



5th Annual State of Hunger Luncheon



Advancing Equity through a Hunger Free San Diego

Presented by



#HUNGERFREESD





Hunger Coalition Policy & Advocacy

On behalf of San Diegans experiencing nutrition insecurity, and in collaboration **with the more than 330 nonprofit organizations**, we work to advance equitable access to food by:

1. Elevating the experiences of people struggling to access healthy, affordable food by creating pathways and tables for them to share their story directly with policymakers.
2. Engaging and acting as a resource for policymakers by providing research, policy analyses, and case studies of what's happening in San Diego County.
3. Coordinating local actions, including meetings with policymakers, call-in days, and letter campaigns to support local, state, and federal legislation.

Creating a Hunger Free San Diego requires clearing obstacles and driving government policies to make food assistance programs work better for everyone.



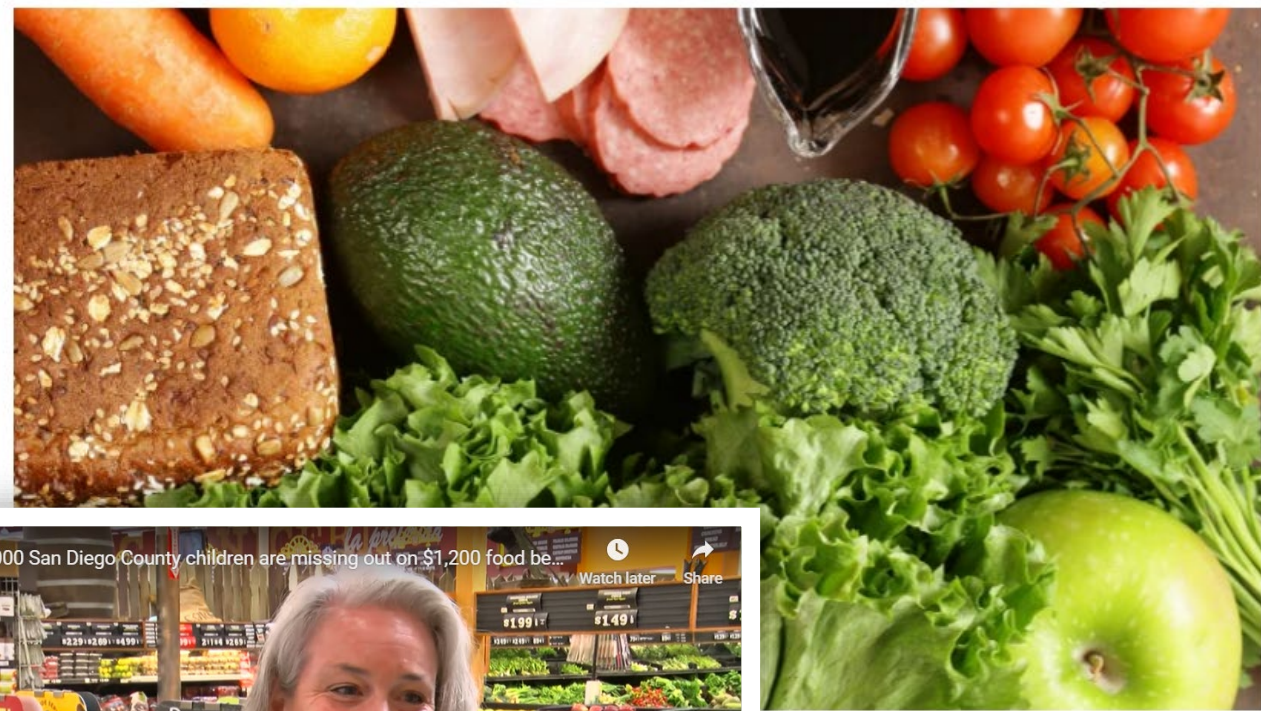


Advocacy Impact: P-EBT 2.0

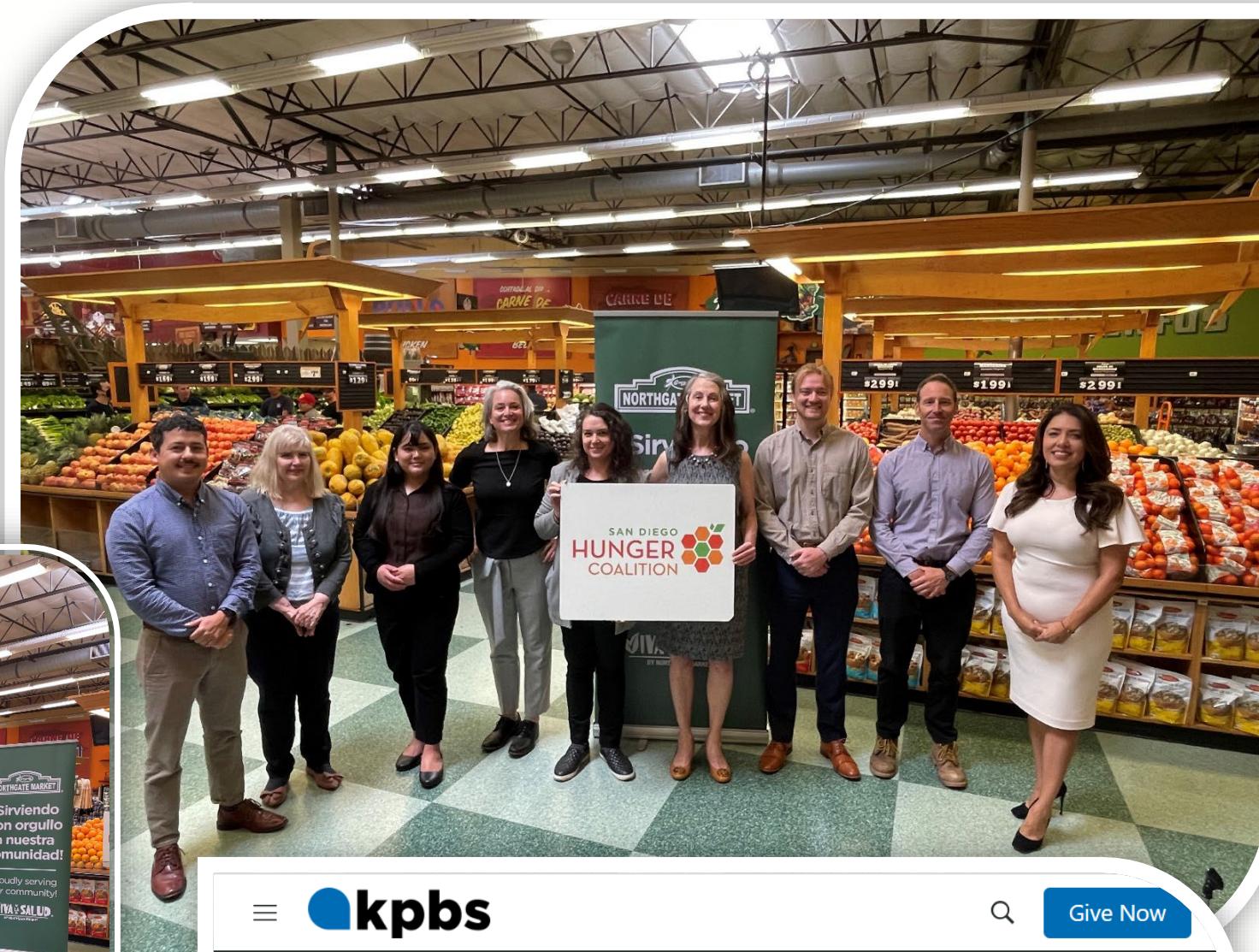
Hasta el 1º de agosto tienen las familias de San Diego beneficiarias de CalFresh para reclamar hasta \$1,192 en alimentos con el programa EBT-P 2.0

Hay alrededor de \$38.7 millones disponibles para las familias si llaman al Departamento de Servicios Sociales de California en el mes de julio para reclamar sus beneficios perdidos.

JULIO 7, 2023 - UPDATED: JULIO 10, 2023 3 MINS READ



- > En Boca De Todos
- > Más Que Palabras
- > Los Deportes
- > Las Noticias
- > Las Notici



Hambre de San Diego anunció que la tarjeta P-EBT 2.0 (Transferencia pueden solicitar una reemisión. Es un mes para reclamar estos 2023.

kpbs

Marketplace

Give Now

More than 32,000 San Diego County children are missing out on \$1,200 food benefit

By Melissa Mae / Freelance Reporter
Contributors: Carlos Castillo / Video Journalist
Published July 7, 2023 at 6:11 PM PDT

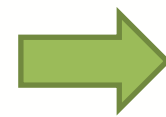
LISTEN • 1:07



Advocacy Impact: By the Numbers

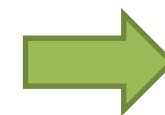
San Diego

3,508 cards issued
\$4.4M in benefits



San Diego

1.1 million meals provided



Impact of 1 card

314 meals
15 trips saved to the food bank

Statewide

12,247 cards issued
\$15M in benefits

Impact on 1 family

“Thank you so much! Yeah when I got the P-EBT 2.0 card there was like a thousand and something dollars on there and I used it . Thank you again because that is huge, huge, huge, huge! I’m now renting a room temporarily from an old friend of mine and I'm getting a job and on my feet in a home and all those things so it's all coming together rather quickly and things are starting to look up. Thank you so much for reaching out it feels really good to know that somebody was thinking about us and somebody cared I appreciate that.”



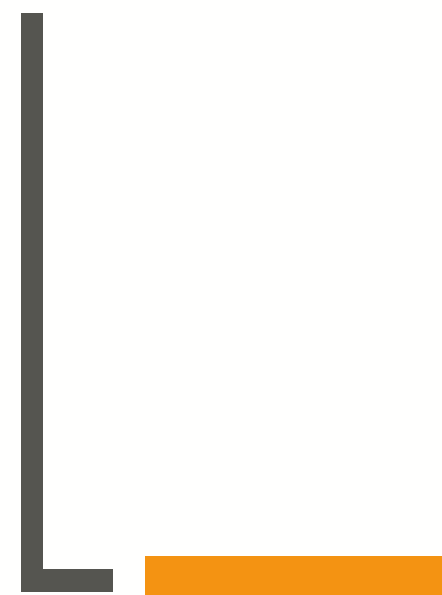


Hunger Free San Diego Vision



In a Hunger Free San Diego, anyone experiencing nutrition insecurity can readily access healthy, equitable and culturally-appropriate food assistance to see them safely through their time of need.

