

City of San Diego 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.

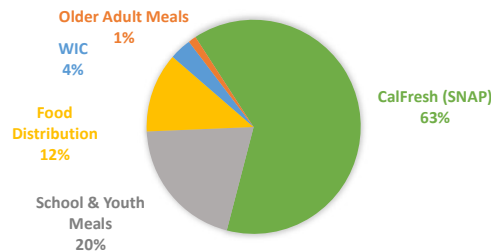
Nutrition Insecurity: Total Population		Nutrition Insecurity: Children & Youth (0-18)		Nutrition Insecurity: Older Adults (60+)	
City of San Diego Total Population	Estimated People Nutrition Insecure	Total Children & Youth in City of San Diego	Estimated Kids Nutrition Insecure	Total Seniors in City of San Diego	Estimated Seniors Nutrition Insecure
1,397,303	337,072	274,758	83,879	261,479	59,787
% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
24% compared to 24% in SD County		31% compared to 31% in SD County		23% compared to 24% in SD County	

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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)	6,457,246
Summer EBT	-
School & Youth Meals	2,070,939
Food Distribution	1,232,301
WIC	335,559
Older Adult Meals	122,039
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	10,218,085

% 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
30,757,819

Step 2: Subtract Estimated Self-Purchased Meals
16,241,904

Step 3: Subtract Total Food Assistance Meals Provided
10,218,085

Missing Meals in San Diego: December 2023
4,297,830

CalFresh Participation

City of San Diego Total Participation	Number of People
CalFresh Recipients in September	150,642
Est. Total Population Eligible for CalFresh	259,334
Estimated CalFresh Participation Rate in City of San Diego	58% 63% Countywide Participation Rate
Potential New CalFresh Enrollees	108,692
Additional monthly meals if half of eligible pop. was enrolled	2,356,848
\$ Issued for food from CalFresh in September	\$28,688,961
Estimated total economic impact from CalFresh spending	\$51,353,240

City of San Diego Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	38,508
Est. Total Seniors Eligible for CalFresh	56,700
Estimated Senior CalFresh Participation Rate	68%
Potential New Senior CalFresh Enrollees	18,192

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.