

San Diego Board of Supervisors District 3 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.

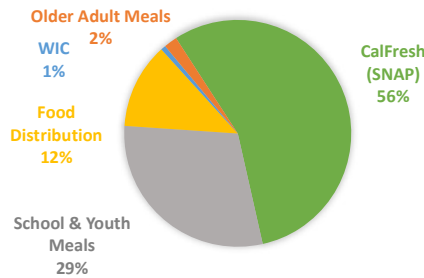
Nutrition Insecurity: Total Population		Nutrition Insecurity: Children & Youth (0-18)		Nutrition Insecurity: Older Adults (60+)	
District 3 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District 3	Estimated Kids Nutrition Insecure	Total Seniors in District 3	Estimated Seniors Nutrition Insecure
700,495	114,618	137,920	21,207	147,715	23,667
% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
16% compared to 24% in SD County		15% compared to 31% in SD County		16% 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)	1,555,553
Summer EBT	-
School & Youth Meals	828,072
Food Distribution	340,956
WIC	19,596
Older Adult Meals	52,496
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	2,796,674

% 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
10,458,914

-

Step 2: Subtract Estimated Self-Purchased Meals
5,411,849

-

Step 3: Subtract Total Food Assistance Meals Provided
2,796,674

=

Missing Meals in District 3: December 2023
2,250,391

CalFresh Participation

District 3 Total Participation	Number of People
CalFresh Recipients in December	34,604
Est. Total Population Eligible for CalFresh	91,014
Estimated CalFresh Participation Rate in District 3	38% 63% <small>Countywide Participation Rate</small>
Potential New CalFresh Enrollees	56,410
Additional monthly meals if half of eligible pop. was enrolled	1,223,171
\$ Issued for food from CalFresh in December	\$6,911,182
Estimated total economic impact from CalFresh spending	\$12,371,015

District 3 Senior Participation	Number of Seniors
Senior CalFresh Recipients in December	11,084
Est. Total Seniors Eligible for CalFresh	22,003
Estimated Senior CalFresh Participation Rate	50%
Potential New Senior CalFresh Enrollees	10,919

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.