

San Diego City Council 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
153,544	25,129	30,752	2,883	32,788	3,653
% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
16% compared to 24% in SD County		9% compared to 31% in SD County		11% compared to 24% in SD County	

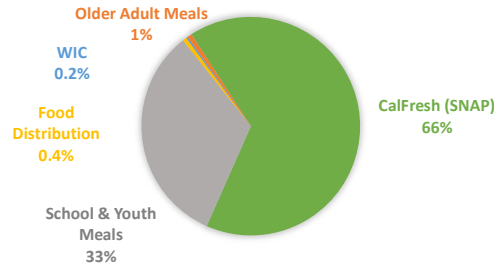
Please cite this report as: San Diego Hunger Coalition. December 2023 Nutrition Insecurity Dashboards. San Diego, CA; May 2024.

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)	292,679
Summer EBT	-
School & Youth Meals	145,737
Food Distribution	2,639
WIC	1,014
Older Adult Meals	3,034
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	445,103

% 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
2,293,029

Step 2: Subtract Estimated Self-Purchased Meals
1,115,818

Step 3: Subtract Total Food Assistance Meals Provided
445,103

Missing Meals in District 1: December 2023

732,108

CalFresh Participation

District 1 Total Participation	Number of People
CalFresh Recipients in September	5,824
Est. Total Population Eligible for CalFresh	21,177
Estimated CalFresh Participation Rate in District 1	28% 63% Countywide Participation Rate
Potential New CalFresh Enrollees	15,353
Additional monthly meals if half of eligible pop. was enrolled	332,918
\$ Issued for food from CalFresh in September	\$1,300,346
Estimated total economic impact from CalFresh spending	\$2,327,619

District 1 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	1,326
Est. Total Seniors Eligible for CalFresh	3,697
Estimated Senior CalFresh Participation Rate	36%
Potential New Senior CalFresh Enrollees	2,371

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.