

# LEADING COORDINATED ACTION TO END HUNGER IN SAN DIEGO COUNTY



EDUCATION



RESEARCH



ADVOCACY



## WHO WE ARE

San Diego Hunger Coalition (SDHC) brings organizations across San Diego County together to create a Hunger Free San Diego. For 45 years, we have led coordinated action supported by research, education and advocacy.

According to our analysis, more than 450,000, or 1 in 7, San Diego residents do not have enough food for an active, healthy life. Each year, SDHC helps connect thousands of children, students, people with disabilities, military households, veterans, seniors, and families facing hunger to vital food assistance.

## HOW WE FIGHT HUNGER

### *CalFresh*

When household incomes aren't enough to meet basic needs, temporary aid from CalFresh (also known as SNAP or food stamps) can bridge the gap. It is one of our nation's most effective tools against hunger.

SDHC eliminates barriers and increases participation in CalFresh by:

1. Providing training and technical assistance to partner agencies who guide low-income individuals and families through the complicated application and enrollment processes.
2. Leading the CalFresh Task Force, a collaboration of more than 40 agencies. SDHC facilitates discussions on regulation changes, trends in wrongful denials of benefits, and best practices for reaching San Diego's most vulnerable.
3. Meeting monthly with the County of San Diego Health & Human Services Agency to advocate for program changes to make enrollment easier.

### *Hunger Free Kids*

In San Diego County, 1 in 5 children don't always have enough to eat. This affects their ability to concentrate and learn. Access to nutritious meals is linked to better attendance, improved grades and higher graduation rates.

SDHC provides free technical assistance and support to school districts and nonprofits to implement new youth meal programs and boost participation in existing ones. SDHC reduces child hunger by working to expand the following strategies:

1. Universal Free Meals
2. Breakfast After the Bell
3. Afterschool Supper
4. Summer Meals

SDHC facilitates the Hunger Free Kids Task Force, a forum for leaders and experts in child nutrition to work collectively towards ending child hunger in San Diego.

### *Policy & Advocacy*

SDHC facilitates the Hunger Advocacy Network (HAN), a collaborative group of 21 human services agencies, food banks, and advocacy organizations that work to shape state and federal policies to end hunger.

HAN achieves measurable change by influencing state and federal budgets, legislation, and policy, and by increasing awareness among legislators and the public about hunger in our region. HAN members testify on behalf of bills; host legislative breakfasts and community events; and meet with policy makers to share our research and expertise.

HAN enhances their advocacy work through a grassroots network of Hunger Free Activists. These engaged residents receive advocacy training and opportunities to use their voice to support anti-hunger legislation.

### *Hunger Free San Diego*

In a Hunger Free San Diego, anyone facing hunger can get the assistance they need.

Hunger Free San Diego brings together hunger relief leaders and experts to work toward the ultimate goal of ending hunger in our region. The initiative uses research to provide a clearer understanding of hunger in San Diego County, and data to identify and develop evidence-based solutions.

This research analyzes the food assistance available and identifies current gaps, opportunities, and underutilized resources.

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