# **CA Assembly District 78 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 78 Total Population	Estimated People Nutrition Insecure	
473,959	105,890	
% of Total Population Nutrition Insecure		
<b>22%</b> compared to 25% in SD County		

Total Children & Youth
in District 78

80.120

Nutrition Insecurity: Children & Youth (0-18)

Estimated Kids
Nutrition Insecure

21.264

80,120 21,264
% of Children & Youth Nutrition Insecure

Total Seniors in District 78

89,399

19,267

Nutrition Insecurity: Older Adults (60+)

% of Older Adults Nutrition Insecure

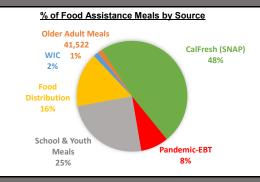
27% compared to 32% in SD County

mber 2023 Nutrition Insecurity Dashboards. San Diego, CA; February 2024.

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### Food Assistance Meals Provided in September

Food Source	Total Meals
CalFresh (SNAP)	1,472,582
Pandemic-EBT	248,362
School & Youth Meals	755,325
Food Distribution	482,739
WIC	46,221
Older Adult Meals	41,522
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	3,046,751



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

1 nutritious meal

1.85 pounds of food

1.05 pourius or roou

\$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

9,662,480

Step 2: Subtract Estimated Self-Purchased Meals

5,068,460

Step 3: Subtract Total Food Assistance Meals Provided

3,046,751

Missing Meals in District 78: September 2023

1,547,269

## CalFresh Participation

District 78 Total Participation	Number of Ped	ople
CalFresh Recipients in September	36,911	
Est. Total Population Eligible for CalFresh	78,731	
Estimated CalFresh Participation Rate in District 78	47%	
Potential New CalFresh Enrollees	41,820	Countywide Participation Rate
Additional monthly meals if half of eligible pop. was enrolled	906,814	
\$ Issued for food from CalFresh in September	\$6,574,826	
Estimated total economic impact from CalFresh spending	\$11,768,939	

District 78 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	10,506
Est. Total Seniors Eligible for CalFresh	18,119
Estimated Senior CalFresh Participation Rate	58%
Potential New Senior CalFresh Enrollees	7,613

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.