

2nd Annual
State of Hunger

November 17, 2020
10:00 - 11:30 am

Hunger is a problem
that we can solve.

Title Sponsor:



KAISER PERMANENTE®



Hunger Free
San Diego

A member of the Hunger Free Communities Network



2020 State of Hunger

Help spread the word on social media!



Join us: #HungerFreeSD

2020 State of Hunger

Title Sponsor



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Major Funders of Hunger Free San Diego

Anonymous Donor

Kasperick Family Foundation



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PRICE

PHILANTHROPIES

moxie

FOUNDATION



The San Diego
Foundation

The logo icon for the Jewish Community Foundation San Diego, featuring a stylized flame or torch inside a triangle.
Jewish
Community
Foundation
San Diego

SAN DIEGO
HUNGER
COALITION 

The logo for the San Diego Hunger Coalition, featuring the text 'SAN DIEGO HUNGER COALITION' next to a cluster of colorful hexagons.

www.sdhunger.org

Hunger Advocacy Network Co-Chairs



Chris Carter

San Diego Food Bank

HAN Co-Chair 2018-2020



Vivian Preciado

Housing on Merit

HAN Co-Chair 2019-2021



American Red Cross
San Diego/Imperial
Counties Chapter



2020 State of Hunger

Guest of Honor



Congresswoman Susan Davis
Serving California's 53rd District

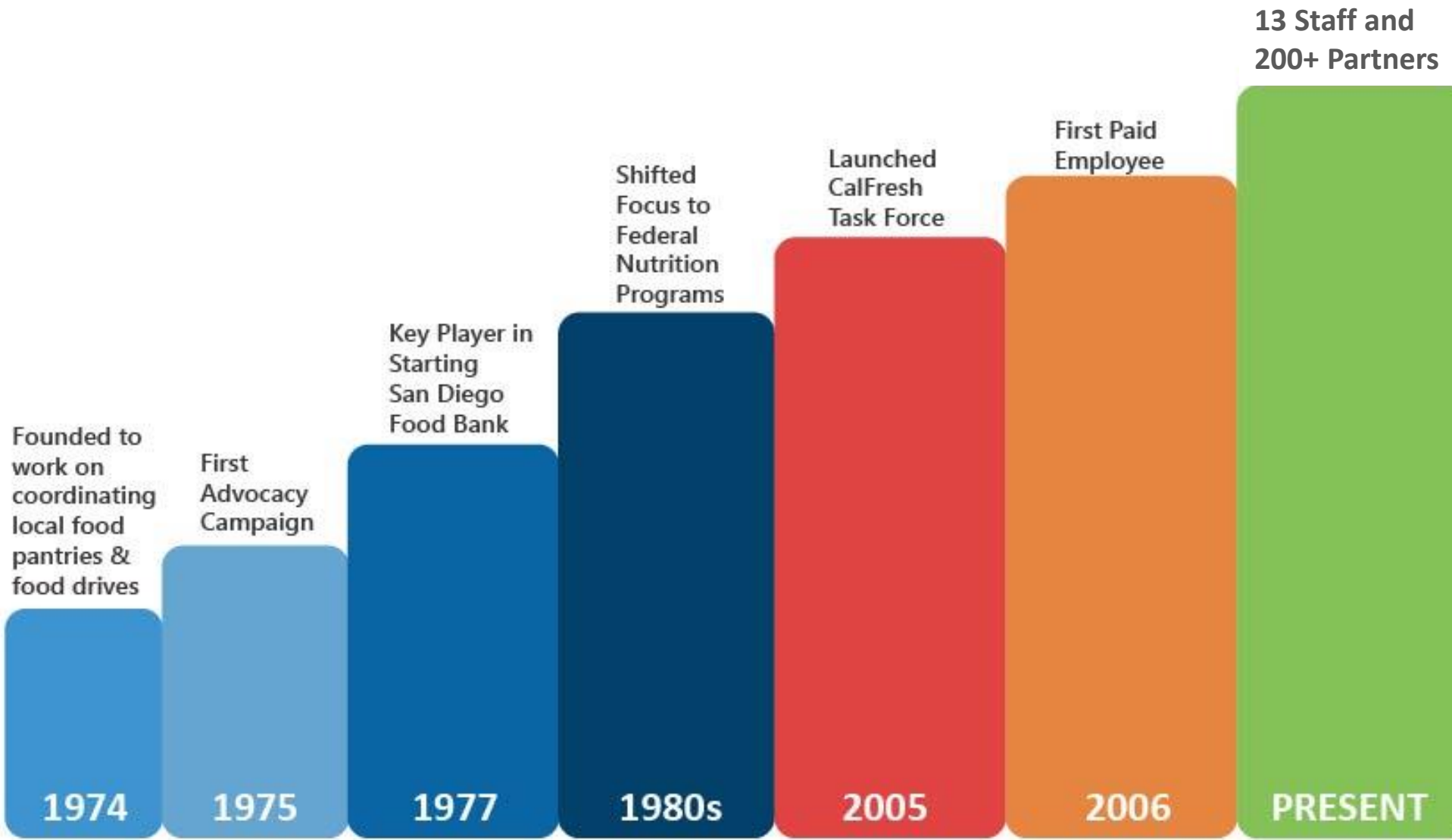
POLL RESULTS!

About San Diego Hunger Coalition



www.sdhunger.org

History of San Diego Hunger Coalition



SDHC Mission Statement

The San Diego Hunger Coalition
leads coordinated action
to end hunger in San Diego County
supported by research, education and advocacy.



How SDHC creates systemic change...

- **Research and leadership** to build a more effective and interconnected system of food assistance resources.
- **Training and technical assistance** for nonprofits, school districts, healthcare systems and government agencies.
- **Education for providers, funders, policymakers and the public** about hunger and the most effective solutions.
- **Advocacy for legislative & administrative policy changes** to end hunger and increase access to healthy food.