(Success = NO MEAL GAP)





Advancing Equity: Nutrition vs. Food Insecurity

- ◆ **Nutrition Insecurity = Unable to purchase 3 nutritious meals a day**
 - ◆ A new standard rooted in health equity
 - ◆ Based on economic indicators (i.e., is household income adequate for enough healthy food?)
 - ◆ Able to capture real time need as it changes with the economy
- ◆ **Food Insecurity = Not having enough food**
 - ◆ No information about household's ability to obtain nutritious food or standard daily nutrition intake
 - ◆ Based on self-reported survey data
 - ◆ Undercounts the number of people in need, especially in communities of color



Hunger Free San Diego Advisory Board & Community Advisory Council Members





Hunger Free San Diego Methodology

A rigorous and equitable approach to ending hunger requires adopting standard metrics that can be used to:

1. Estimate the **number of people experiencing nutrition insecurity** in our region.
2. Estimate number of **meals that nutrition insecure households can self-purchase & the remaining needed to be met by food assistance.**
3. Estimate, aggregate, and compare the **hunger relief sector's current output.**
4. Estimate the **remaining unmet need** in the form of a 'meal gap' or number of additional meals needed from food assistance for our region to be nutrition secure.

$$\text{Total Meals Needed by Population at Risk of Food Insecurity} - \text{Self-Purchased Meals} - \text{Total Food Assistance Provided (All Types)} = \text{Meal Gap}$$



2023 Annual Issue Brief Available Now!



Released October 27, 2023

State of Nutrition Security in San Diego County 2023 ANNUAL ISSUE BRIEF

Table of Contents

- 2 | **Introduction: What is Hunger Free San Diego?**
- 3 | **Summary of Key Findings**
- 4 | **Nutrition Insecurity in San Diego Holding Steady at 1 in 4 People**
 - Figure 1: Nutrition Insecurity Rate by Year in San Diego County, March 2023
 - Figure 2: Nutrition Insecurity by Population in San Diego County, March 2023
 - Figure 3: Nutrition Insecurity by Race/Ethnicity in San Diego County
- 6 | **Economic Impacts: Why isn't nutrition insecurity decreasing in San Diego County?**
- 9 | **How much of the need for assistance are we currently meeting?**
 - Figure 4: Food Assistance Meals Provided by Type in San Diego County, March 2023
- 10 | **The State of the Nutrition Security/Hunger Relief Sector**
- 13 | **Conclusion: Progress Toward a Hunger Free San Diego**
- 14 | **Appendices**
 - A: Map of Estimated Nutrition Insecure Population and the Percent of Population Nutrition Insecure in San Diego County by Zip
 - B: Map of Total Food Assistance Provided in San Diego County by Zip
 - C: Map of Meal Gap/Missing Meals in San Diego with and without Emergency Allotments in San Diego County by Zip
 - D: Map of CalFresh Participation by Zip and CalFresh Potential Enrollees by Zip
 - E: Hunger Free San Diego Methodology for Nutrition Insecurity Estimates

About this Issue Brief

This issue brief includes the most up-to-date estimates of our region's nutrition insecurity, the first and only estimates of the total quantity of food assistance currently provided in San Diego County, and the remaining countywide meal gap down to the zip code level. We hope this information will be used to inform program planning, prioritize resource allocations and efforts, and advocate for policies and practices that advance a Hunger Free San Diego.

Please cite this report as: San Diego Hunger Coalition. March 2023 Nutrition Insecurity Data Release. San Diego, CA; October 2023.

#HUNGRY

ANNUAL STATE OF HUNGER





Nutrition Insecurity in June 2023

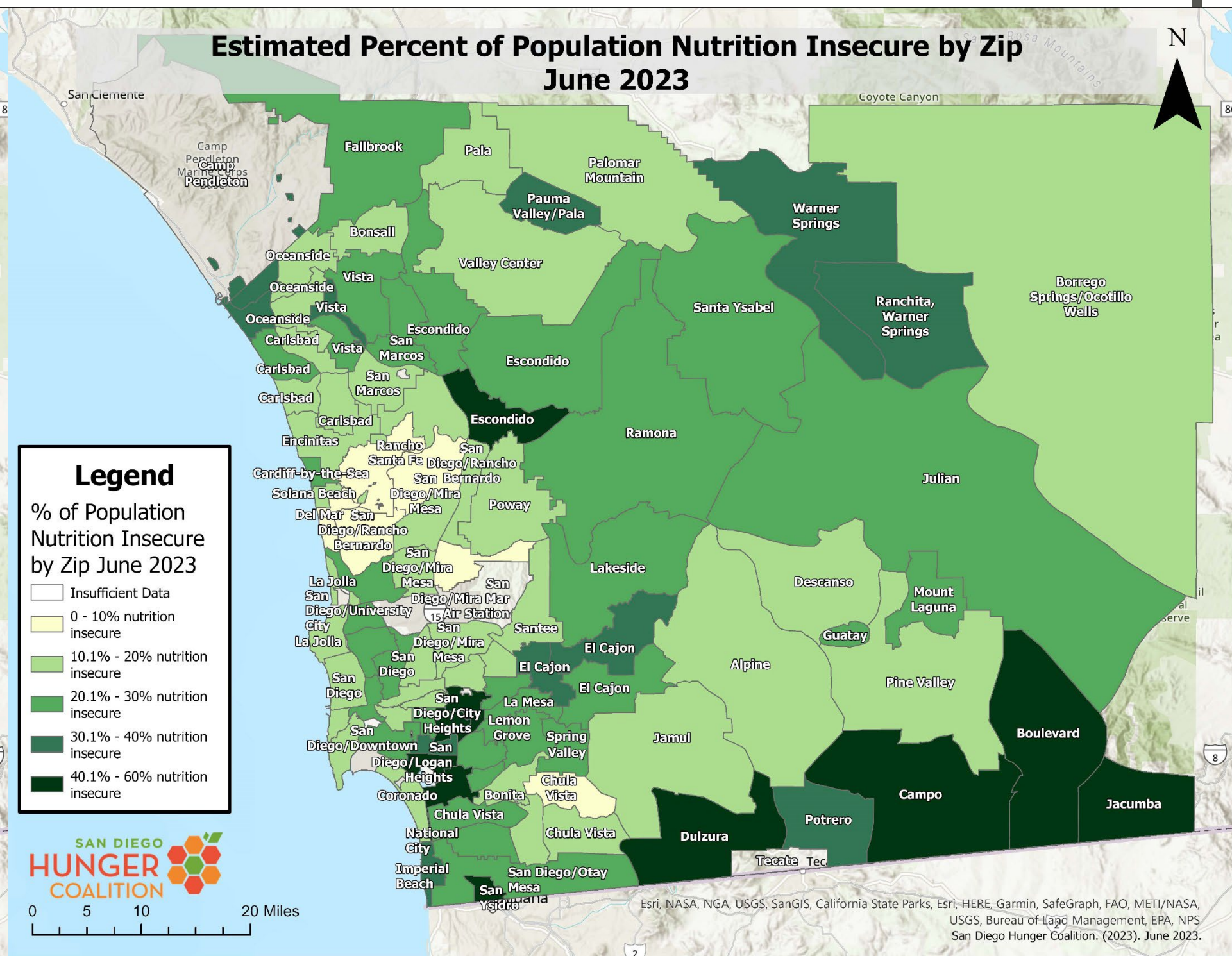
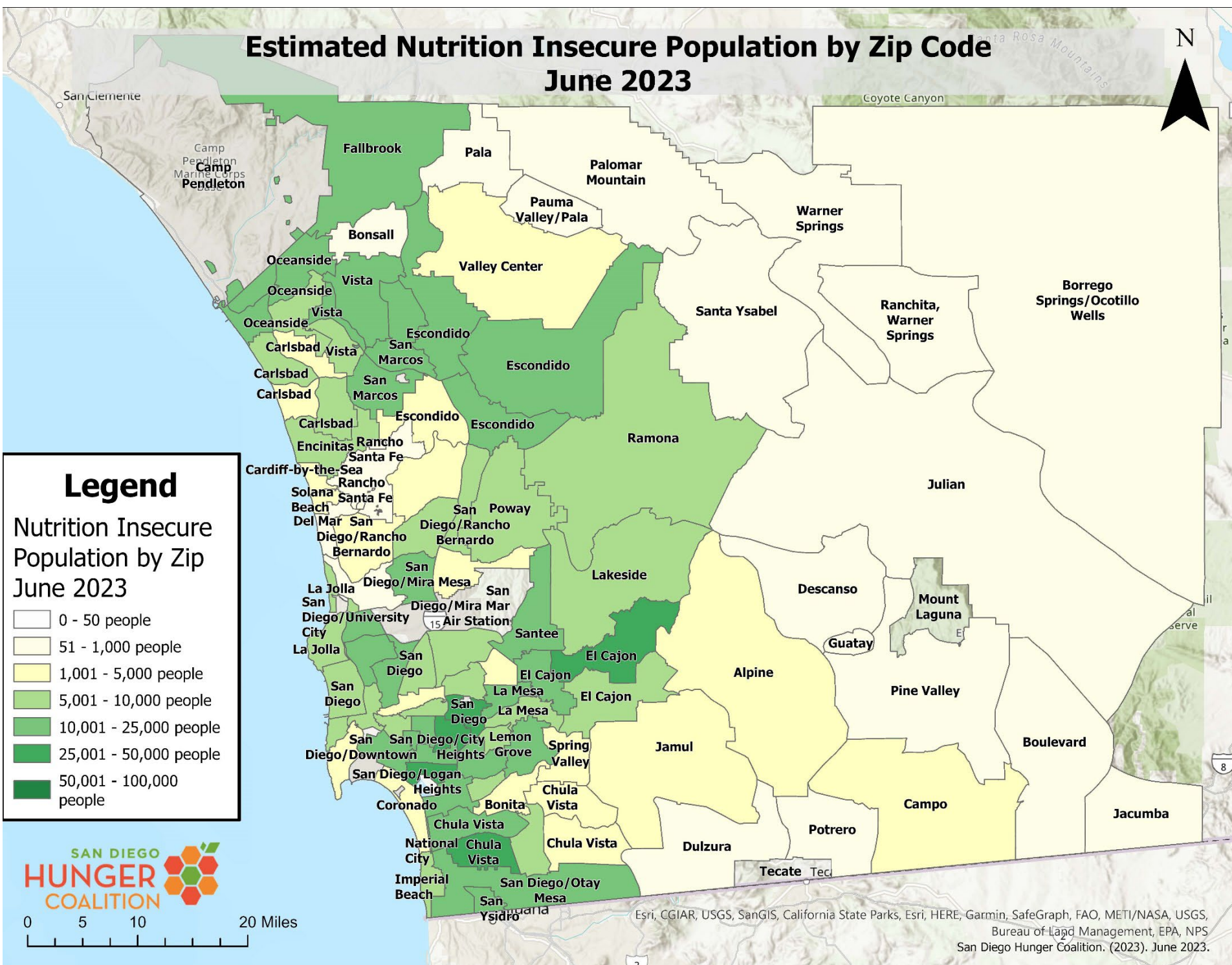
San Diego County	Children (0-18)	Older Adults (60+)	Population with Disabilities
24%	30%	24%	38%
1 in 4	Nearly 1 in 3	1 in 4	Nearly 2 in 5
~ 790,000 People	~ 202,000 Kids	~ 161,000 Seniors	~ 134,000 People w/disabilities



