

San Diego Countywide 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.

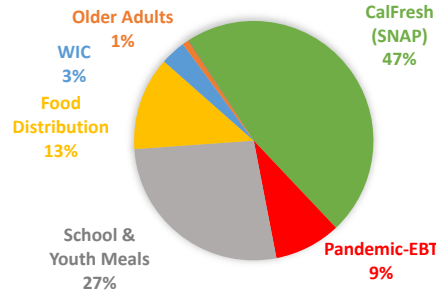
Nutrition Insecurity: Total Population		Nutrition Insecurity: Children & Youth (0-18)		Nutrition Insecurity: Older Adults (60+)	
San Diego County Total Population	Estimated People Nutrition Insecure	Total Children & Youth in San Diego County	Estimated Kids Nutrition Insecure	Total Seniors in San Diego County	Estimated Seniors Nutrition Insecure
3,269,755	832,173	667,627	214,208	686,542	170,960
% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
25%		32%		25%	

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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)	13,378,527
Pandemic-EBT	2,557,007
School & Youth Meals	7,644,164
Food Distribution	3,590,398
WIC	965,705
Older Adult Meals	249,808
Food Distribution Program on Indian Reservations (FDPIR)	11,015
Total Meals Provided in Month	28,396,624

% 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
74,895,571

Step 2: Subtract Estimated Self-Purchased Meals
- 38,992,145

Step 3: Subtract Total Food Assistance Meals Provided
- 28,396,624 =

Missing Meals in SD County: September 2023
8,547,018

CalFresh Participation

Countywide Total Participation	Number of People
CalFresh Recipients in September	363,957
Est. Total Population Eligible for CalFresh	605,739
Estimated CalFresh Participation Rate	60%
Potential New CalFresh Enrollees	241,782
Additional monthly meals if half of eligible pop. was enrolled	5,242,733
\$ Issued for food from CalFresh in September	\$61,423,264
Estimated total economic impact from CalFresh spending	\$109,947,643

Countywide Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	88,546
Est. Total Seniors Eligible for CalFresh	139,188
Estimated Senior CalFresh Participation Rate	64%
Potential New Senior CalFresh Enrollees	50,641

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.