

San Diego City Council District 6 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.

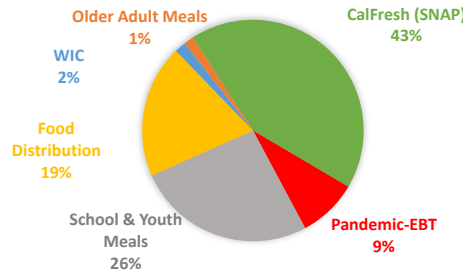
Nutrition Insecurity: Total Population		Nutrition Insecurity: Children & Youth (0-18)		Nutrition Insecurity: Older Adults (60+)	
District 6 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District 6	Estimated Kids Nutrition Insecure	Total Seniors in District 6	Estimated Seniors Nutrition Insecure
184,465	42,303	34,882	9,240	36,983	7,898
% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
23% compared to 25% in SD County		26% compared to 32% in SD County		21% compared to 25% in SD County	

Please cite this report as: San Diego Hunger Coalition. September 2023 Nutrition Insecurity Dashboards. San Diego, CA; February 2024.
 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)	583,252
Pandemic-EBT	119,484
School & Youth Meals	357,577
Food Distribution	265,705
WIC	22,570
Older Adult Meals	19,436
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	1,368,024

% 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	3,860,131	-	Step 2: Subtract Estimated Self-Purchased Meals	2,025,903	-	Step 3: Subtract Total Food Assistance Meals Provided	1,368,024	=	Missing Meals in District 6: September 2023	466,204
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CalFresh Participation

District 6 Total Participation	Number of People
CalFresh Recipients in September	14,745
Est. Total Population Eligible for CalFresh	31,222
Estimated CalFresh Participation Rate in District 6	47%
Potential New CalFresh Enrollees	16,477
Additional monthly meals if half of eligible pop. was enrolled	357,290
\$ Issued for food from CalFresh in September	\$2,604,120
Estimated total economic impact from CalFresh spending	\$4,661,375

District 6 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	4,594
Est. Total Seniors Eligible for CalFresh	7,179
Estimated Senior CalFresh Participation Rate	64%
Potential New Senior CalFresh Enrollees	2,585

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.