

# US Congressional District CA-48 Nutrition Insecurity Dashboard: December 2023



What is "nutrition insecurity"?	Nutrition Insecurity: Total Population		Nutrition Insecurity: Children & Youth (0-18)		Nutrition Insecurity: Older Adults (60+)	
	District CA-48 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District CA-48	Estimated Kids Nutrition Insecure	Total Seniors in District CA-48	Estimated Seniors Nutrition Insecure
	<b>592,479</b>	<b>136,207</b>	<b>135,738</b>	<b>39,585</b>	<b>131,477</b>	<b>28,087</b>
	% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
	<b>23%</b> compared to 24% in SD County		<b>29%</b> compared to 31% in SD County		<b>21%</b> compared to 24% in SD County	

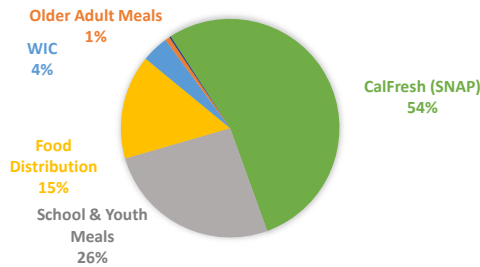
"Nutrition insecurity" is not having reliable access to 3 healthy meals a day. San Diego Hunger Coalition estimates the nutrition insecure population to be households with income below 200% of Federal Poverty Level (\$60K/year for a family of 4). Research indicates this to be a conservative estimate of the population needing food assistance to obtain adequate daily nutrition.

Please cite this report as: San Diego Hunger Coalition. December 2023 Nutrition Insecurity Dashboards. San Diego, CA; March 2024.  
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)	2,588,105
Summer EBT	-
School & Youth Meals	1,255,281
Food Distribution	743,908
WIC	192,384
Older Adult Meals	32,233
Food Distribution Program on Indian Reservations (FDPIR)	11,538
<b>Total Meals Provided in Month</b>	<b>4,823,450</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**  
 =  
**\$4.44 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  
**12,428,856**

-

Step 2: Subtract Estimated Self-Purchased Meals  
**5,987,414**

-

Step 3: Subtract Total Food Assistance Meals Provided  
**4,823,450**

=

## Missing Meals in CA-48: December 2023

**1,617,991**

## CalFresh Participation

District CA-48 Total Participation	Number of People	
CalFresh Recipients in September	71,323	
Est. Total Population Eligible for CalFresh	108,655	
<b>Estimated CalFresh Participation Rate in District CA-48</b>	<b>66%</b>	<b>63%</b> Countywide Participation Rate
<b>Potential New CalFresh Enrollees</b>	<b>37,332</b>	
<b>Additional monthly meals if half of eligible pop. was enrolled</b>	<b>809,500</b>	
\$ Issued for food from CalFresh in September	\$12,980,177	
Estimated total economic impact from CalFresh spending	\$23,234,516	

District CA-48 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	16,367
Est. Total Seniors Eligible for CalFresh	26,381
<b>Estimated Senior CalFresh Participation Rate</b>	<b>62%</b>
<b>Potential New Senior CalFresh Enrollees</b>	<b>10,014</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.