

# US Congressional District CA-51 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 CA-51 Total Population	Estimated People Nutrition Insecure
<b>683,294</b>	<b>175,273</b>
% of Total Population Nutrition Insecure	
<b>26%</b> compared to 25% in SD County	

Nutrition Insecurity: Children & Youth (0-18)	
Total Children & Youth in District CA-51	Estimated Kids Nutrition Insecure
<b>135,762</b>	<b>41,452</b>
% of Children & Youth Nutrition Insecure	
<b>31%</b> compared to 32% in SD County	

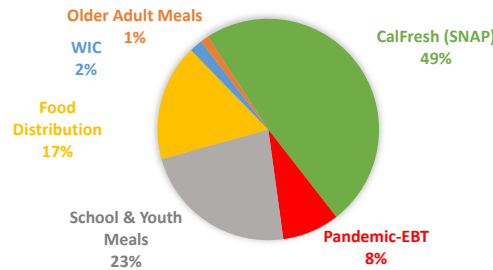
Nutrition Insecurity: Older Adults (60+)	
Total Seniors in District CA-51	Estimated Seniors Nutrition Insecure
<b>127,264</b>	<b>29,096</b>
% of Older Adults Nutrition Insecure	
<b>23%</b> compared to 25% in SD County	

Please cite this report as: San Diego Hunger Coalition. September 2023 Nutrition Insecurity Dashboards. San Diego, CA; March 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)	3,018,466
Pandemic-EBT	518,217
School & Youth Meals	1,417,906
Food Distribution	1,056,390
WIC	118,484
Older Adult Meals	75,543
Food Distribution Program on Indian Reservations (FDPIR)	-
<b>Total Meals Provided in Month</b>	<b>6,205,007</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  
**15,993,635**

Step 2: Subtract Estimated Self-Purchased Meals  
**8,345,150**

Step 3: Subtract Total Food Assistance Meals Provided  
**6,205,007**

**Missing Meals in District CA-51: September 2023**  
**1,443,478**

## CalFresh Participation

District CA-51 Total Participation	Number of People
CalFresh Recipients in September	76,105
Est. Total Population Eligible for CalFresh	134,530
<b>Estimated CalFresh Participation Rate in District CA-51</b>	<b>57%</b> <b>60%</b> Countywide Participation Rate
<b>Potential New CalFresh Enrollees</b>	<b>58,425</b>
<b>Additional monthly meals if half of eligible pop. was enrolled</b>	<b>1,266,867</b>
\$ Issued for food from CalFresh in September	\$13,476,931
Estimated total economic impact from CalFresh spending	\$24,123,707

District CA-51 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	18,188
Est. Total Seniors Eligible for CalFresh	27,043
<b>Estimated Senior CalFresh Participation Rate</b>	<b>67%</b>
<b>Potential New Senior CalFresh Enrollees</b>	<b>8,855</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.