

US Congressional District CA-48 Nutrition Insecurity Dashboard: September 2023



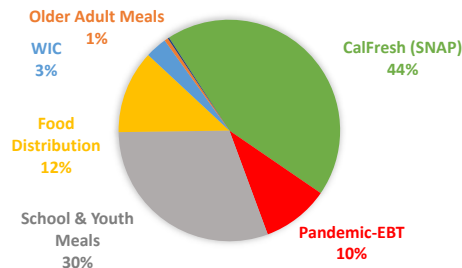
What is "nutrition insecurity"?	Nutrition Insecurity: Total Population		Nutrition Insecurity: Children & Youth (0-18)		Nutrition Insecurity: Older Adults (60+)	
	District CA-48 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District CA-48	Estimated Kids Nutrition Insecure	Total Seniors in District CA-48	Estimated Seniors Nutrition Insecure
	<p>"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.</p>	592,479	142,803	135,738	39,585	131,477
	% of Total Population Nutrition Insecure 24% compared to 25% in SD County		% of Children & Youth Nutrition Insecure 29% compared to 32% in SD County		% of Older Adults Nutrition Insecure 21% 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)	2,377,803
Pandemic-EBT	532,603
School & Youth Meals	1,653,489
Food Distribution	661,188
WIC	171,478
Older Adult Meals	29,788
Food Distribution Program on Indian Reservations (FDPIR)	11,015
Total Meals Provided in Month	5,437,365

% 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
13,030,762

Step 2: Subtract Estimated Self-Purchased Meals
6,191,125

Step 3: Subtract Total Food Assistance Meals Provided
5,437,365

Missing Meals in District CA-48: September 2023

1,402,272

CalFresh Participation

District CA-48 Total Participation	Number of People
CalFresh Recipients in September	69,640
Est. Total Population Eligible for CalFresh	108,655
Estimated CalFresh Participation Rate in District CA-48	64%
Potential New CalFresh Enrollees	39,015
Additional monthly meals if half of eligible pop. was enrolled	845,994
\$ Issued for food from CalFresh in September	\$11,985,039
Estimated total economic impact from CalFresh spending	\$21,453,220

District CA-48 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	15,642
Est. Total Seniors Eligible for CalFresh	26,381
Estimated Senior CalFresh Participation Rate	59%
Potential New Senior CalFresh Enrollees	10,739

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.