

San Diego City Council 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	
District 3 Total Population	Estimated People Nutrition Insecure
159,006	39,225
% of Total Population Nutrition Insecure	
25% compared to 25% in SD County	

Nutrition Insecurity: Children & Youth (0-18)	
Total Children & Youth in District 3	Estimated Kids Nutrition Insecure
15,083	5,093
% of Children & Youth Nutrition Insecure	
34% compared to 32% in SD County	

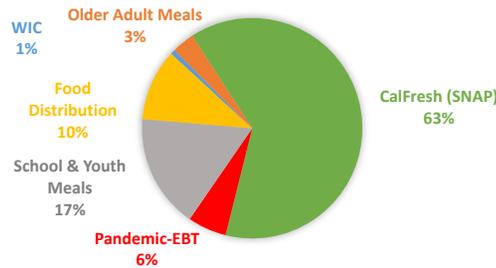
Nutrition Insecurity: Older Adults (60+)	
Total Seniors in District 3	Estimated Seniors Nutrition Insecure
28,342	8,805
% of Older Adults Nutrition Insecure	
31% compared to 25% in SD County	

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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)	687,882
Pandemic-EBT	62,272
School & Youth Meals	182,433
Food Distribution	114,885
WIC	7,593
Older Adult Meals	35,904
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	1,090,969

% 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
3,579,282

Step 2: Subtract Estimated Self-Purchased Meals
1,861,272

Step 3: Subtract Total Food Assistance Meals Provided
1,090,969

Missing Meals in District 3: September 2023
627,041

CalFresh Participation

District 3 Total Participation	Number of People
CalFresh Recipients in September	17,217
Est. Total Population Eligible for CalFresh	29,119
Estimated CalFresh Participation Rate in District 3	59% 60% Countywide Participation Rate
Potential New CalFresh Enrollees	11,902
Additional monthly meals if half of eligible pop. was enrolled	258,070
\$ Issued for food from CalFresh in September	\$3,071,272
Estimated total economic impact from CalFresh spending	\$5,497,578

District 3 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	6,018
Est. Total Seniors Eligible for CalFresh	8,650
Estimated Senior CalFresh Participation Rate	70%
Potential New Senior CalFresh Enrollees	2,632

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.