Nutrition Insecurity Maps June 2023

Number of people nutrition insecure by zip



Percentage of people nutrition insecure by zip



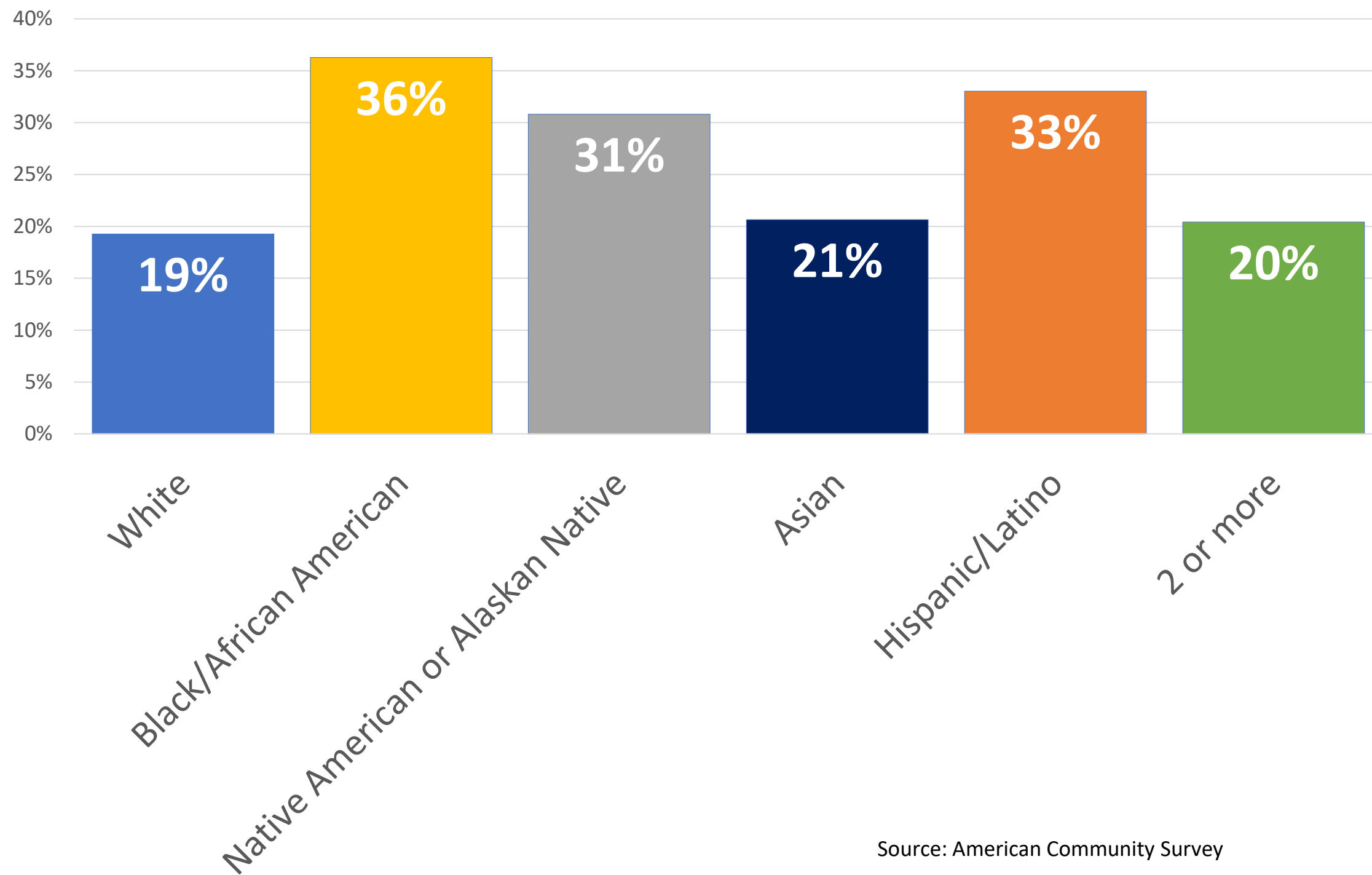


Nutrition Insecurity & Equity



-  Nutrition insecurity disproportionately affects people of color as the rate for Black/African Americans, Native Americans, and Hispanic/Latino people are all well above the average
-  Wages between these populations are uneven as BILPOC communities earn far less than the average

2023 Nutrition Insecurity Rate by Race/Ethnicity



Source: American Community Survey

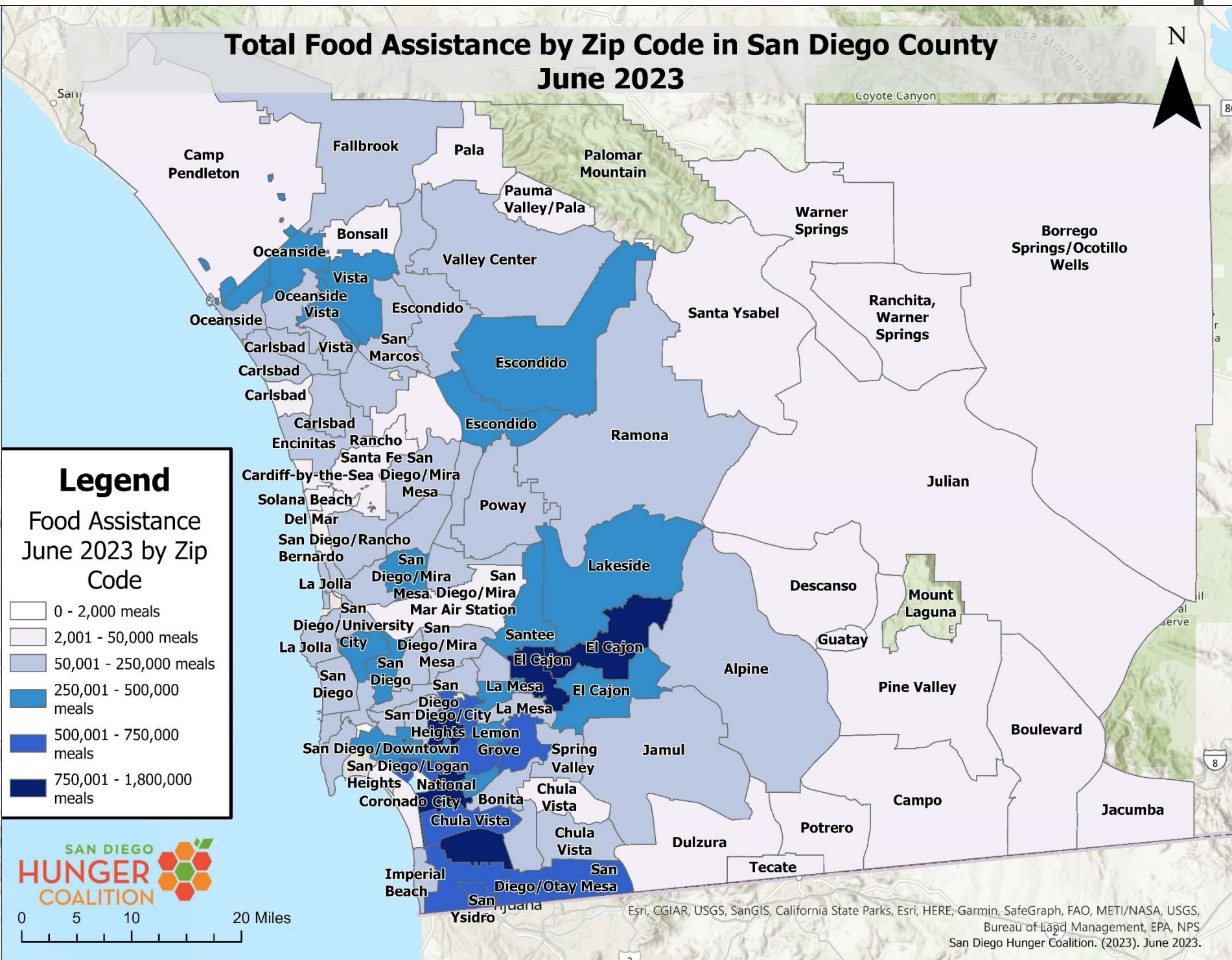
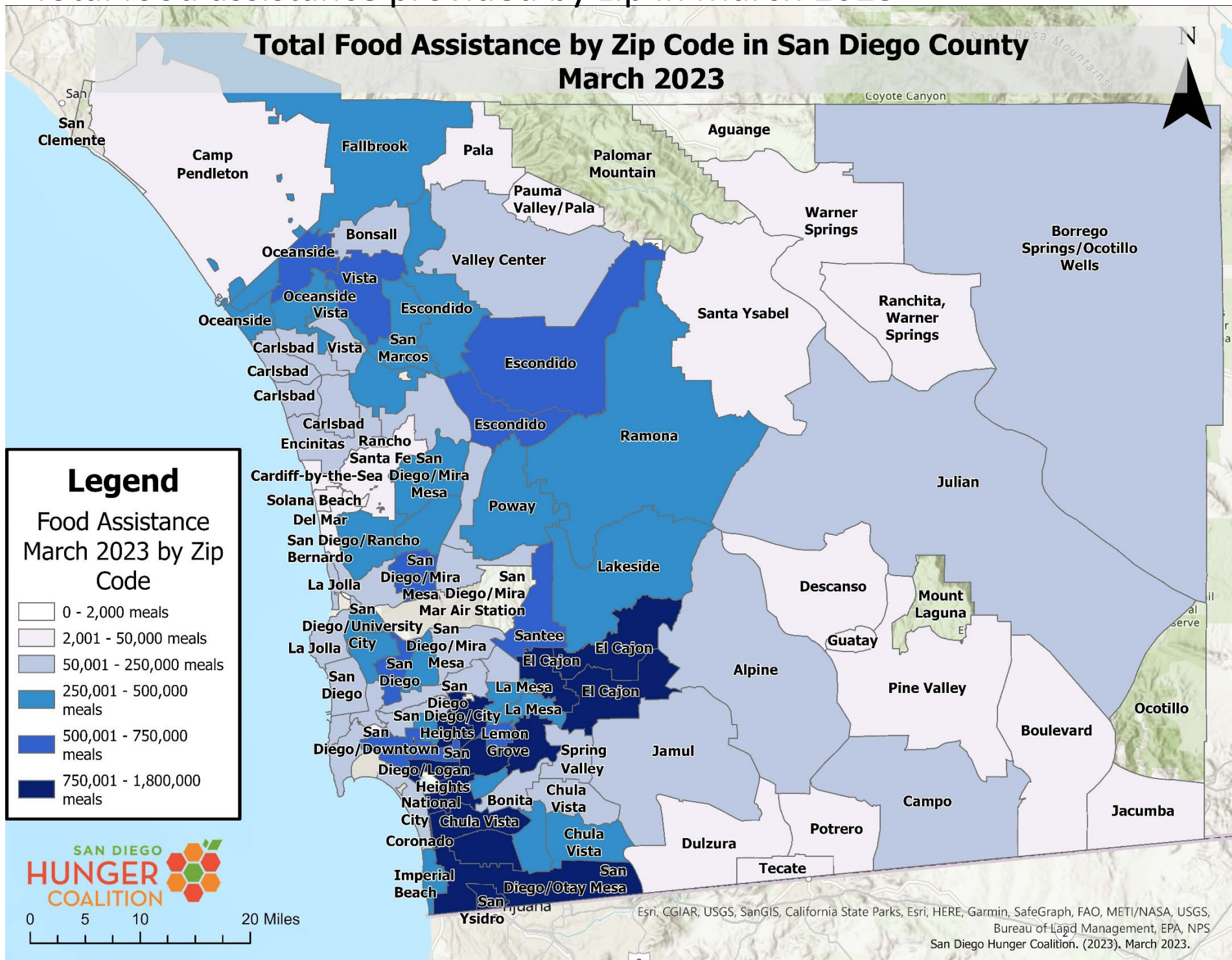


