

San Diego City Council District 5 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 5 Total Population	Estimated People Nutrition Insecure
188,097	19,434
% of Total Population Nutrition Insecure	
10% compared to 25% in SD County	

Nutrition Insecurity: Children & Youth (0-18)	
Total Children & Youth in District 5	Estimated Kids Nutrition Insecure
47,642	4,557
% of Children & Youth Nutrition Insecure	
10% compared to 32% in SD County	

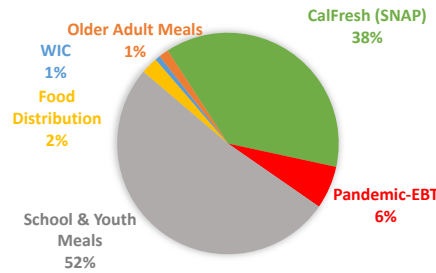
Nutrition Insecurity: Older Adults (60+)	
Total Seniors in District 5	Estimated Seniors Nutrition Insecure
40,086	4,879
% of Older Adults Nutrition Insecure	
12% compared to 25% in SD County	

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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)	272,496
Pandemic-EBT	45,387
School & Youth Meals	373,977
Food Distribution	17,972
WIC	5,454
Older Adult Meals	10,123
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	725,409

% 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
1,773,372

Step 2: Subtract Estimated Self-Purchased Meals
931,489

Step 3: Subtract Total Food Assistance Meals Provided
725,409

Missing Meals in District 5: September 2023
116,474

CalFresh Participation

District 5 Total Participation	Number of People
CalFresh Recipients in September	6,905
Est. Total Population Eligible for CalFresh	13,246
Estimated CalFresh Participation Rate in District 5	52%
Potential New CalFresh Enrollees	6,340
Additional monthly meals if half of eligible pop. was enrolled	137,482
\$ Issued for food from CalFresh in September	\$1,216,646
Estimated total economic impact from CalFresh spending	\$2,177,796

District 5 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	2,249
Est. Total Seniors Eligible for CalFresh	4,253
Estimated Senior CalFresh Participation Rate	53%
Potential New Senior CalFresh Enrollees	2,004

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.