, yak, camel, and mithun.

Milk obtained from other dairy species that have not been commercialized, also offer nutritional benefits. For instance, the protein profile in mare and donkey milk could be more appropriate for those 2 to 6 percent of the population who are allergic to cow’s milk.

It is important to mention the example in South America, where llamas and alpacas were not raised for producing milk ever before in the history of the countries, but they became a new food source with economic value for people living in the mountains, the publication details.

Moose and reindeer’s milk is creamy, and it is high on fat and proteins. It also contains less than half of lactose compared to cow’s milk, and it might become an alternative source of dairy products for lactose intolerant customers, the publication affirms.



CMT and milk

Millions of liters of liquid and powder milk have been subsidized by Congregación Mariana Trinitaria, A.C. (CMT) and its partners to benefit vulnerable populations, specially those who suffer from food poverty, which means being unable to get basic food baskets. Even if they used all the incomes available at home, they would not be able to get all the essentials on the basic food basket.

An analysis developed by CMT concludes that vulnerable populations as a result of food poverty in the country is 75 million 47 thousand 942 people, so the goal is to provide milk, which is one of the essentials with the highest nutritional components to each one of them.

In its Welfare Ecosystem Model, through its Network of Food, CMT develops programs so that people have access to high-quality milk, which also contributes to equality and equity on social development.

One of the latest examples is the reopening of the Bank of Formula Milk, located in the Municipal Hospital for Children in Durango, Durango. This project is addressed specifically for mothers who are unable to breastfeed their children.

For more than 24 years, Congregación Mariana Trinitaria has delivered liquid, powder, and formula milk; as it is one of the most important products among its strategies to allow people to have access to nutritional food.

PHOTO: Twitter Jorge Salum.



Succesful case

A more recent success case is the reopening of the **Bank of Formula Milk**, located in the Municipal Hospital for Children in Durango, Durango. This project is addressed specifically for mothers who are unable to breastfeed their children.