Food Assistance Maps



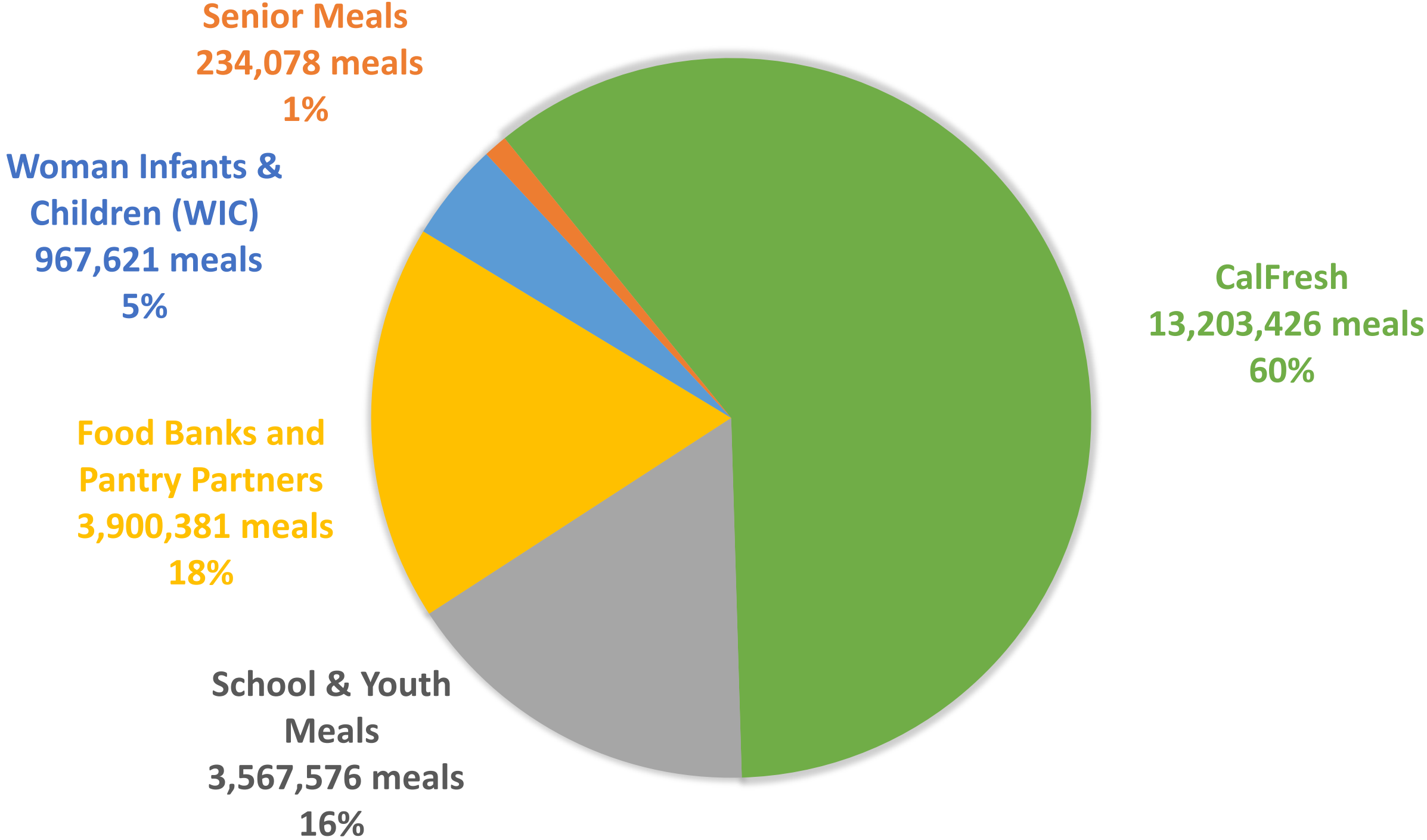
Total food assistance provided by zip in March 2023

Total food assistance provided by zip in June 2023





Food Assistance Meals by Source





Food Assistance & the Remaining Meal Gap

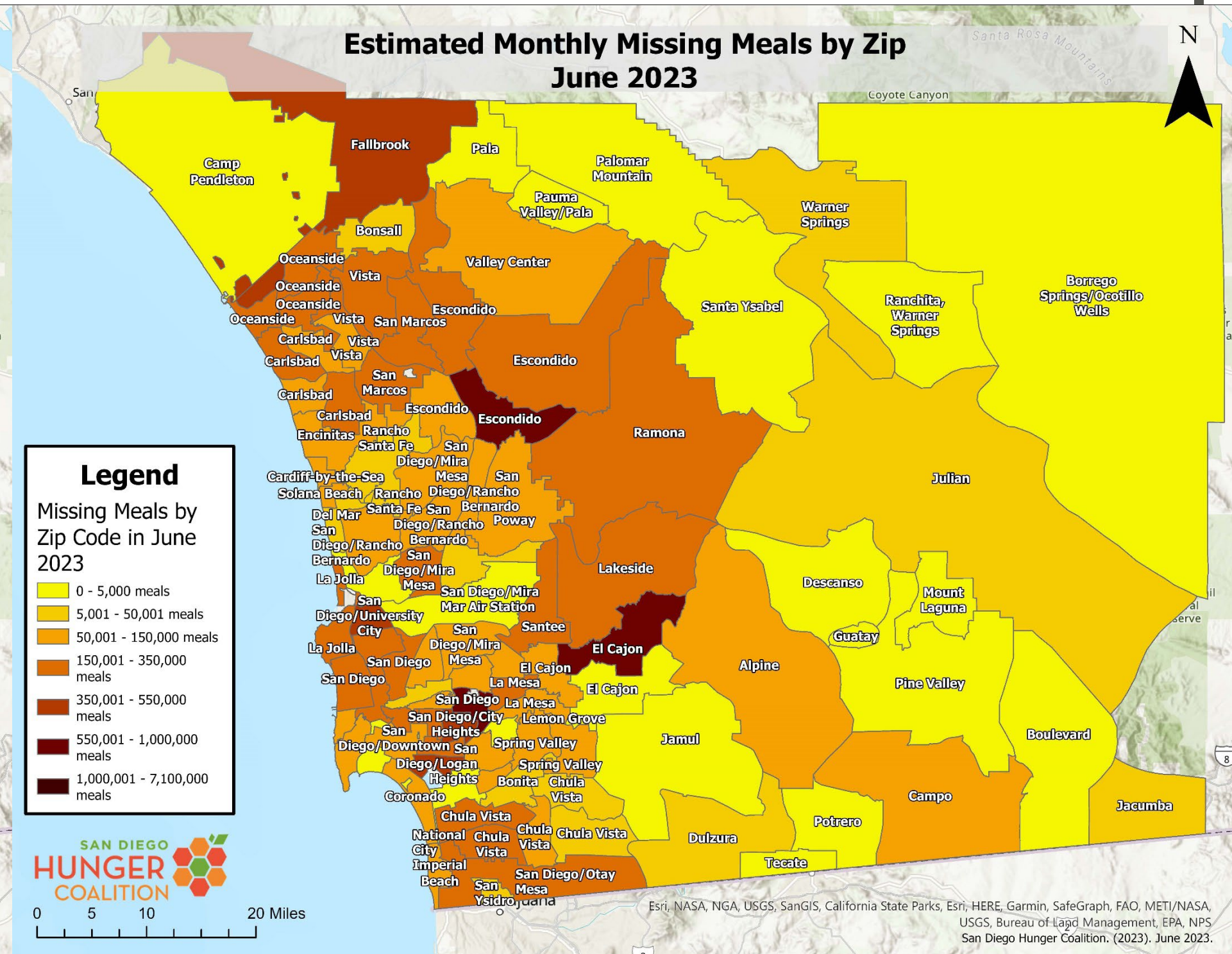
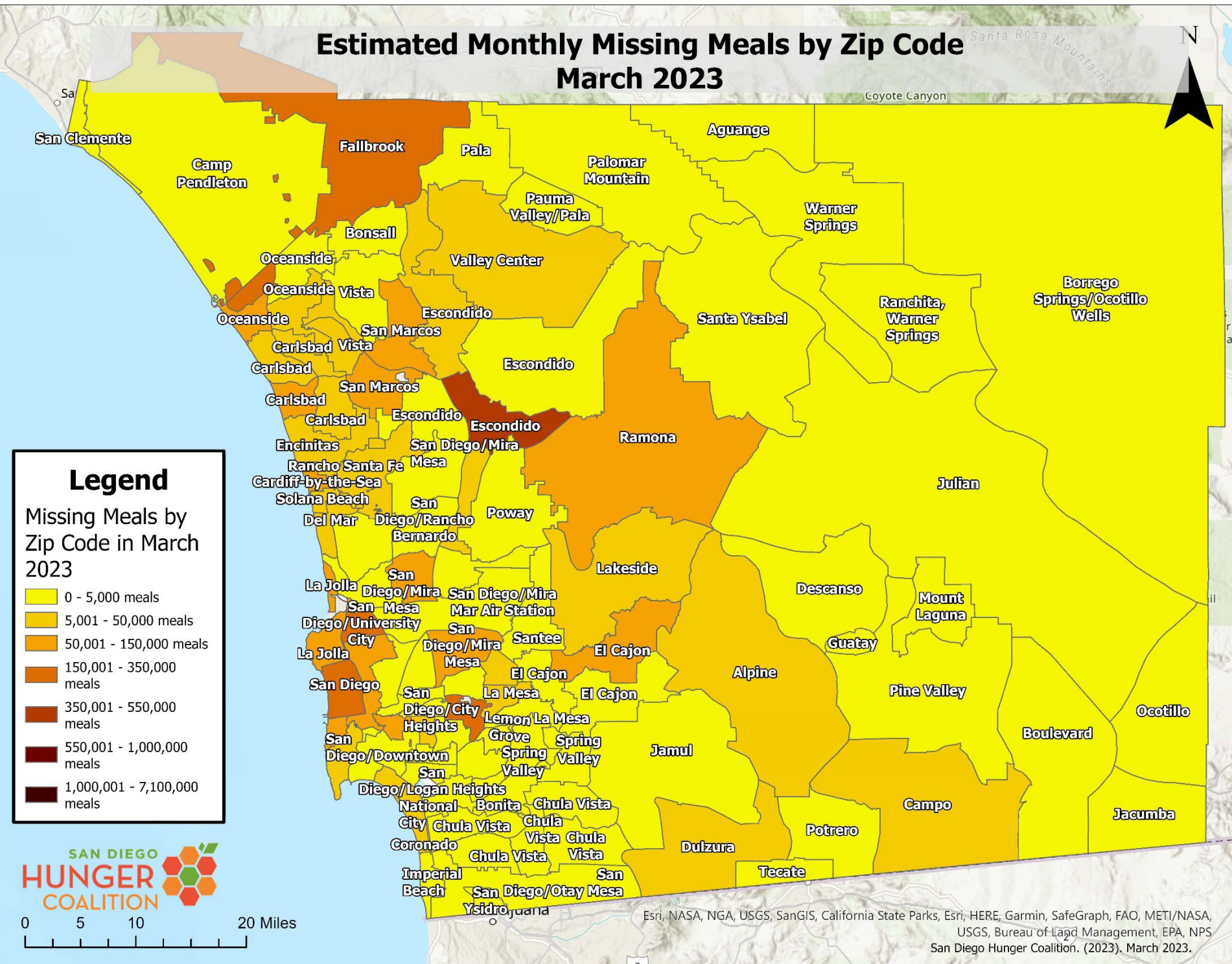
- ◆ Food assistance provided **over 21.8 million meals** across all programs, meeting 62% of the estimated need for food assistance
- ◆ Due to the loss of emergency allotments and the dip in school and youth meals, there were **13.4 million meals missing in June, a return to pre-pandemic levels**
- ◆ The permanent Summer EBT program will provide between 1-2M meals per month to families in need starting Summer 2024, making up some of the meals lost when school is not in session



