

# CA Assembly District 76 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	
District 76 Total Population	Estimated People Nutrition Insecure
<b>440,593</b>	<b>86,816</b>
% of Total Population Nutrition Insecure	
<b>20%</b> compared to 25% in SD County	

Nutrition Insecurity: Children & Youth (0-18)	
Total Children & Youth in District 76	Estimated Kids Nutrition Insecure
<b>109,509</b>	<b>23,578</b>
% of Children & Youth Nutrition Insecure	
<b>22%</b> compared to 32% in SD County	

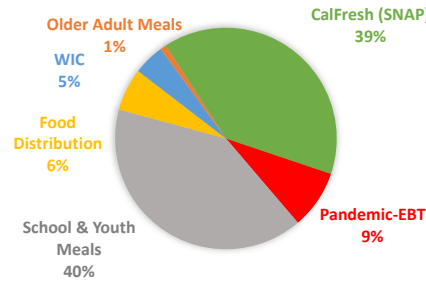
Nutrition Insecurity: Older Adults (60+)	
Total Seniors in District 76	Estimated Seniors Nutrition Insecure
<b>87,662</b>	<b>16,790</b>
% of Older Adults Nutrition Insecure	
<b>19%</b> compared to 25% in SD County	

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](http://www.sdhunger.org/research).

## Food Assistance Meals Provided in September

Food Source	Total Meals
CalFresh (SNAP)	1,011,755
Pandemic-EBT	220,405
School & Youth Meals	1,039,330
Food Distribution	160,601
WIC	116,772
Older Adult Meals	22,039
Food Distribution Program on Indian Reservations (FDPIR)	-
<b>Total Meals Provided in Month</b>	<b>2,570,902</b>

## % 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  
**7,921,985**

Step 2: Subtract Estimated Self-Purchased Meals  
**4,012,456**

Step 3: Subtract Total Food Assistance Meals Provided  
**2,570,902**

**Missing Meals in District 76: September 2023**  
**1,338,627**

## CalFresh Participation

District 76 Total Participation	Number of People
CalFresh Recipients in September	27,072
Est. Total Population Eligible for CalFresh	60,142
<b>Estimated CalFresh Participation Rate in District 76</b>	<b>45%</b>
<b>Potential New CalFresh Enrollees</b>	<b>33,070</b>
<b>Additional monthly meals if half of eligible pop. was enrolled</b>	<b>717,073</b>
\$ Issued for food from CalFresh in September	\$4,710,812
Estimated total economic impact from CalFresh spending	\$8,432,353

District 76 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	6,840
Est. Total Seniors Eligible for CalFresh	15,744
<b>Estimated Senior CalFresh Participation Rate</b>	<b>43%</b>
<b>Potential New Senior CalFresh Enrollees</b>	<b>8,904</b>

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](http://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.