SDHC Programs & Collaborative Tables



Hunger Free with CalFresh
CalFresh Task Force



Hunger Free Kids Program
Hunger Free Kids Task Force



Public Policy & Advocacy
Hunger Advocacy Network



Hunger Free San Diego
HFSD Advisory Board

Want to join an SDHC collaborative or its mailing list? Please email: INFO@sdhunger.org.

Hunger Free San Diego Vision

In a Hunger Free San Diego, anyone experiencing food insecurity can readily access adequate and appropriate food assistance to see them safely through their time of need.

Creating a Hunger Free San Diego during COVID & Beyond

1. Enable San Diego's hunger relief sector to dramatically increase the amount of food assistance provided and the number of people served.
2. Make it easier for anyone facing hunger in San Diego County to quickly connect to food assistance sufficient to see them safely through their time of need.

What's new this year?

- **Real-time analysis** of COVID-19's impact on food insecurity in San Diego County at county and **zip code** levels.
- **GIS mapping to visualize the data** presented at 2019 State of Hunger:
 1. Food insecurity & population demographics by zip.
 2. Total meals provided by hunger relief sector by zip.
 3. Very preliminary meal gap estimates by zip.
- **Emphasis today on new data & new HFSD initiative.**

Food Insecurity Estimates

How many people in San Diego County don't have enough nutritious food to eat?

Total Population At Risk of Hunger

- Hunger Free San Diego is concerned with the total population that doesn't have enough nutritious food.
- Total food insecure population includes people *currently experiencing or at risk of experiencing* hunger & malnutrition:
 - Self-reported “**food insecure**” population.
 - Population that self-reported as “**food secure**” AND currently receiving temporary food assistance (CalFresh or WIC).
 - Additional **people living in economic hardship** who are likely to rely on food distributions, school meals, etc., on a monthly basis to make ends meet.
 - Economic hardship = below 185% of Federal Poverty Level (\$48K for family of 4)

Hunger in San Diego pre-COVID



1 in 7 San Diegans

were food insecure in 2017

- **Total at risk of hunger = 616,000**
 - 443,000 people food insecure
 - 198,000 at risk (“food secure” while on CalFresh or WIC)
- **50% living w/disability**
- **55% of food insecure adults were employed; 43% working full time.**
- **1/3 of all San Diegans earn less than \$14.35/hr, many in the industries hardest hit by COVID.**

San Diego County Unemployment Data (7/25/20)

**33.2% of SD County labor force
have filed for unemployment**

Workers of color disproportionately affected

Race / Ethnicity	% of Labor Force	% of Unique UI Claimants
Black	5.5	32.8
Hispanic	38.7	24.5
Asian	16.1	25.0
White	39.7	20.3

Biggest racial disparity experienced by Black population.

San Diego County Unemployment Data (7/25/20)

**33.2% of SD County labor force
have filed for unemployment**

Workers with less education disproportionately affected

Education Attainment	% of Labor Force	% of Unique UI Claimants
< High School	11.7	22.3
HS or GED	22.1	46.6
Associates / Some College	26.1	27.1
Bachelors	25.3	12.8
Graduate	14.7	6.2

Nearly 70%
unemployed
have H.S.
degree or
lower.

Hunger in San Diego pre-COVID



1 in 5 kids

in food insecure
households in 2017

- **1/3 of San Diego's food insecure population** are children & youth (0-18)
- **50% of public school students** are enrolled in Free & Reduced Price Meals
- **40% of CalFresh recipients** are children & youth (0-18)

CA households w/young children most vulnerable during COVID

April 2020 national survey - The Brookings Institute:

- **1 in 3 kids** in U.S. now living in food insecure households.
- **40.9% of households w/young children (age 0-12) are food insecure.** *Up from 15.1% in 2018.*
 - New Census data indicates 40% of Black & Latino families are now food insecure; rate is 22% for white families.
- **17.4% of moms w/children (0-12) report kids not eating enough.** *Up from 3.1% in 2018.*

Hunger in San Diego pre-COVID



1 in 10 seniors
reported food insecurity in 2017



1 in 4 seniors at risk

25.5% of all seniors in SD
County (est. 108,000 people)
have income below 200% FPL:

Single < \$25K/year

Couple < \$34K/year

Challenges for Older Adults during COVID

- Biggest COVID-related nutrition challenge for seniors is **access to food**, not income loss.
 - Congregate meal sites and senior centers closed.
 - Health concerns preventing grocery shopping.
 - High delivery fees for grocery delivery.
- **Isolated seniors are most vulnerable.**

