

San Diego City Council District 5 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 5 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District 5	Estimated Kids Nutrition Insecure	Total Seniors in District 5	Estimated Seniors Nutrition Insecure
	188,097	18,537	47,642	4,557	40,086	4,879
	% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
	10% compared to 24% in SD County		10% compared to 31% in SD County		12% compared to 24% in SD County	

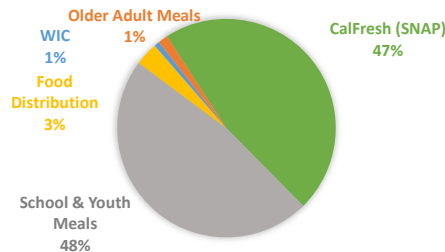
"Nutrition insecurity" is not having reliable access to 3 healthy meals a day. San Diego Hunger Coalition estimates the nutrition insecure population to be households with income below 200% of Federal Poverty Level (\$60K/year for a family of 4). Research indicates this to be a conservative estimate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

Food Assistance Meals Provided in September

Food Source	Total Meals
CalFresh (SNAP)	308,829
Summer EBT	-
School & Youth Meals	313,851
Food Distribution	22,447
WIC	5,201
Older Adult Meals	9,629
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	659,957

% 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
1,691,458

Step 2: Subtract Estimated Self-Purchased Meals
900,268

Step 3: Subtract Total Food Assistance Meals Provided
659,957

Missing Meals in District 5: December 2023
131,233

CalFresh Participation

District 5 Total Participation	Number of People
CalFresh Recipients in September	7,176
Est. Total Population Eligible for CalFresh	13,246
Estimated CalFresh Participation Rate in District 5	54% 63% Countywide Participation Rate
Potential New CalFresh Enrollees	6,070
Additional monthly meals if half of eligible pop. was enrolled	131,613
\$ Issued for food from CalFresh in September	\$1,372,099
Estimated total economic impact from CalFresh spending	\$2,456,056

District 5 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	2,341
Est. Total Seniors Eligible for CalFresh	4,253
Estimated Senior CalFresh Participation Rate	55%
Potential New Senior CalFresh Enrollees	1,912

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.