

San Diego Board of Supervisors District 3 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.

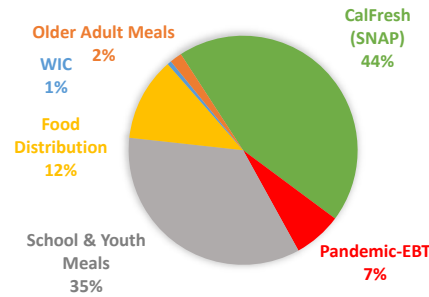
| Nutrition Insecurity: Total Population | | Nutrition Insecurity: Children & Youth (0-18) | | Nutrition Insecurity: Older Adults (60+) | |
|------------------------------------------|-------------------------------------|-----------------------------------------------|-----------------------------------|------------------------------------------|--------------------------------------|
| District 3 Total Population | Estimated People Nutrition Insecure | Total Children & Youth in District 3 | Estimated Kids Nutrition Insecure | Total Seniors in District 3 | Estimated Seniors Nutrition Insecure |
| 700,495 | 120,169 | 137,920 | 21,207 | 147,715 | 23,667 |
| % of Total Population Nutrition Insecure | | % of Children & Youth Nutrition Insecure | | % of Older Adults Nutrition Insecure | |
| 17% compared to 25% in SD County | | 15% compared to 32% in SD County | | 16% compared to 25% in SD County | |

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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) | 1,406,811 |
| Pandemic-EBT | 216,430 |
| School & Youth Meals | 1,103,459 |
| Food Distribution | 374,528 |
| WIC | 18,691 |
| Older Adult Meals | 53,530 |
| Food Distribution Program on Indian Reservations (FDPIR) | - |
| Total Meals Provided in Month | 3,173,449 |

% 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
10,965,419

Step 2: Subtract Estimated Self-Purchased Meals
5,612,101

Step 3: Subtract Total Food Assistance Meals Provided
3,173,449

Missing Meals in District 3: September 2023
2,179,869

CalFresh Participation

| District 3 Total Participation | Number of People |
|-----------------------------------------------------------------------|-----------------------------------------------------|
| CalFresh Recipients in September | 34,041 |
| Est. Total Population Eligible for CalFresh | 91,014 |
| Estimated CalFresh Participation Rate in District 3 | 37% 60% Countywide Participation Rate |
| Potential New CalFresh Enrollees | 56,973 |
| Additional monthly meals if half of eligible pop. was enrolled | 1,235,379 |
| \$ Issued for food from CalFresh in September | \$6,281,169 |
| Estimated total economic impact from CalFresh spending | \$11,243,293 |

| District 3 Senior Participation | Number of Seniors |
|-----------------------------------------------------|-------------------|
| Senior CalFresh Recipients in September | 10,740 |
| Est. Total Seniors Eligible for CalFresh | 22,003 |
| Estimated Senior CalFresh Participation Rate | 49% |
| Potential New Senior CalFresh Enrollees | 11,263 |

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.