

# San Diego Countywide 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.

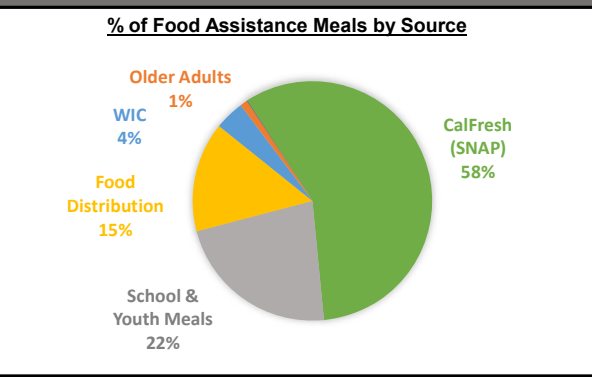
Nutrition Insecurity: Total Population	
San Diego County Total Population	Estimated People Nutrition Insecure
<b>3,269,755</b>	<b>793,734</b>
% of Total Population Nutrition Insecure	
<b>24%</b>	

Nutrition Insecurity: Children & Youth (0-18)	
Total Children & Youth in San Diego County	Estimated Kids Nutrition Insecure
<b>667,627</b>	<b>204,314</b>
% of Children & Youth Nutrition Insecure	
<b>31%</b>	

Nutrition Insecurity: Older Adults (60+)	
Total Seniors in San Diego County	Estimated Seniors Nutrition Insecure
<b>686,542</b>	<b>163,064</b>
% of Older Adults Nutrition Insecure	
<b>24%</b>	

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 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 December	
Food Source	Total Meals
CalFresh (SNAP)	14,517,316
Pandemic-EBT	-
School & Youth Meals	5,656,004
Food Distribution	3,738,183
WIC	1,020,155
Older Adult Meals	252,358
Food Distribution Program on Indian Reservations (FDPIR)	11,538
<b>Total Meals Provided in Month</b>	<b>25,195,554</b>



**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	71,436,061	-	Step 2: Subtract Estimated Self-Purchased Meals	37,709,094	-	Step 3: Subtract Total Food Assistance Meals Provided	25,195,554	=	<b>Missing Meals in SD County: December 2023</b>	<b>9,523,580</b>
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## CalFresh Participation

Countywide Total Participation	Number of People
CalFresh Recipients in December	384,441
Est. Total Population Eligible for CalFresh	605,739
<b>Estimated CalFresh Participation Rate</b>	<b>63%</b>
<b>Potential New CalFresh Enrollees</b>	<b>221,298</b>
<b>Additional monthly meals if half of eligible pop. was enrolled</b>	<b>4,798,563</b>
\$ Issued for food from CalFresh in December	\$66,333,048
Estimated total economic impact from CalFresh spending	\$118,736,156

Countywide Senior Participation	Number of Seniors
Senior CalFresh Recipients in December	91,255
Est. Total Seniors Eligible for CalFresh	139,188
<b>Estimated Senior CalFresh Participation Rate</b>	<b>66%</b>
<b>Potential New Senior CalFresh Enrollees</b>	<b>47,932</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.