

San Diego Board of Supervisors District 1 Nutrition Insecurity Dashboard: December 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.

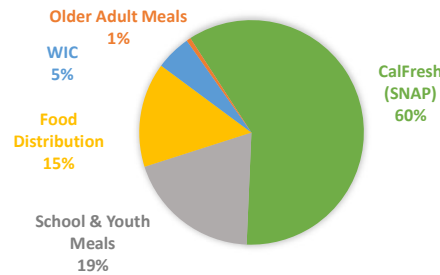
Nutrition Insecurity: Total Population		Nutrition Insecurity: Children & Youth (0-18)		Nutrition Insecurity: Older Adults (60+)	
District 1 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District 1	Estimated Kids Nutrition Insecure	Total Seniors in District 1	Estimated Seniors Nutrition Insecure
643,197	187,629	154,073	60,465	114,814	32,395
% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
29% compared to 24% in SD County		39% compared to 31% in SD County		28% compared to 24% 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 December

Food Source	Total Meals
CalFresh (SNAP)	4,428,507
Pandemic-EBT	-
School & Youth Meals	1,434,706
Food Distribution	1,115,183
WIC	374,736
Older Adult Meals	47,108
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	7,400,239

% 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
 =
 \$4.44 on an EBT card (metro)**
 =
 \$5.40 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	17,121,128	-	Step 2: Subtract Estimated Self-Purchased Meals	9,264,567	-	Step 3: Subtract Total Food Assistance Meals Provided	7,400,239	=	Missing Meals in District 1: December 2023	456,322
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CalFresh Participation

District 1 Total Participation	Number of People
CalFresh Recipients in December	106,901
Est. Total Population Eligible for CalFresh	139,611
Estimated CalFresh Participation Rate in District 1	77% 63% Countywide Participation Rate
Potential New CalFresh Enrollees	32,710
Additional monthly meals if half of eligible pop. was enrolled	709,277
\$ Issued for food from CalFresh in December	\$19,675,459
Estimated total economic impact from CalFresh spending	\$35,219,072

District 1 Senior Participation	Number of Seniors
Senior CalFresh Recipients in December	25,743
Est. Total Seniors Eligible for CalFresh	30,229
Estimated Senior CalFresh Participation Rate	85%
Potential New Senior CalFresh Enrollees	4,486

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.