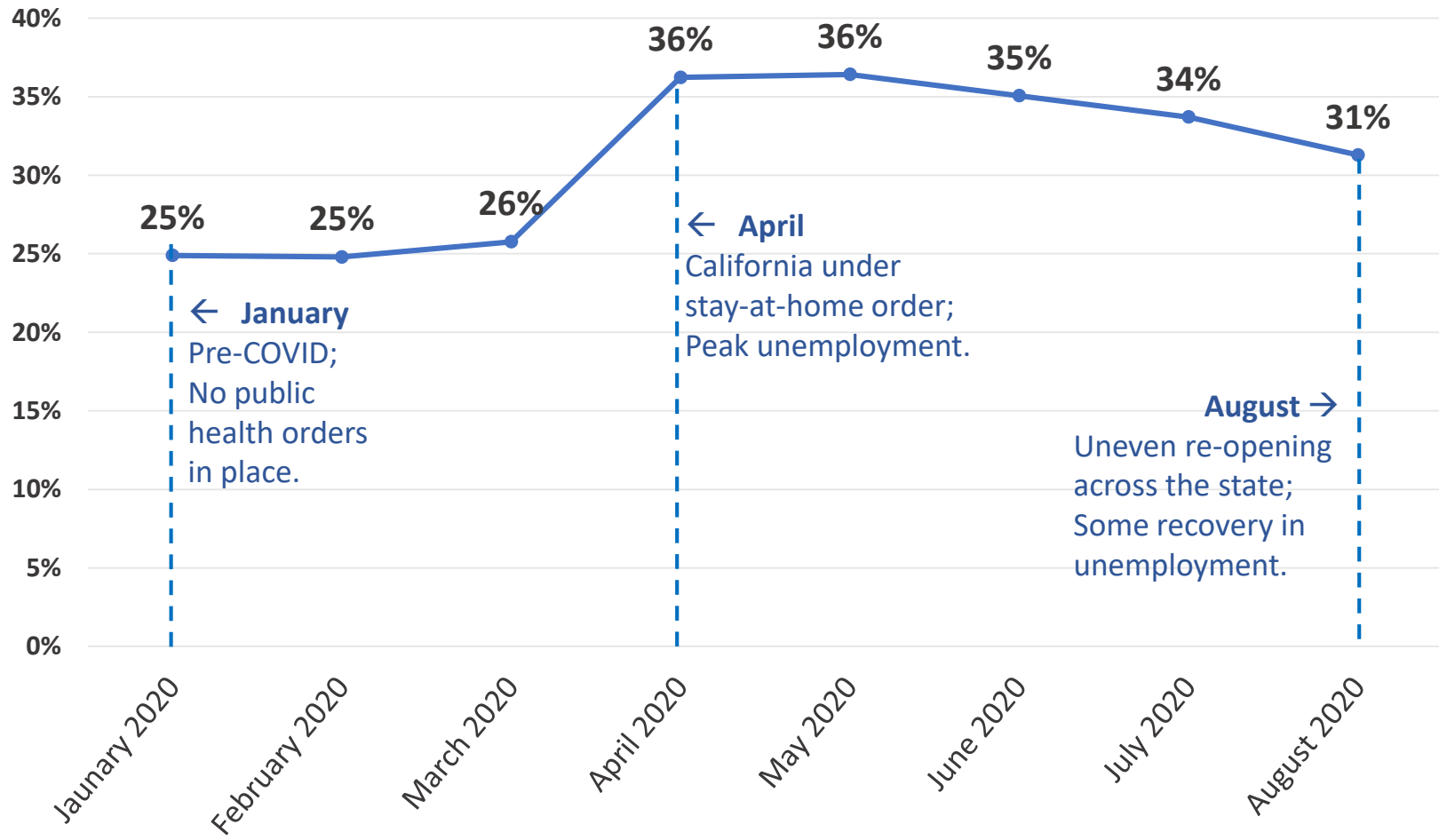
2020 Food Insecurity in San Diego County

- **Inputs to create 2020 estimates:**
 - Total population <185% FPL in 2019
 - Percent of population <185% FPL in 2019 that were children/youth (age 0-17)
 - Historical Data from 2010-2019
 - Percent of population <185% FPL
 - Unemployment Rate
 - Regression analysis demonstrating statistically significant relationship between Federal Poverty Level and unemployment using historical data

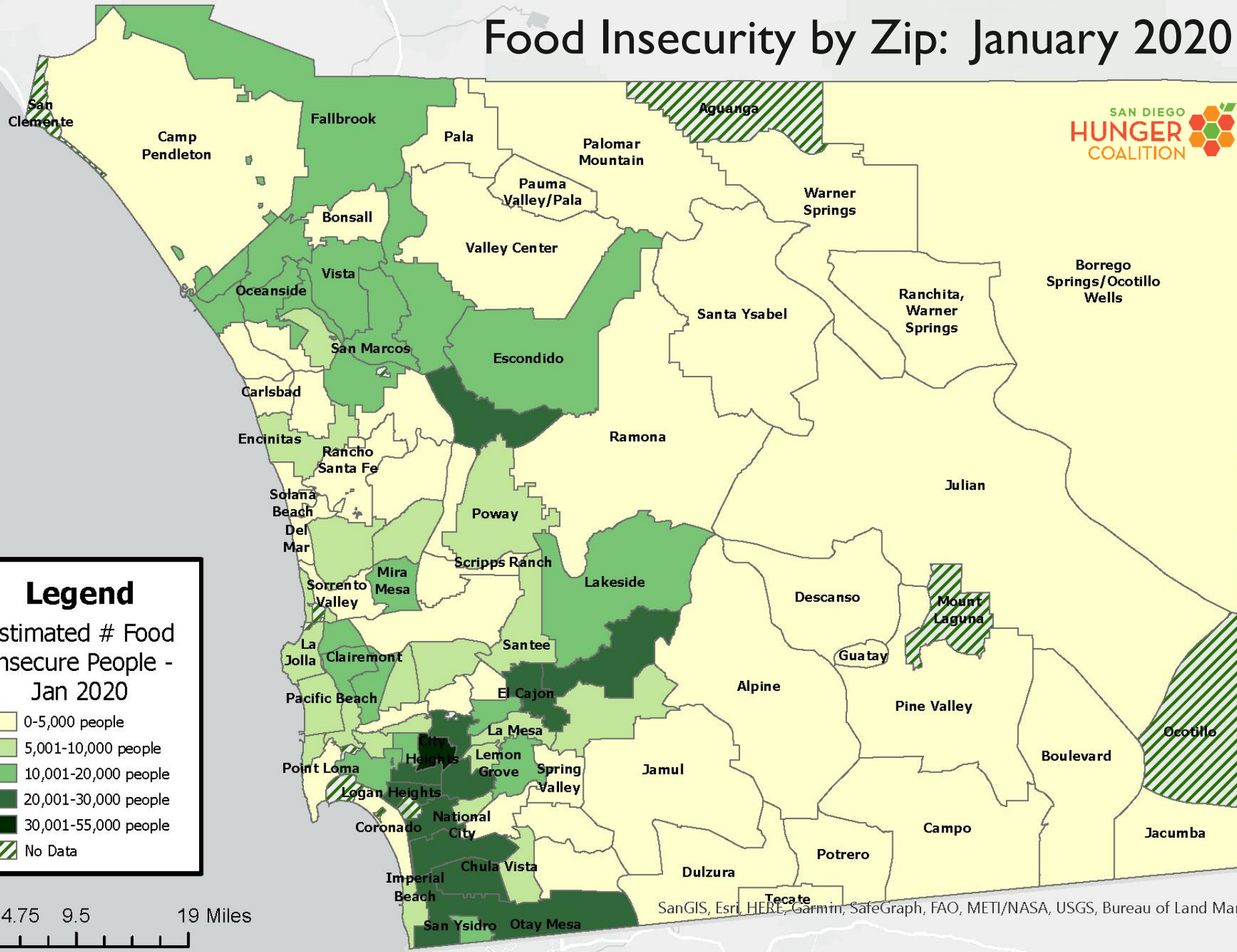
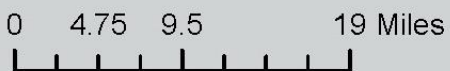
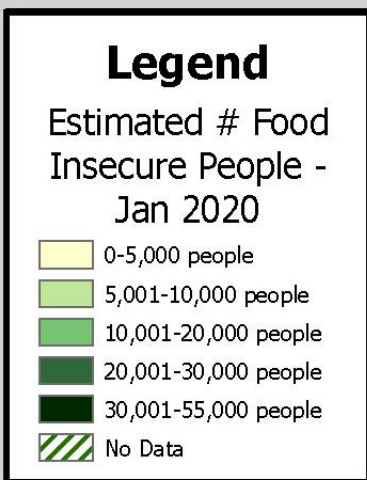
SD County 2020 Food Insecurity Estimates