Remaining Missing Meals / Meal Gap Maps

Meal gap at Zip Code level in March 2023

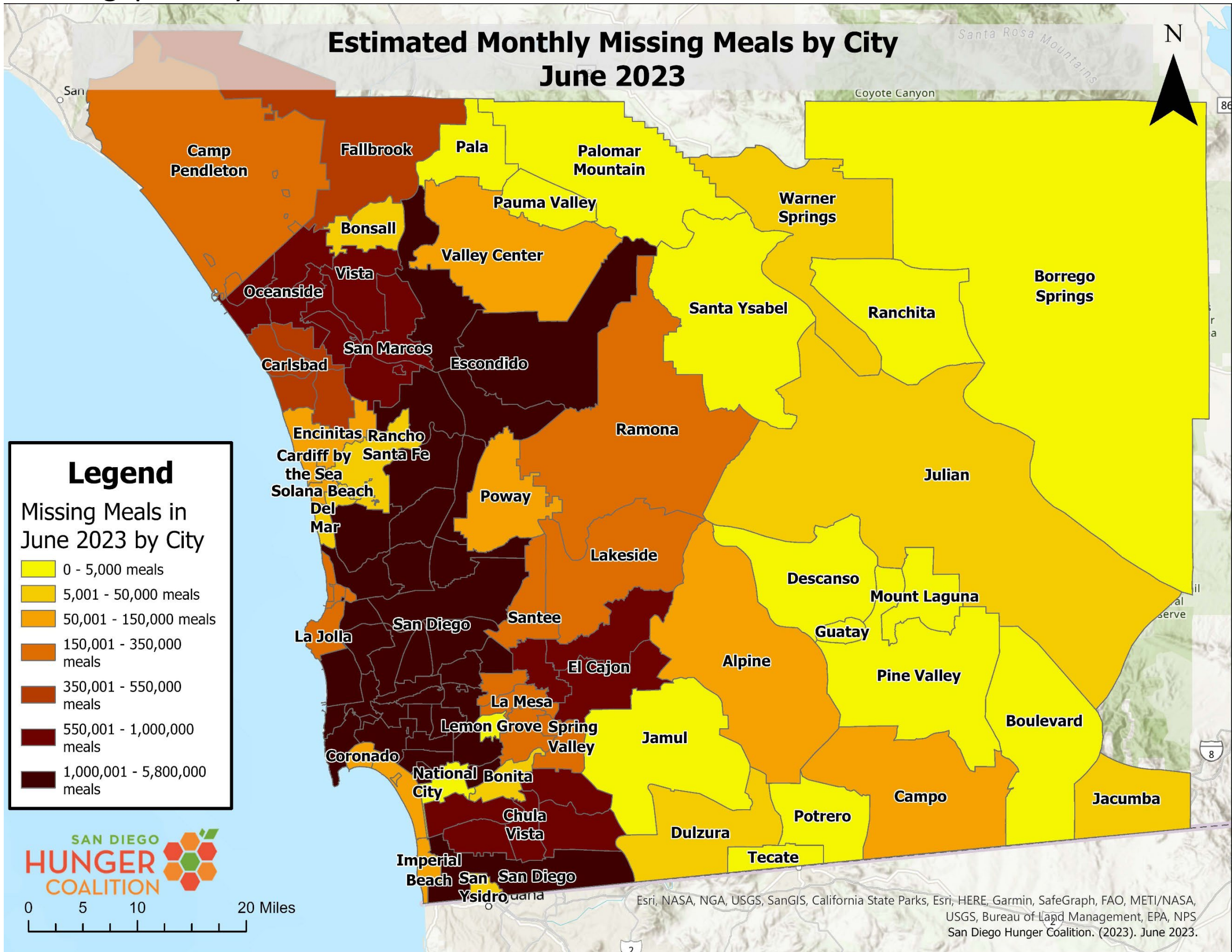
Meal gap at Zip Code level in June 2023





Remaining Missing Meals / Meal Gap

Meal gap at City level June 2023



Legend
Missing Meals in June 2023 by City

- 0 - 5,000 meals
- 5,001 - 50,000 meals
- 50,001 - 150,000 meals
- 150,001 - 350,000 meals
- 350,001 - 550,000 meals
- 550,001 - 1,000,000 meals
- 1,000,001 - 5,800,000 meals

SAN DIEGO HUNGER COALITION

0 5 10 20 Miles

Esri, NASA, NGA, USGS, SanGIS, California State Parks, Esri, HERE, Garmin, SafeGraph, FAO, METI/NASA, USGS, Bureau of Land Management, EPA, NPS San Diego Hunger Coalition. (2023). June 2023.



Nutrition Insecurity Dashboards by District

Data dashboards available on quarterly basis:

1. Countywide
2. By electoral district
 1. US Congress
 2. State Assembly
 3. Board of Supervisors
 4. San Diego City Council
 5. State Senate

All information can be found at sdhunger.org/research

San Diego Countywide Nutrition Insecurity Dashboard: June 2023



What is "nutrition insecurity"?
 "Nutrition insecurity" is not having reliable access to 3 healthy meals a day. San Diego Hunger Coalition estimates the nutrition insecure population to be households with income below 200% of Federal Poverty Level (\$80K/year for a family of 4). Research indicates this to be a conservative estimate of the population needing food assistance to obtain adequate daily nutrition.

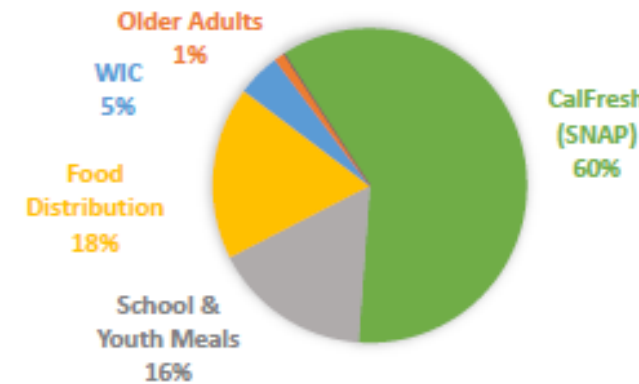
Nutrition Insecurity: Total Population		Nutrition Insecurity: Children & Youth (0-18)		Nutrition Insecurity: Older Adults (60+)	
San Diego County Total Population	Estimated People Nutrition Insecure	Total Children & Youth in San Diego County	Estimated Kids Nutrition Insecure	Total Seniors in San Diego County	Estimated Seniors Nutrition Insecure
3,269,755	787,327	667,627	202,598	686,542	161,694
% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
24%		30%		24%	

Please cite this report as: San Diego Hunger Coalition. June 2023 Nutrition Insecurity Dashboards. San Diego, CA; November 2023. For maps, data tables and additional dashboards by electoral district, please visit www.sdhunger.org/research.

Food Assistance Meals Provided in June

Food Source	Total Meals
CalFresh (SNAP)	13,203,426
Pandemic-EBT	-
School & Youth Meals	3,567,576
Food Distribution	3,900,381
WIC	967,621
Senior Meals	234,078
FDPIR	10,004
Total Meals Provided in Month	21,883,086

% of Food Assistance Meals by Source



Comparing types of food assistance based on USDA

Moderate Cost Food Plan:

1 nutritious meal
 =
 1.85 pounds of food
 =
 \$4.48 on an EBT card (metro)**
 =
 \$5.45 on an EBT card (rural)**

** Cost of nutritious meal adapted for San Diego prices and population.

Calculating Missing Meals

Step 1: Total Meals Needed by Nutrition Insecure Population	70,859,424	-	Step 2: Subtract Estimated Self-Purchased Meals	36,539,721	-	Step 3: Subtract Total Food Assistance Meals Provided	21,883,086	=	Missing Meals in SD County: June 2023	13,420,777
---	------------	---	---	------------	---	---	------------	---	--	-------------------

CalFresh Participation

Countywide Total Participation	Number of People
CalFresh Recipients in June	373,362
Est. Total Population Eligible for CalFresh	624,466
Estimated CalFresh Participation Rate	60%
Potential New CalFresh Enrollees	251,104
\$ Issued for food from CalFresh in June	\$13,203,426
Estimated total economic impact from CalFresh spending	\$23,634,133

Countywide Senior Participation	Number of Seniors
Senior CalFresh Recipients in June	71,448
Est. Total Seniors Eligible for CalFresh	134,602
Estimated Senior CalFresh Participation Rate	55%
Potential New Senior CalFresh Enrollees	63,155

For full methodology and maps of CalFresh participation and potential enrollees, as well as all of this data by electoral district, visit: www.sdhunger.org/research.

