

San Diego City Council District 3 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 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
	159,006	37,413	15,083	5,093	28,342	8,805
	% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
	24% compared to 24% in SD County		34% compared to 31% in SD County		31% compared to 24% in SD County	

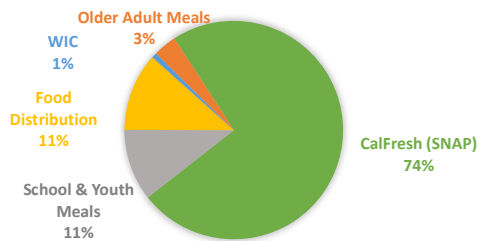
"Nutrition insecurity" is not having reliable access to 3 healthy meals a day. San Diego Hunger Coalition estimates the nutrition insecure population to be households with income below 200% of Federal Poverty Level (\$60K/year for a family of 4). Research indicates this to be a conservative estimate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

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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 September

Food Source	Total Meals
CalFresh (SNAP)	765,488
Summer EBT	-
School & Youth Meals	110,459
Food Distribution	120,242
WIC	8,259
Older Adult Meals	35,651
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	1,040,099

% 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
3,413,951

Step 2: Subtract Estimated Self-Purchased Meals
1,797,910

Step 3: Subtract Total Food Assistance Meals Provided
1,040,099

Missing Meals in District 3: December 2023

575,942

CalFresh Participation

District 3 Total Participation	Number of People
CalFresh Recipients in September	17,615
Est. Total Population Eligible for CalFresh	29,119
Estimated CalFresh Participation Rate in District 3	60% 63% Countywide Participation Rate
Potential New CalFresh Enrollees	11,504
Additional monthly meals if half of eligible pop. was enrolled	249,455
\$ Issued for food from CalFresh in September	\$3,400,995
Estimated total economic impact from CalFresh spending	\$6,087,781

District 3 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	6,193
Est. Total Seniors Eligible for CalFresh	8,650
Estimated Senior CalFresh Participation Rate	72%
Potential New Senior CalFresh Enrollees	2,457

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.