

San Diego Board of Supervisors District 5 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 (\$60K/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.

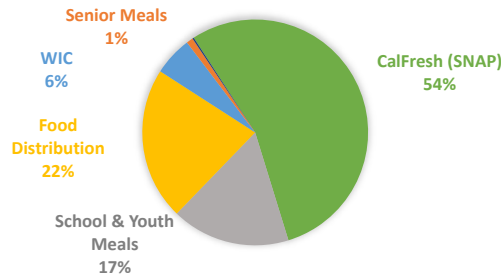
Nutrition Insecurity: Total Population		Nutrition Insecurity: Children & Youth (0-18)		Nutrition Insecurity: Older Adults (60+)	
District 5 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District 5	Estimated Kids Nutrition Insecure	Total Seniors in District 5	Estimated Seniors Nutrition Insecure
640,814	159,736	145,777	49,608	128,028	29,693
% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
25% compared to 24% in SD County		34% compared to 30% in SD County		23% compared to 24% in SD County	

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)	1,937,478
Pandemic-EBT	-
School & Youth Meals	605,171
Food Distribution	778,311
WIC	198,476
Older Adult/Senior Meals	34,037
Food Distribution Program on Indian Reservations (FDPIR)	7,506
Total Meals Provided in Month	3,560,980

% 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
14,575,888

Step 2: Subtract Estimated Self-Purchased Meals
7,525,281

Step 3: Subtract Total Food Assistance Meals Provided
3,560,980

Missing Meals in District 5: June 2023
3,489,627

CalFresh Participation

District 5 Total Participation	Number of People
CalFresh Recipients in June	51,669
Est. Total Population Eligible for CalFresh	119,017
Estimated CalFresh Participation Rate in District 5	43% 60% Countywide Participation Rate
Potential New CalFresh Enrollees	67,348
Additional monthly meals if half of eligible pop. was enrolled	1,460,361
\$ Issued for food from CalFresh in June	\$8,940,543
Estimated total economic impact from CalFresh spending	\$16,003,572

District 5 Senior Participation	Number of Seniors
Senior CalFresh Recipients in June	10,930
Est. Total Seniors Eligible for CalFresh	26,838
Estimated Senior CalFresh Participation Rate	41%
Potential New Senior CalFresh Enrollees	15,908

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.