	Total Food Insecurity Rate %	Total Food Insecure Population # People	Child Food Insecurity Rate %	Child Food Insecurity # Kids
January 2020	25%	841,218	32%	227,129
February 2020	25%	837,944	32%	226,245
March 2020	26%	870,677	33%	235,083
April 2020	36%	1,224,191	47%	330,532
May 2020	36%	1,230,738	47%	332,299
June 2020	35%	1,184,912	46%	319,926
July 2020	34%	1,139,086	44%	307,553
August 2020	31%	1,057,254	41%	285,459

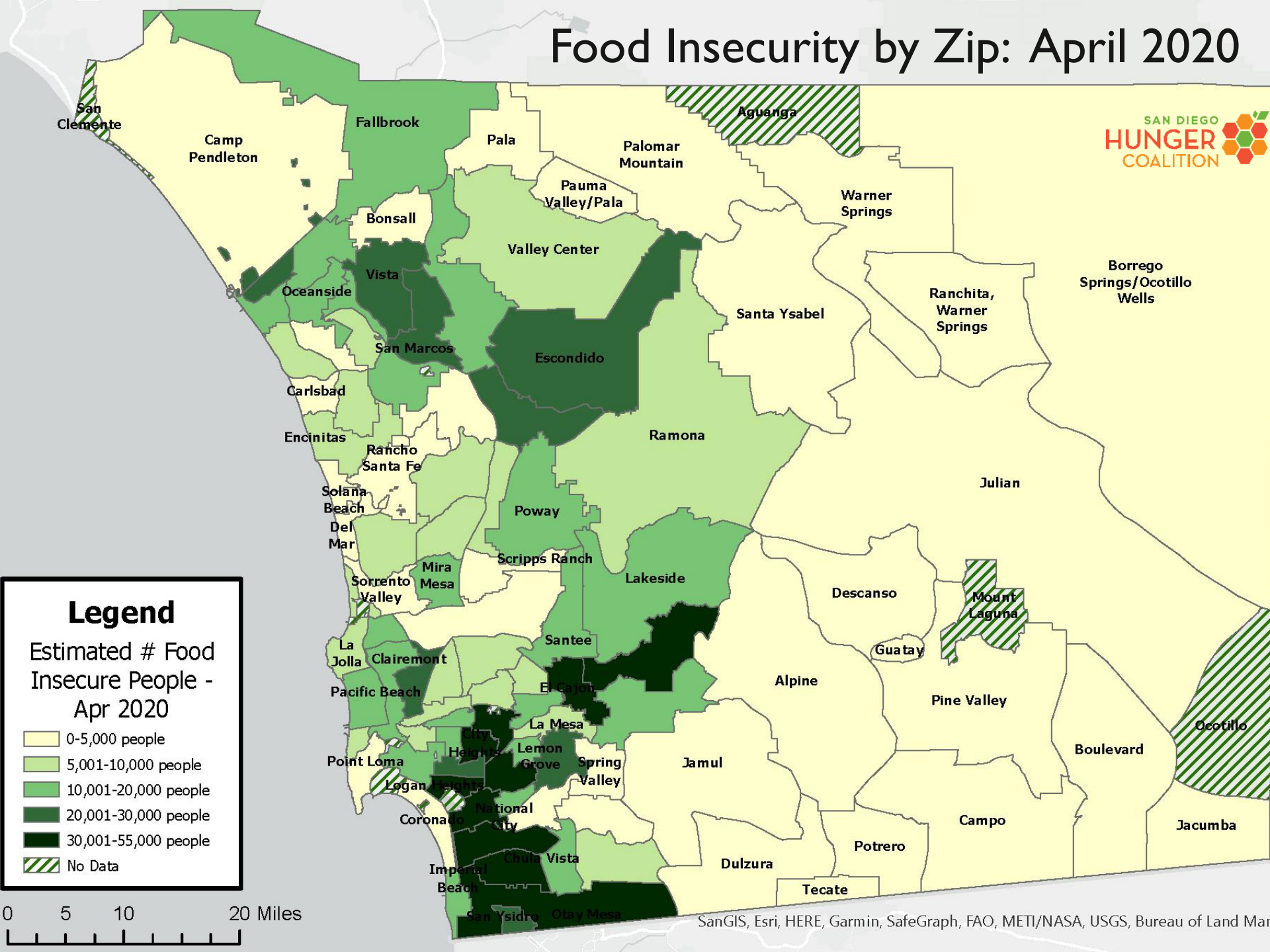
SD County Estimated Food Insecurity – total population in need by month