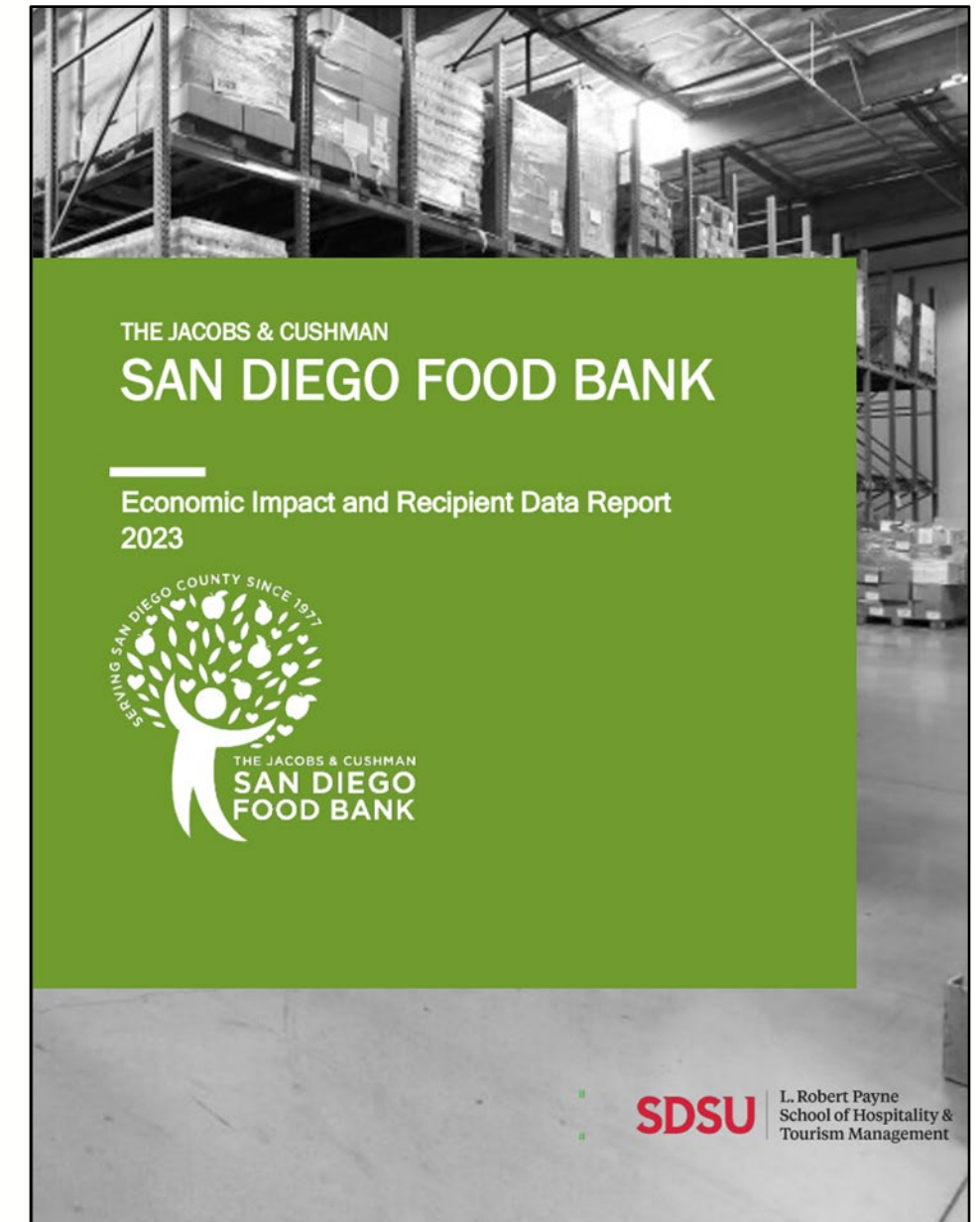
Methodology:
 Hunger Free San Diego calculates the CalFresh participation rates based on the likely eligible population with income below 185% of the Federal Poverty Level (FPL). In California, households with income up to 200% FPL are encouraged to apply.



Jacobs & Cushman San Diego Food Bank: Economic Impact and Recipient Data Report 2023

Survey Objectives

- Measure the Food Bank's economic impact in the San Diego region
- Profile the Food Bank's service population
- Identify drivers of demand





Economic Impact and Recipient Data Report 2023

Economic Impact

- ◆ \$134 million “pass through” in economy
- ◆ \$83 million direct food value

Drivers of Demand

- ◆ 76% primary need due to rising costs
- ◆ 45% do not receive enough income
- ◆ 25% seniors on a fixed income
- ◆ 13% breadwinner unemployed





Economic Impact and Recipient Data Report 2023

Service Population Profile

- 73% of households, breadwinner is working
- Average household income \$24,433
- Average household size 3.5 people
- 57% used Food Bank less than one year
- 42% of household food supply provided by Food Bank





Client Stories



Maria, family of five, mother of three, lives in Vista with her family.



Ruth, receives social security, lives in a rented studio in San Marcos.

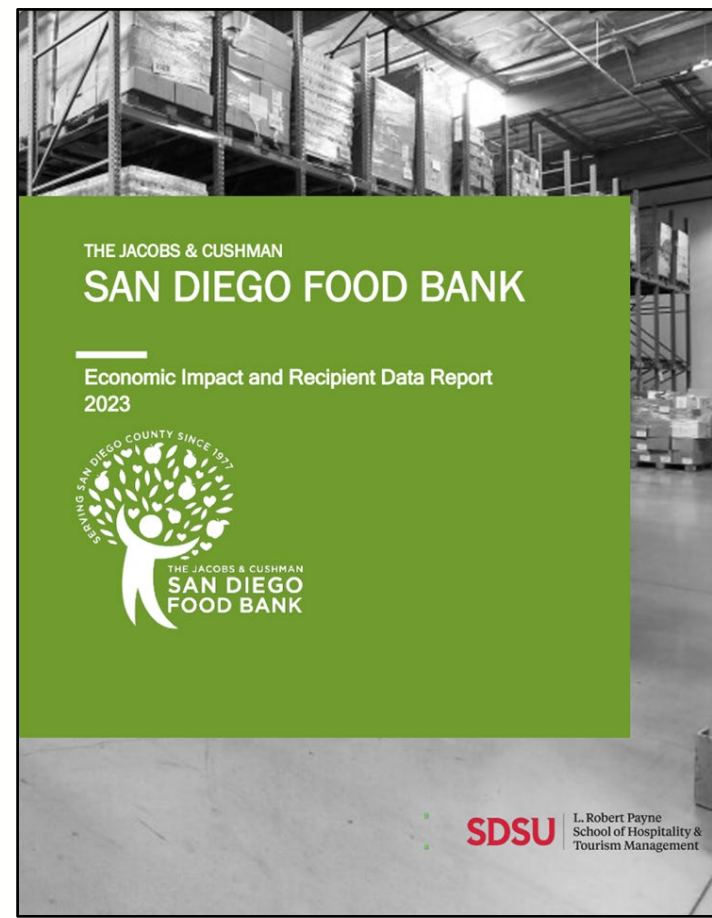


Carmello, family of six, father of four, works two jobs, lives with his family in Vista.



“Appreciation. I know the donations come out of their paychecks. I appreciate that they support us. This is making a big difference for people like me who really need the help.” Ruth, Vista

#HUNGERFREESD



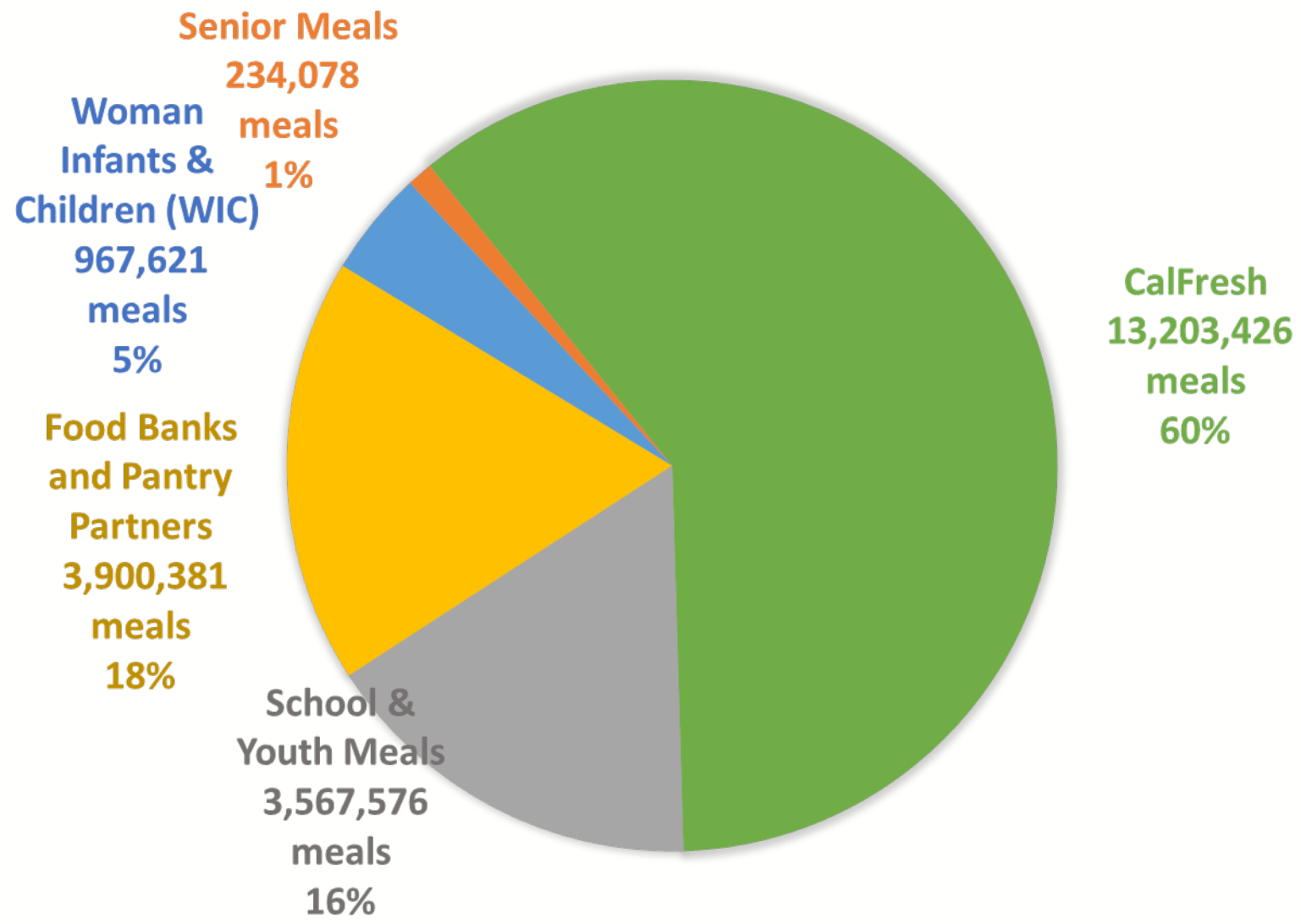
**Download the report online:
SanDiegoFoodBank.org/About/Hunger-Facts-Research**

