

# San Diego City Council District 4 Nutrition Insecurity Dashboard: September 2023



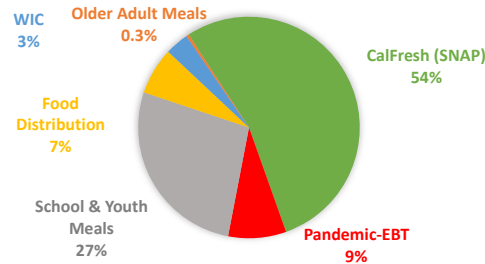
What is "nutrition insecurity"? "Nutrition insecurity" is not having reliable access to 3 healthy meals a day. San Diego Hunger Coalition estimates the nutrition insecure population to be households with income below 200% of Federal Poverty Level (\$60K/year for a family of 4). Research indicates this 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>101,414</b>	<b>29,942</b>	<b>23,046</b>	<b>9,109</b>	<b>20,724</b>	<b>5,283</b>
	% of Total Population Nutrition Insecure <b>30%</b> compared to 25% in SD County		% of Children & Youth Nutrition Insecure <b>40%</b> compared to 32% in SD County		% of Older Adults Nutrition Insecure <b>25%</b> 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](http://www.sdhunger.org/research).

## Food Assistance Meals Provided in September

Food Source	Total Meals
CalFresh (SNAP)	645,073
Pandemic-EBT	101,783
School & Youth Meals	325,333
Food Distribution	82,448
WIC	41,581
Older Adult Meals	4,484
Food Distribution Program on Indian Reservations (FDPIR)	-
<b>Total Meals Provided in Month</b>	<b>1,200,702</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	2,732,233	-	Step 2: Subtract Estimated Self-Purchased Meals	1,457,951	-	Step 3: Subtract Total Food Assistance Meals Provided	1,200,702	=	<b>Missing Meals in District 4: September 2023</b>	<b>73,581</b>
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## CalFresh Participation

District 4 Total Participation	Number of People
CalFresh Recipients in September	16,432
Est. Total Population Eligible for CalFresh	21,915
<b>Estimated CalFresh Participation Rate in District 4</b>	<b>75%</b>
<b>Potential New CalFresh Enrollees</b>	<b>5,483</b>
<b>Additional monthly meals if half of eligible pop. was enrolled</b>	<b>118,900</b>
\$ Issued for food from CalFresh in September	\$2,880,140
Estimated total economic impact from CalFresh spending	\$5,155,451

District 4 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	3,817
Est. Total Seniors Eligible for CalFresh	5,306
<b>Estimated Senior CalFresh Participation Rate</b>	<b>72%</b>
<b>Potential New Senior CalFresh Enrollees</b>	<b>1,489</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.