City of San Diego 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				
City of San Diego Total Population	Estimated People Nutrition Insecure			
1,397,303	353,396			
% of Total Popul	lation Mutrition Insecure			

25% compared to 25% in SD County

Nutrition Insecurity: C	hildren & Youth (0-18)
Total Children & Youth	Estimated Kids
in City of San Diego	Nutrition Insecure

274,758 83,879

% of Children & Youth Nutrition Insecure

31% compared to 32% in SD County

Nutrition Insecurity: Older Adults (60+)

Total Seniors in City of San Diego

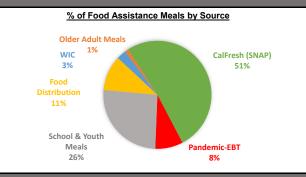
261,479 59,787

% of Older Adults Nutrition Insecure 23% compared to 25% in SD County

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Food Assistance Meals Provided in September

Food Source	Total Meals
CalFresh (SNAP)	5,913,058
Pandemic-EBT	955,800
School & Youth Meals	2,958,283
Food Distribution	1,207,123
WIC	329,211
Older Adult Meals	119,855
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	11,483,331



Comparing types of food assistance based on USDA Moderate Cost Food Plan:

1 nutritious meal

1.85 pounds of food

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\$4.46 on an EBT card (metro)**

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\$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

32,247,360

Step 2: Subtract Estimated Self-Purchased Meals

16,809,084

Step 3: Subtract Total Food Assistance Meals Provided

11.483.331

Missing Meals in San Diego: September 2023

3,954,946

CalFresh Participation

City of San Diego Total Participation	Number of Pe	ople
CalFresh Recipients in September	148,900	
Est. Total Population Eligible for CalFresh	259,334	
Estimated CalFresh Participation Rate in City of San Diego	57%	60%
Potential New CalFresh Enrollees	110,434	Countywide Participation Rate
Additional monthly meals if half of eligible pop. was enrolled	2,394,628	
\$ Issued for food from CalFresh in September	\$26,400,786	
Estimated total economic impact from CalFresh spending	\$47,257,407	

City of San Diego Senior Participation	Number of Seniors	
Senior CalFresh Recipients in September	37,124	
Est. Total Seniors Eligible for CalFresh	56,700	
Estimated Senior CalFresh Participation Rate	65%	
Potential New Senior CalFresh Enrollees	19,576	

For full methology 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.