#HUNGERFREESD





CalFresh



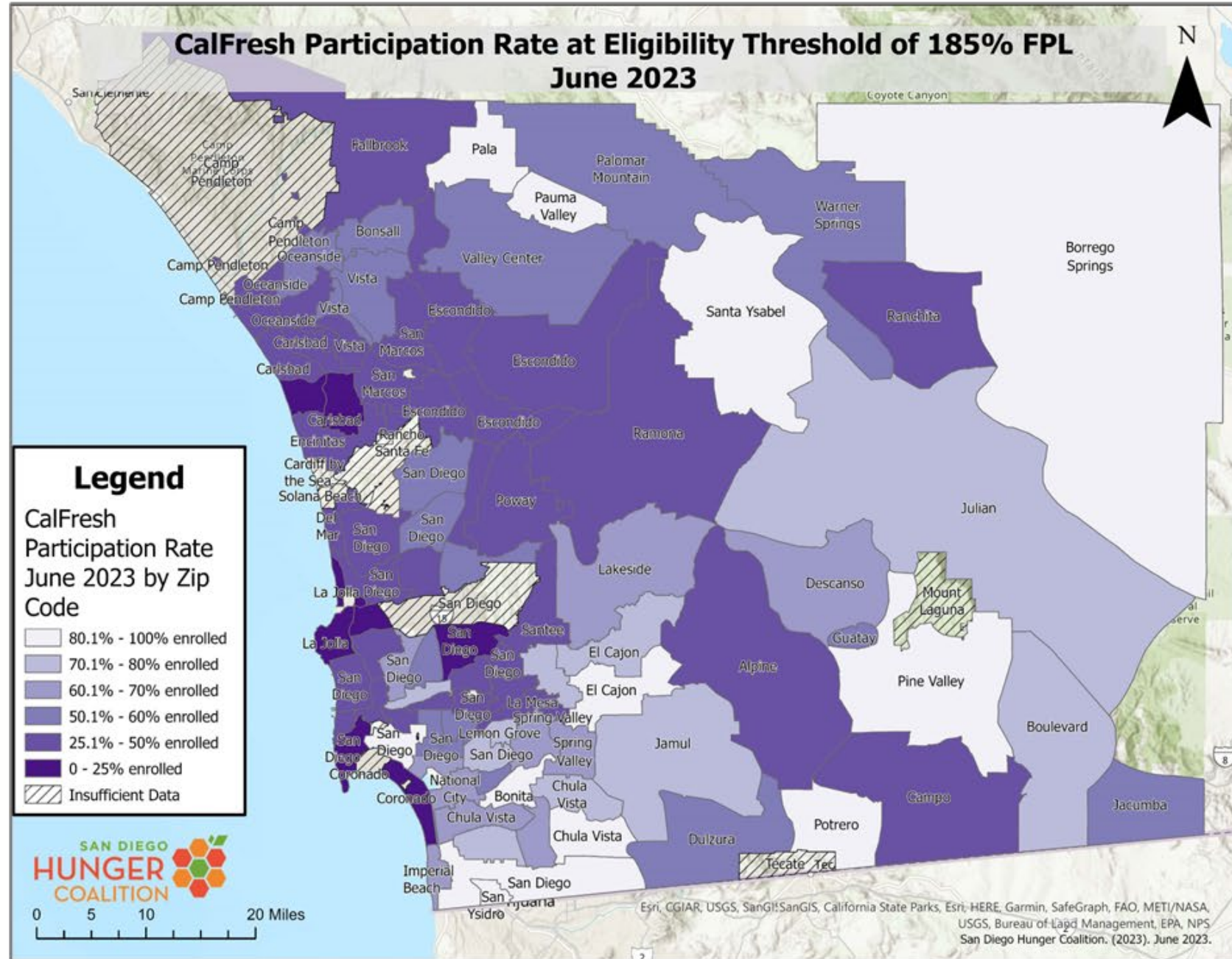
#HUNGERFREESD



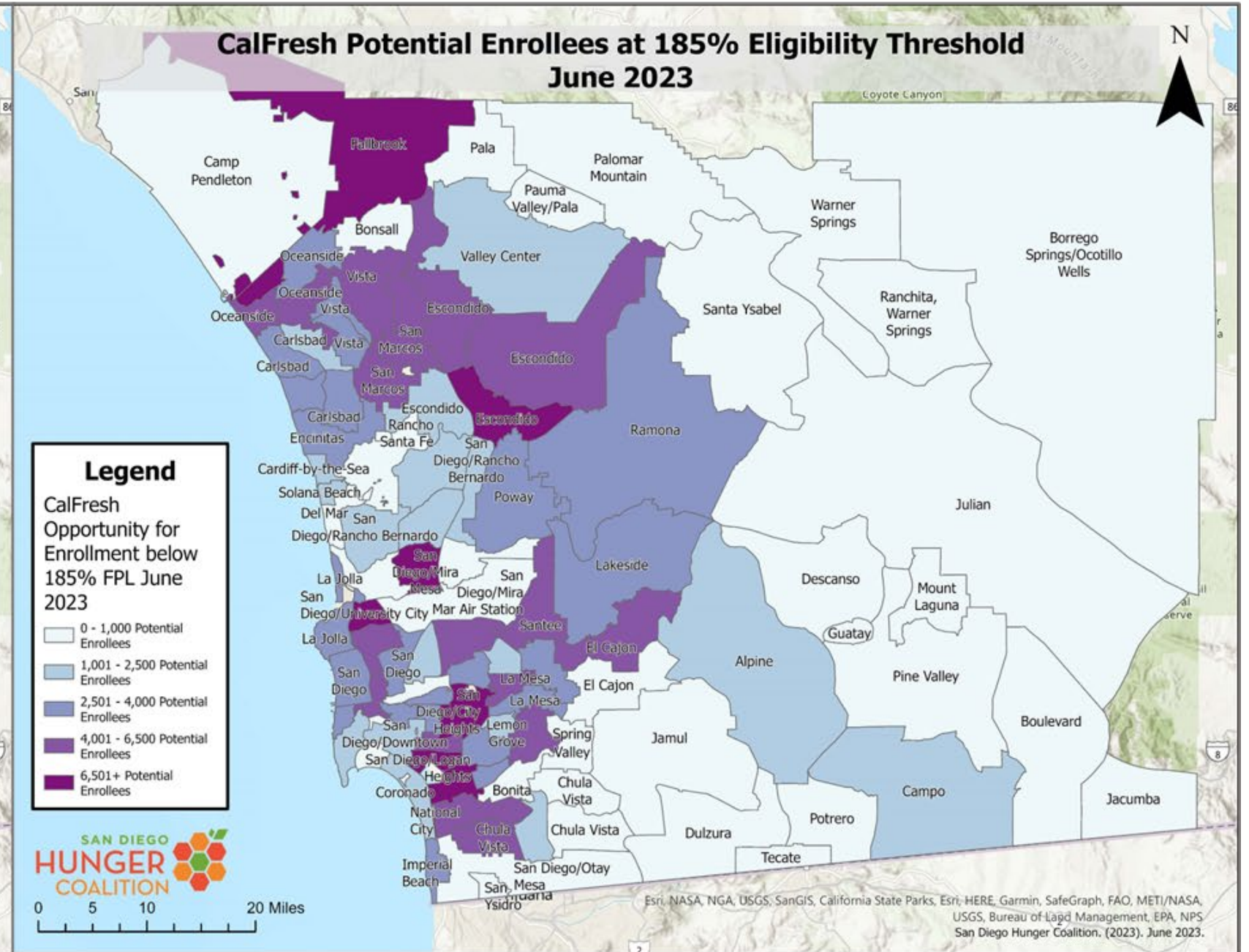


CalFresh Participation Rate

Participation rate by Zip



People likely eligible but not enrolled by Zip



<https://www.sdhunger.org/getcalfresh>



CalFresh

CalFresh Task Force



CalFresh Task Force Priorities	Who this helps!
SSI Recipient Outreach	Older Adults and Individuals with Disabilities
College Student Enrollment	College Students
Language Equity	Limited English Proficiency Households
Addressing the Public Charge Final Rule	Immigrant and Mixed Status Households
Verification Barriers and Denials due to failure to provide	Application Assisters and All CalFresh Applicants

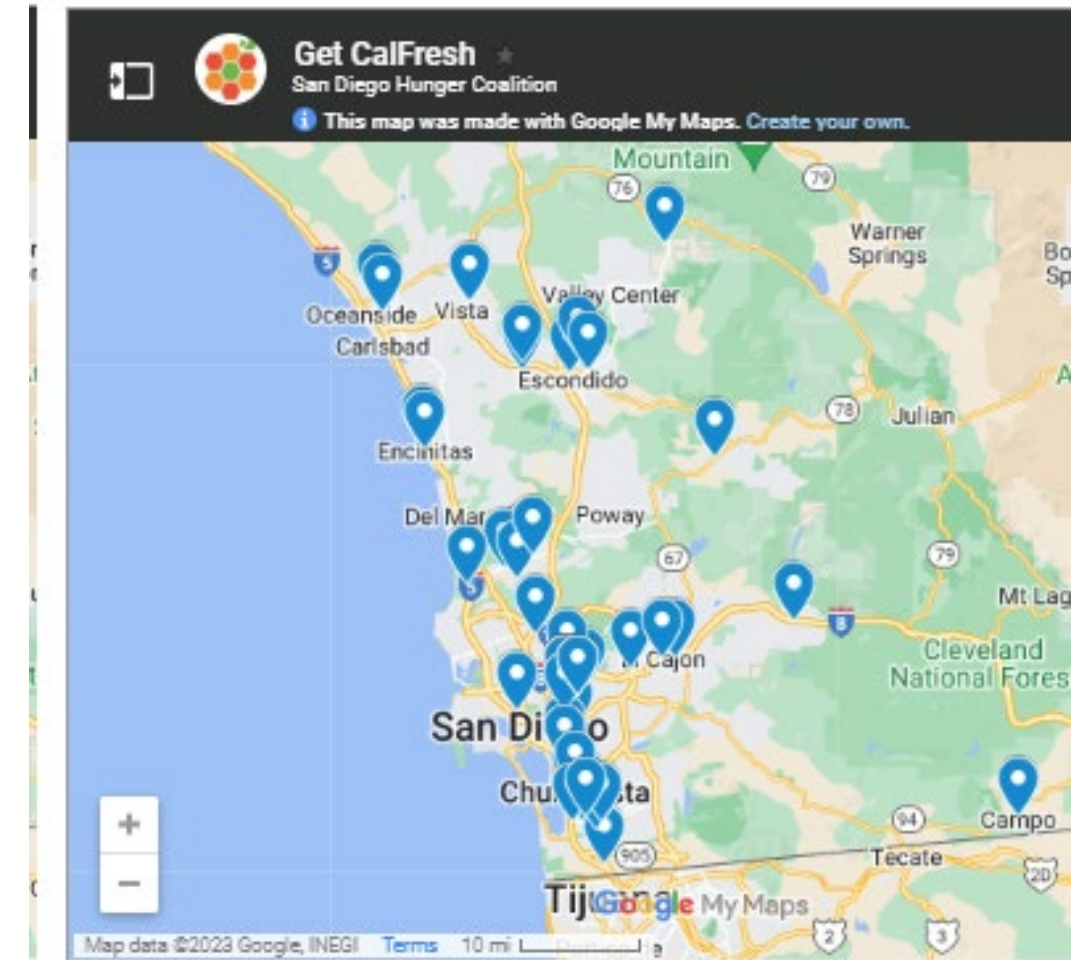




CalFresh

Increasing Equity

SDHC's 16 Subcontractors and Other Application Assisting Agencies



- ◆ In 2020, 44% of college students reported facing food insecurity.
 - ◆ But it's not easy to access food resources – CalFresh has additional requirements for college students:
 - ◆ Must meet a “student exemption” to be approved
 - ◆ Additional student documents required:
 - ◆ Financial Aid Award Letter
 - ◆ Class Schedule
 - ◆ Meal Plans
 - ◆ Leads to *confusion, wrongful denials, and under-enrollment.*

Expanding College Student Eligibility in San Diego County

- ◆ In 2021, AB 396 was signed into law – adding LPIE’s [Local Programs that Increase Employability] as a student exemption.
 - ◆ **Approved majors and campus employment** now provide students with CalFresh eligibility as LPIE’s.
 - ◆ **Examples:**
 - ◆ Working at the library or bookstore
 - ◆ B.S. in Nursing at CSUSM
 - ◆ B.S. in Environmental Science at UCSD
 - ◆ Career Technical Education programs at community colleges

Expanding College Student Eligibility in San Diego County

College	# approved LPIEs before SDF grant (prior to June 2022)	# LPIEs approved with SDHC guidance	Total LPIE's
CalState San Marcos	1	30	31
Cuyamaca College	0	34	34
Grossmont College	0	27	27
Mesa College	0	66	66
MiraCosta College	0	178	178
Palomar College	0	216	216
San Diego City College	0	87	87
San Diego Miramar College	1	107	108
San Diego State University	11	223	234
Southwestern College	2	192	194
UC San Diego	21	62	83
TOTALS	36	1222	1258

Maximizing Deductions to Increase Monthly Benefits

- Due to under-reporting of expenses, many families are receiving less benefits than they are eligible for.
- Our solution:** Inform families about reporting household monthly expenses to boost benefits
 - Examples of under-reported expenses:**
 - Dependent Care (e.g. Childcare, adult daycare, babysitting)
 - Medical Expenses (for seniors & individuals with disabilities)
 - Homeless Shelter Expenses (e.g. Car payments & insurance if living in car)
 - Student Expenses (e.g. Tuition, class supplies, textbooks, etc.)