Food Insecurity by Zip: January 2020



Food Insecurity by Zip: April 2020



Legend

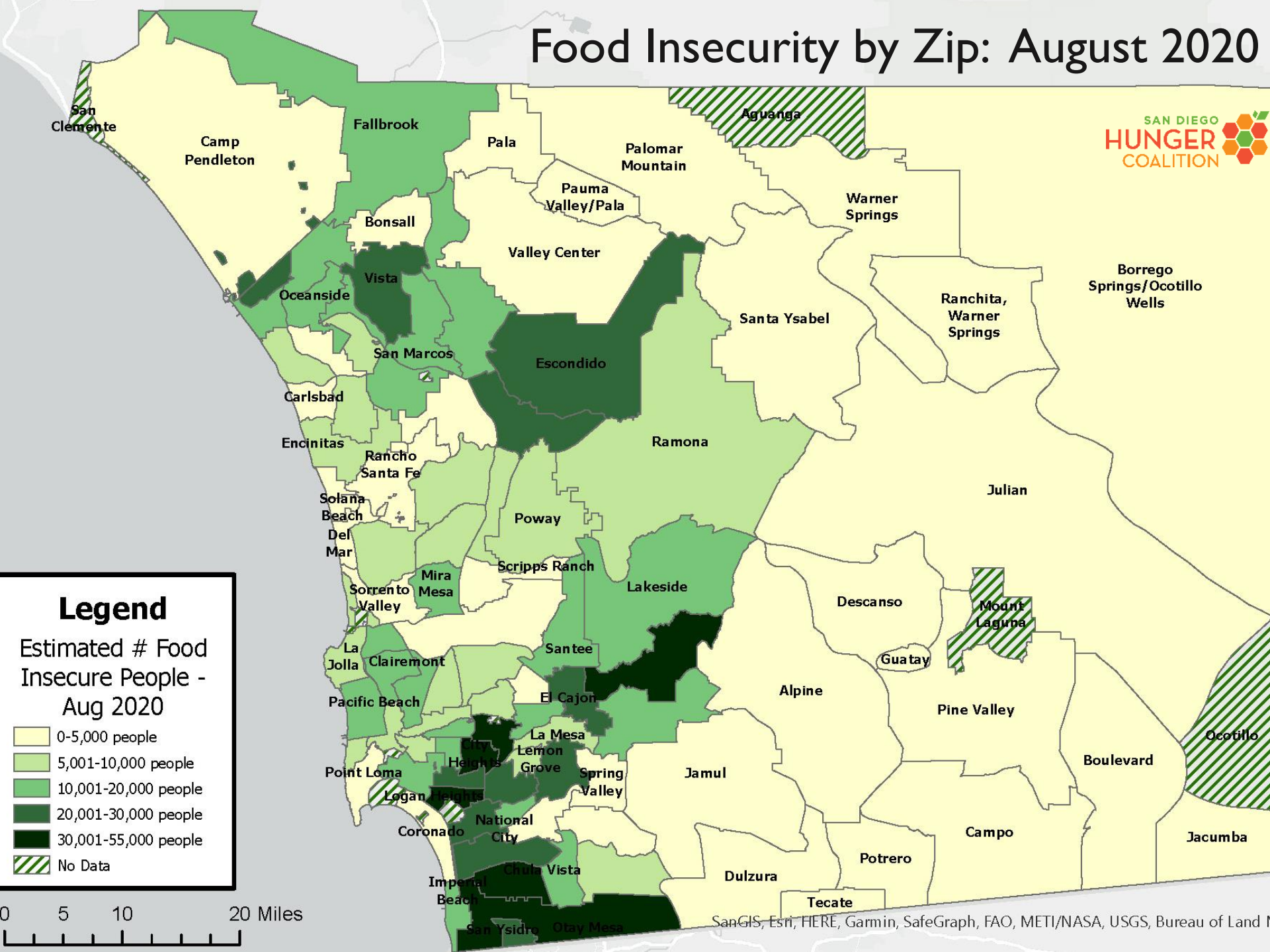
Estimated # Food Insecure People - Apr 2020

- 0-5,000 people
- 5,001-10,000 people
- 10,001-20,000 people
- 20,001-30,000 people
- 30,001-55,000 people
- No Data

0 5 10 20 Miles

SanGIS, Esri, HERE, Garmin, SafeGraph, FAO, METI/NASA, USGS, Bureau of Land Management

Food Insecurity by Zip: August 2020



Legend

Estimated # Food Insecure People - Aug 2020

- 0-5,000 people
- 5,001-10,000 people
- 10,001-20,000 people
- 20,001-30,000 people
- 30,001-55,000 people
- No Data

