

# US Congressional District CA-50 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 CA-50 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District CA-50	Estimated Kids Nutrition Insecure	Total Seniors in District CA-50	Estimated Seniors Nutrition Insecure
<b>779,571</b>	<b>152,582</b>	<b>152,664</b>	<b>32,128</b>	<b>157,069</b>	<b>30,605</b>
% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
<b>20%</b> compared to 24% in SD County		<b>21%</b> compared to 31% in SD County		<b>19%</b> compared to 24% in SD County	

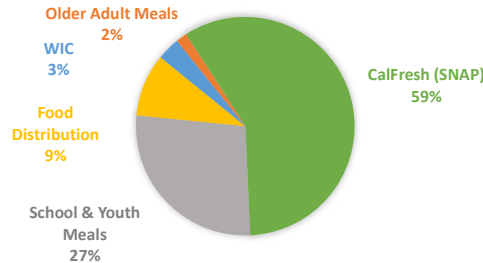
Please cite this report as: San Diego Hunger Coalition. December 2023 Nutrition Insecurity Dashboards. San Diego, CA; March 2024.

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)	2,190,809
Summer EBT	-
School & Youth Meals	1,022,843
Food Distribution	348,173
WIC	126,624
Older Adult Meals	60,268
Food Distribution Program on Indian Reservations (FDPIR)	-
<b>Total Meals Provided in Month</b>	<b>3,748,717</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  
**13,923,098**

Step 2: Subtract Estimated Self-Purchased Meals  
**7,145,237**

Step 3: Subtract Total Food Assistance Meals Provided  
**3,748,717**

## Missing Meals in CA-50: December 2023

**3,029,144**

## CalFresh Participation

District CA-50 Total Participation	Number of People
CalFresh Recipients in September	51,326
Est. Total Population Eligible for CalFresh	114,179
<b>Estimated CalFresh Participation Rate in District CA-50</b>	<b>45%</b> <b>63%</b> Countywide Participation Rate
<b>Potential New CalFresh Enrollees</b>	<b>62,853</b>
<b>Additional monthly meals if half of eligible pop. was enrolled</b>	<b>1,362,880</b>
\$ Issued for food from CalFresh in September	\$9,943,064
Estimated total economic impact from CalFresh spending	\$17,798,085

District CA-50 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	14,724
Est. Total Seniors Eligible for CalFresh	29,020
<b>Estimated Senior CalFresh Participation Rate</b>	<b>51%</b>
<b>Potential New Senior CalFresh Enrollees</b>	<b>14,296</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.