

US Congressional District CA-50 Nutrition Insecurity Dashboard: September 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.

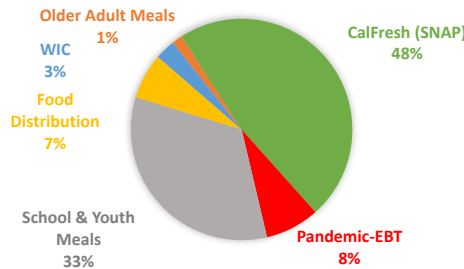
Nutrition Insecurity: Total Population		Nutrition Insecurity: Children & Youth (0-18)		Nutrition Insecurity: Older Adults (60+)	
District CA-50 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District CA-50	Estimated Kids Nutrition Insecure	Total Seniors in District CA-50	Estimated Seniors Nutrition Insecure
779,571	159,971	152,664	32,128	157,069	30,605
% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
21% compared to 25% in SD County		21% compared to 32% in SD County		19% compared to 25% in SD County	

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 For maps, data tables and additional dashboards by electoral district, please visit www.sdhunger.org/research.

Food Assistance Meals Provided in September

Food Source	Total Meals
CalFresh (SNAP)	1,987,606
Pandemic-EBT	330,754
School & Youth Meals	1,395,024
Food Distribution	279,174
WIC	124,365
Older Adult Meals	61,888
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	4,178,811

% 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
 =
\$4.46 on an EBT card (metro)**
 =
\$5.43 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	14,597,367	-	Step 2: Subtract Estimated Self-Purchased Meals	7,399,796	-	Step 3: Subtract Total Food Assistance Meals Provided	4,178,811	=	Missing Meals in District CA-50: September 2023	3,018,760
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CalFresh Participation

District CA-50 Total Participation	Number of People
CalFresh Recipients in September	50,246
Est. Total Population Eligible for CalFresh	114,179
Estimated CalFresh Participation Rate in District CA-50	44% 60% Countywide Participation Rate
Potential New CalFresh Enrollees	63,933
Additional monthly meals if half of eligible pop. was enrolled	1,386,305
\$ Issued for food from CalFresh in September	\$9,067,817
Estimated total economic impact from CalFresh spending	\$16,231,392

District CA-50 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	14,126
Est. Total Seniors Eligible for CalFresh	29,020
Estimated Senior CalFresh Participation Rate	49%
Potential New Senior CalFresh Enrollees	14,894

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.