0 5 10 20 Miles

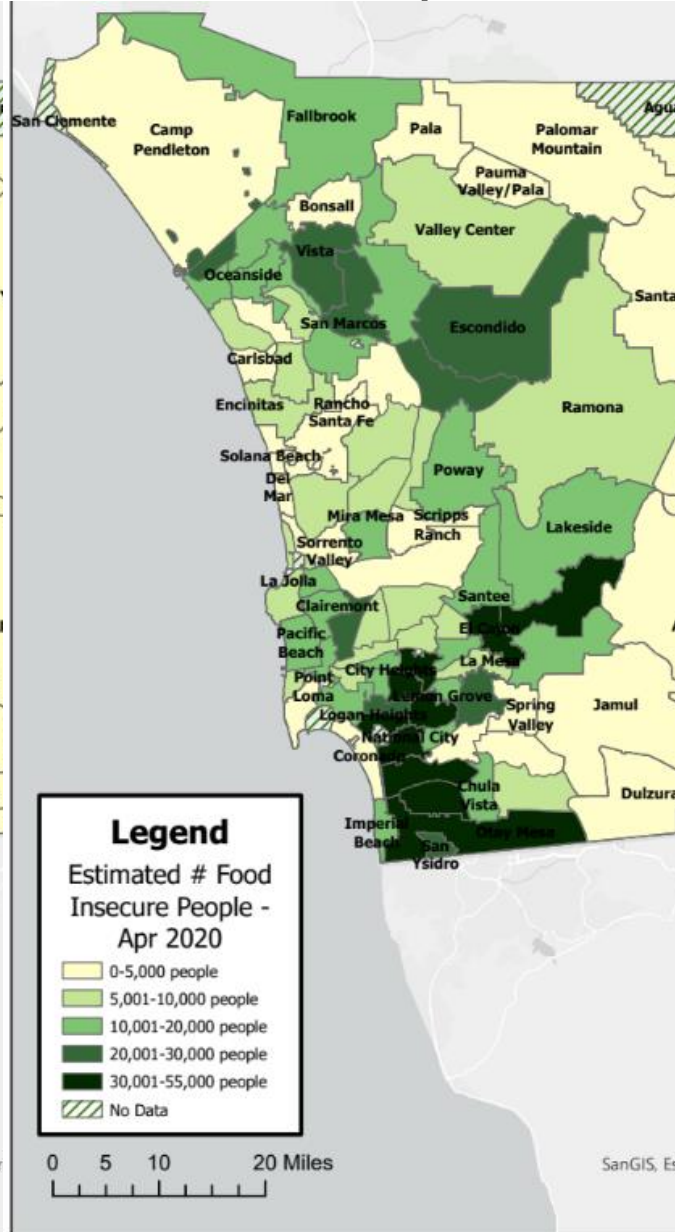
SanGIS, Esri, HERE, Garmin, SafeGraph, FAO, METI/NASA, USGS, Bureau of Land Management

2020 Food Insecurity by Zip by Month

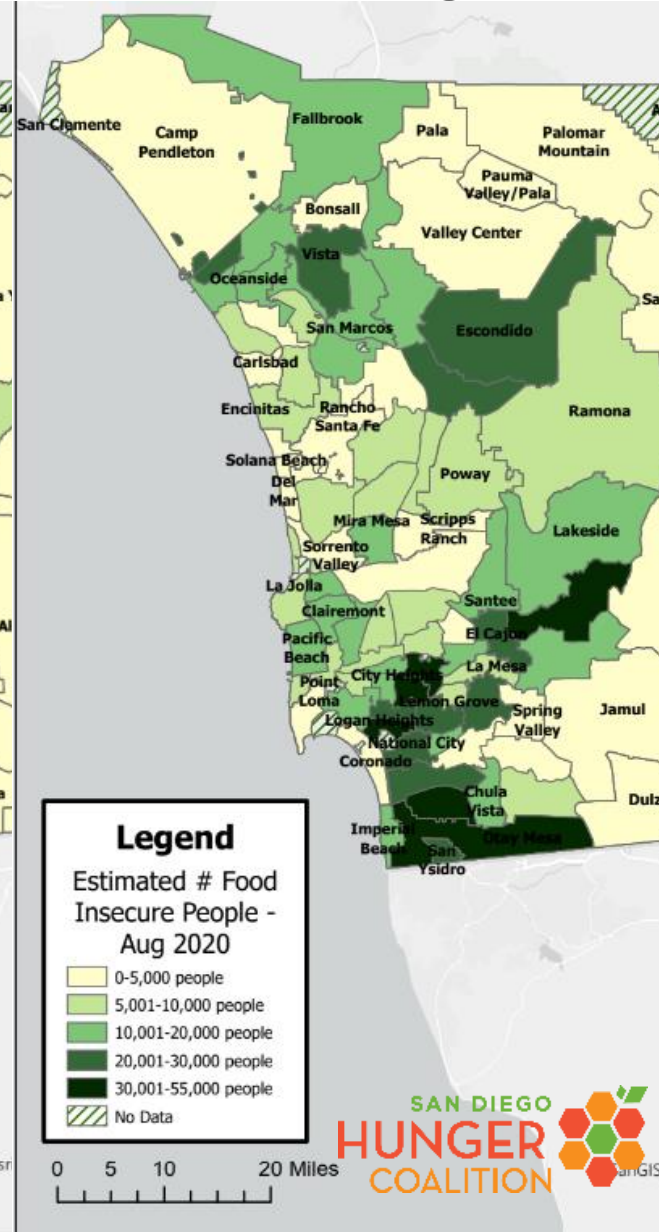
January:



April:



August:



Total meals needed for a Hunger Free San Diego

How much emergency food and other types of food assistance are needed to end hunger during the COVID-19 pandemic and beyond?

San Diego County Meal Gap: August 2020

1,057,254
People in need of
food assistance
x 3
meals/day
=
94,477,371
meals needed
In August 2020

**63 million meals
self-purchased
(with own money)**

**___million meals from
food assistance**

___ million missing meals

Total meals provided

In total, across all types of food assistance in San Diego County and every provider, how many meals are currently being provided?

Where are these meals being distributed?

