

# San Diego Board of Supervisors District 4 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.

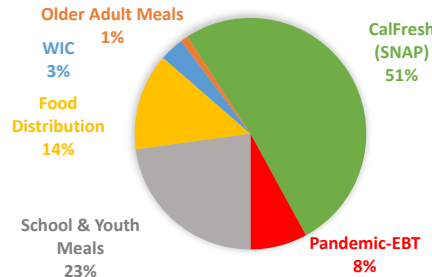
Nutrition Insecurity: Total Population		Nutrition Insecurity: Children & Youth (0-18)		Nutrition Insecurity: Older Adults (60+)	
District 4 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District 4	Estimated Kids Nutrition Insecure	Total Seniors in District 4	Estimated Seniors Nutrition Insecure
<b>607,851</b>	<b>181,994</b>	<b>110,357</b>	<b>43,357</b>	<b>112,330</b>	<b>31,494</b>
% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
<b>30%</b> compared to 25% in SD County		<b>39%</b> compared to 32% in SD County		<b>28%</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)	3,130,885
Pandemic-EBT	487,784
School & Youth Meals	1,396,768
Food Distribution	827,971
WIC	207,371
Older Adult Meals	64,337
Food Distribution Program on Indian Reservations (FDPIR)	-
<b>Total Meals Provided in Month</b>	<b>6,115,117</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  
**16,606,955**

Step 2: Subtract Estimated Self-Purchased Meals  
**8,671,118**

Step 3: Subtract Total Food Assistance Meals Provided  
**6,115,117**

**Missing Meals in District 4: September 2023**  
**1,820,720**

## CalFresh Participation

District 4 Total Participation	Number of People
CalFresh Recipients in September	79,362
Est. Total Population Eligible for CalFresh	136,924
<b>Estimated CalFresh Participation Rate in District 4</b>	<b>58%</b> <b>60%</b> Countywide Participation Rate
<b>Potential New CalFresh Enrollees</b>	<b>57,562</b>
<b>Additional monthly meals if half of eligible pop. was enrolled</b>	<b>1,248,155</b>
\$ Issued for food from CalFresh in September	\$13,978,863
Estimated total economic impact from CalFresh spending	\$25,022,165

District 4 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	19,324
Est. Total Seniors Eligible for CalFresh	30,211
<b>Estimated Senior CalFresh Participation Rate</b>	<b>64%</b>
<b>Potential New Senior CalFresh Enrollees</b>	<b>10,887</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.