

# San Diego City Council District 2 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 2 Total Population              | Estimated People Nutrition Insecure | Total Children & Youth in District 2          | Estimated Kids Nutrition Insecure | Total Seniors in District 2              | Estimated Seniors Nutrition Insecure |
|                                 | <b>127,503</b>                           | <b>24,324</b>                       | <b>17,339</b>                                 | <b>3,538</b>                      | <b>22,443</b>                            | <b>4,389</b>                         |
|                                 | % of Total Population Nutrition Insecure |                                     | % of Children & Youth Nutrition Insecure      |                                   | % of Older Adults Nutrition Insecure     |                                      |
|                                 | <b>19%</b> compared to 24% in SD County  |                                     | <b>20%</b> compared to 31% in SD County       |                                   | <b>20%</b> compared to 24% in SD County  |                                      |

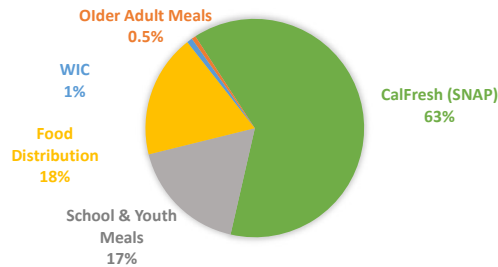
"Nutrition insecurity" is not having reliable access to 3 healthy meals a day. San Diego Hunger Coalition estimates the nutrition insecure population to be households with income below 200% of Federal Poverty Level (\$60K/year for a family of 4). Research indicates this to be a conservative estimate 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; May 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)  | 307,296        |
| Summer EBT   | -              |
| School & Youth Meals                                     | 85,792         |
| Food Distribution  | 89,817         |
| WIC  | 3,879          |
| Older Adult Meals  | 2,936          |
| Food Distribution Program on Indian Reservations (FDPIR) | -              |
| <b>Total Meals Provided in Month</b>                     | <b>489,721</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  
**2,219,520**

Step 2: Subtract Estimated Self-Purchased Meals  
**1,152,604**

Step 3: Subtract Total Food Assistance Meals Provided  
**489,721**

## Missing Meals in District 2: December 2023

**577,196**

## CalFresh Participation

| District 2 Total Participation  | Number of People  |
|---|---|
| CalFresh Recipients in September                                      | 6,501   |
| Est. Total Population Eligible for CalFresh                           | 18,048  |
| <b>Estimated CalFresh Participation Rate in District 2</b>            | <b>36%</b> <span style="color: red;">63%</span> Countywide Participation Rate |
| <b>Potential New CalFresh Enrollees</b>                               | <b>11,547</b>   |
| <b>Additional monthly meals if half of eligible pop. was enrolled</b> | <b>250,379</b>  |
| \$ Issued for food from CalFresh in September                         | \$1,365,290   |
| Estimated total economic impact from CalFresh spending                | \$2,443,869   |

| District 2 Senior Participation                     | Number of Seniors |
|---|-------------------|
| Senior CalFresh Recipients in September             | 1,803             |
| Est. Total Seniors Eligible for CalFresh            | 4,222             |
| <b>Estimated Senior CalFresh Participation Rate</b> | <b>43%</b>        |
| <b>Potential New Senior CalFresh Enrollees</b>      | <b>2,419</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.