Meals Provided during COVID-19

Review of HFSD Methodology:

- Data obtained from local & state-level agencies that provide each type of food assistance.
- All units of food assistance (meals, pounds, EBT) is converted to “meals” to provide common unit of measure.
- Meal cost and pounds calculation determined using:
 - USDA Moderate Meal Plan Cost for August 2020
 - Age & sex breakdown of San Diego Population ACS Survey 2019
 - San Diego Multiplier from Feeding America for cost of meal

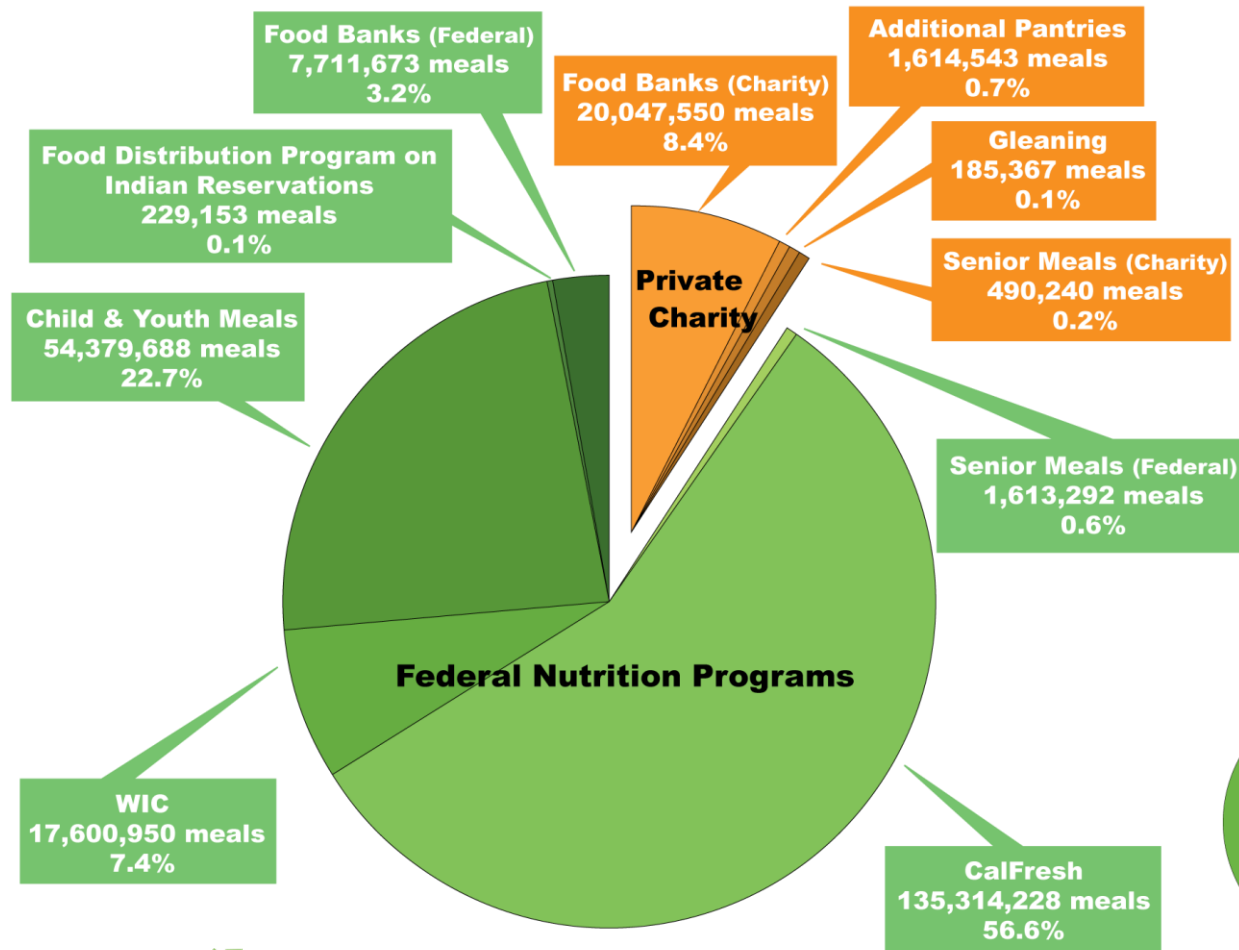
2020 conversions:

