

City of San Diego Nutrition Insecurity Dashboard: September 2023



What is "nutrition insecurity"?	Nutrition Insecurity: Total Population		Nutrition Insecurity: Children & Youth (0-18)		Nutrition Insecurity: Older Adults (60+)	
	City of San Diego Total Population	Estimated People Nutrition Insecure	Total Children & Youth in City of San Diego	Estimated Kids Nutrition Insecure	Total Seniors in City of San Diego	Estimated Seniors Nutrition Insecure
	1,397,303	353,396	274,758	83,879	261,479	59,787
"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.	% of Total Population Nutrition Insecure 25% compared to 25% in SD County		% of Children & Youth Nutrition Insecure 31% compared to 32% in SD County		% of Older Adults Nutrition Insecure 23% 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	% of Food Assistance Meals by Source	Comparing types of food assistance based on USDA Moderate Cost Food Plan:																		
<table border="1"> <thead> <tr> <th>Food Source</th> <th>Total Meals</th> </tr> </thead> <tbody> <tr> <td>CalFresh (SNAP)</td> <td>5,913,058</td> </tr> <tr> <td>Pandemic-EBT</td> <td>955,800</td> </tr> <tr> <td>School & Youth Meals</td> <td>2,958,283</td> </tr> <tr> <td>Food Distribution</td> <td>1,207,123</td> </tr> <tr> <td>WIC</td> <td>329,211</td> </tr> <tr> <td>Older Adult Meals</td> <td>119,855</td> </tr> <tr> <td>Food Distribution Program on Indian Reservations (FDPIR)</td> <td>-</td> </tr> <tr> <td>Total Meals Provided in Month</td> <td>11,483,331</td> </tr> </tbody> </table>	Food Source	Total Meals	CalFresh (SNAP)	5,913,058	Pandemic-EBT	955,800	School & Youth Meals	2,958,283	Food Distribution	1,207,123	WIC	329,211	Older Adult Meals	119,855	Food Distribution Program on Indian Reservations (FDPIR)	-	Total Meals Provided in Month	11,483,331		<p>Food Plan:</p> <p>1 nutritious meal = 1.85 pounds of food = \$4.46 on an EBT card (metro)** = \$5.43 on an EBT card (rural)**</p>
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		** Cost of nutritious meal adapted for San Diego prices and population.																		

Calculating Missing Meals			Missing Meals in San Diego: September 2023	
Step 1: Total Meals Needed by Nutrition Insecure Population	32,247,360	-	Step 2: Subtract Estimated Self-Purchased Meals	16,809,084
			Step 3: Subtract Total Food Assistance Meals Provided	11,483,331
				= 3,954,946

CalFresh Participation		City of San Diego Senior Participation		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.
City of San Diego Total Participation	Number of People	City of San Diego Senior Participation	Number of Seniors	
CalFresh Recipients in September	148,900	Senior CalFresh Recipients in September	37,124	
Est. Total Population Eligible for CalFresh	259,334	Est. Total Seniors Eligible for CalFresh	56,700	
Estimated CalFresh Participation Rate in City of San Diego	57%	Estimated Senior CalFresh Participation Rate	65%	
Potential New CalFresh Enrollees	110,434	Potential New Senior CalFresh Enrollees	19,576	
Additional monthly meals if half of eligible pop. was enrolled	2,394,628			
\$ Issued for food from CalFresh in September	\$26,400,786			
Estimated total economic impact from CalFresh spending	\$47,257,407			

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.