HOW TO MAXIMIZE CALFRESH BENEFITS



EMERGENCY ALLOTMENTS ARE ENDING

This means CalFresh benefits will be reverting to their normal allocation amount. Households will only receive benefits between the 1st and 10th of each month.

Monthly benefits are determined by the household's monthly net income after deductions from expenses. This means it's more important than ever for households to report all of their eligible monthly expenses for deductions.

Many households fail to report these monthly expenses - and this can lead to a lower monthly benefit amount than they're actually eligible for.

What monthly expenses are eligible for deductions?



Shelter Expenses

These include but are not limited to rent, mortgage payments, home association fees, taxes and insurance on the house, repairs to the house caused by natural disaster.

The maximum shelter deduction for households without an elderly or disabled member is \$624.

Verifications should not be requested unless questionable, but allowable verifications include: lease agreement, sworn statement



Utility Expenses

Households with heating and cooling costs separate from their rent or mortgage payments are eligible for a *Standard Utility Allowance of \$560*.

Households with expenses for at least two separate types of utilities (other than heating and cooling) are eligible for a *Limited Utility Allowance of \$150*.

Verification is not required unless questionable.



Expenses for Dependent Care

Households can deduct actual costs (no maximum deduction) they pay for child or other dependent care (including care for adults).

Verification is not required unless questionable.



College Student Expenses

Households with college students can deduct costs of student expenses, including tuition and school supplies.

Allowable verifications: receipts, sworn statement

What monthly expenses are eligible for deductions?



Child Support Payments

Households are eligible to deduct child support payments to a non-household member. These do not include alimony payments.

There is no maximum for the child support deduction.

Allowable verifications include: court-ordered letter or letter from other legal authority



Medical Expenses

Households with an *elderly or disabled member* are eligible to deduct monthly medical expenses.

If medical expenses are between \$35-\$155 per month, households will get a *standard medical deduction of \$120*.

If medical expenses are over \$155, clients are eligible to deduct actual expenses.

Allowable medical expenses include: Insurance premiums, medical supplies, hospitalization or outpatient treatment, prescription drugs, transportation costs, dental and eye care, attendant/health aid, maintaining service animals, and medical equipment and associated energy costs.

Allowable verifications include: receipts, bills, pharmacy print-outs, sworn statement



Homeless Shelter Expenses

If unsheltered individuals pay for shelter during the month, they are eligible to deduct an allowance of \$166.81.



Income Changes

If the household's income decreases, their benefits may increase.

Update the county by: calling Access or uploading documentation on LaterDocs.

ADDITIONAL SUPPORT

If you believe your client is **entitled to more benefits** than they are receiving, please:

- Contact the San Diego Hunger Coalition at calfresh@scdhunger.org to escalate the case
- Contact Legal Aid Society of San Diego by calling 1-877-534-2524.



For additional food resources, check out our Food Assistance Flyer.



WIC in our Communities

50 Years of Supporting Young Families

Mission

Assuring healthy pregnancies, birth outcomes, growth and development for mothers, babies, and young children to age 5 who are at nutritional risk.

By

- ◆ Providing nutritious supplemental foods
- ◆ Breastfeeding promotion and support
- ◆ Education on healthy eating
- ◆ Referrals to healthcare and critical social services





WIC Participation and Economic Benefit for SD

Understanding Barriers for Participation

This table shows the WIC Card Redemption and Participation data for San Diego County Congressional Districts in September 2022, alongside a total for all districts within the county.

- Only [65%](#) of eligible individuals reach the program
- Awareness of the program, application process, transportation, stigma, and fear of immigration status concerns are some of the barriers to participation

Congressional District	Participation	Redemption
49	\$650,399	9,582
50	\$1,394,183	16,605
51	\$2,440,451	26,578
52	\$276,077	5,023
53	\$564,250	12,908
Total	\$5,325,360	70,696

San Diego County	Number
Age Group	Total
Ages 0-2	111,562
Ages 3-5	129,423





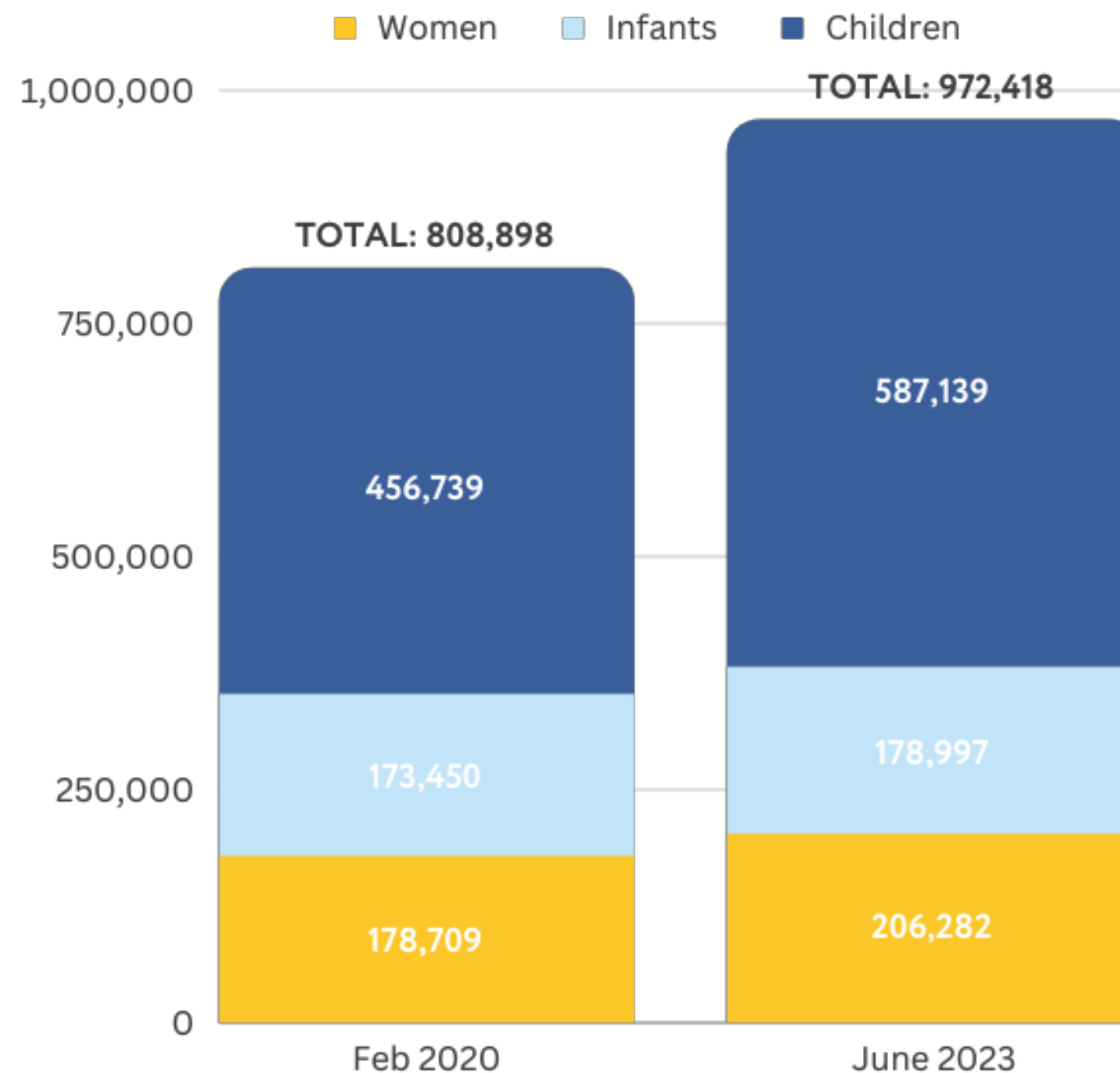
20% Increase in Participation in WIC Program

Urgent Need for Additional Funding

Failing to provide an additional funding could lead to turning away nearly 90,000 eligible Californians

The consequences of these proposed cuts:

- 1-4 year-olds -monthly allotment for fruits and vegetables slashed from \$25 to \$11.
- For nursing mothers -from \$49 to \$15.
- These reductions hinder the nutritional well-being of underserved Californian families and can create waiting lists for WIC assistance.



Data Source: USDA FNS WIC Data Tables, Monthly Data – State Level Participation by Category and Program Costs, using participation data from February 2020 and June 2023. Note that estimates from June 2023 contain preliminary data.



Sweetwater Union High School District Nutrition Services

- Sweetwater Union High School District provides breakfast, lunch, and supper to 35,000 students daily.
- 23 full-service prep kitchens and serve 12,000 breakfasts, 15,000 lunches and 3,000 supper meals daily
- Since Covid began we have served over 7 million meals in our district
- Exponential growth in meals served since the adoption of Universal Meals in California



Sweetwater Union High School District Nutrition Services

- ◆ Barriers to fully realizing the reach of Universal Free Meals:
 - ◆ Supply chain issues and interruptions
 - ◆ Staff shortages and overworking
- ◆ We need your help in asking our federal representatives to support an increase to meal reimbursements
 - ◆ More funding would allow will allow better wages and attract additional staff to support our currently overworked and underpaid staff members, allowing us to increase the quality of the meals we serve
- ◆ Summer EBT is coming in 2024 and building awareness among families will be critical



Ending Hunger Takes a Community!

Call to Action

- ◆ Share our Food Assistance Flyer
- ◆ Take a Hunger Free Navigator Training
- ◆ Learn more about hunger in San Diego
- ◆ Become an Activist
- ◆ Donate!