1 meal = 1.84 pounds of food = \$3.31

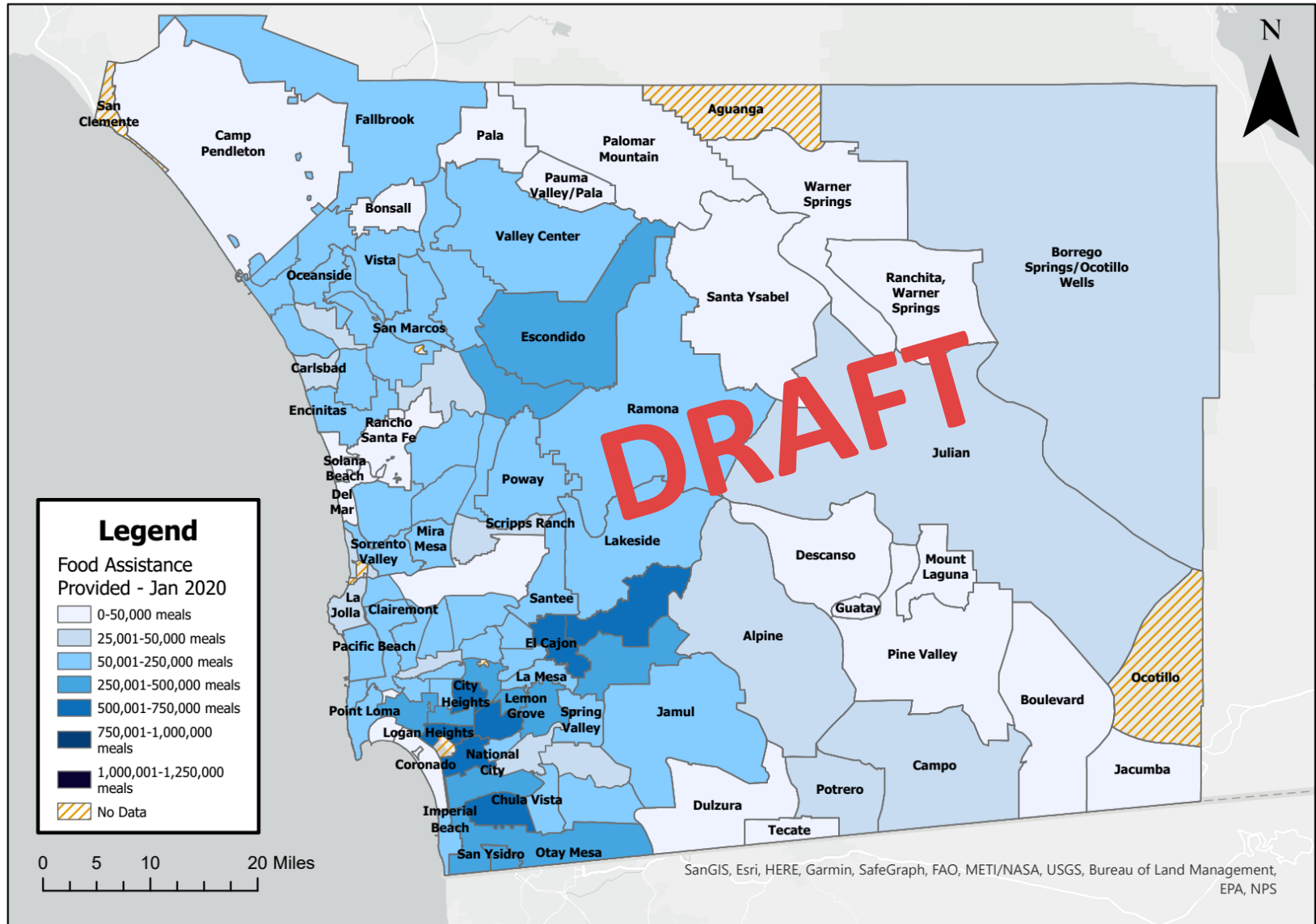
Meals Provided in 2017

Where Hungry San Diegans Get Food (2017)

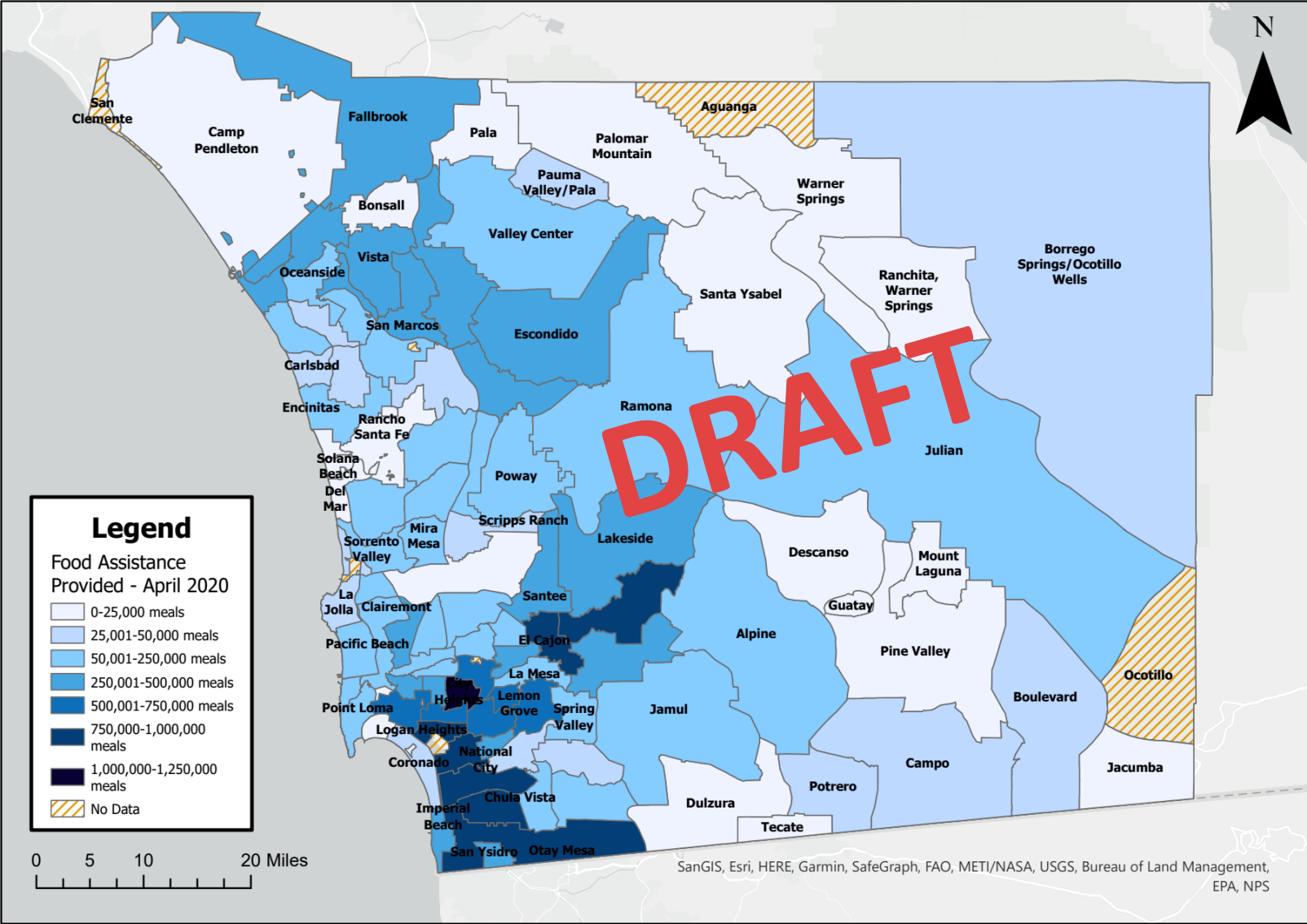
Program type, number of meals, percentage of total meals, and funding source



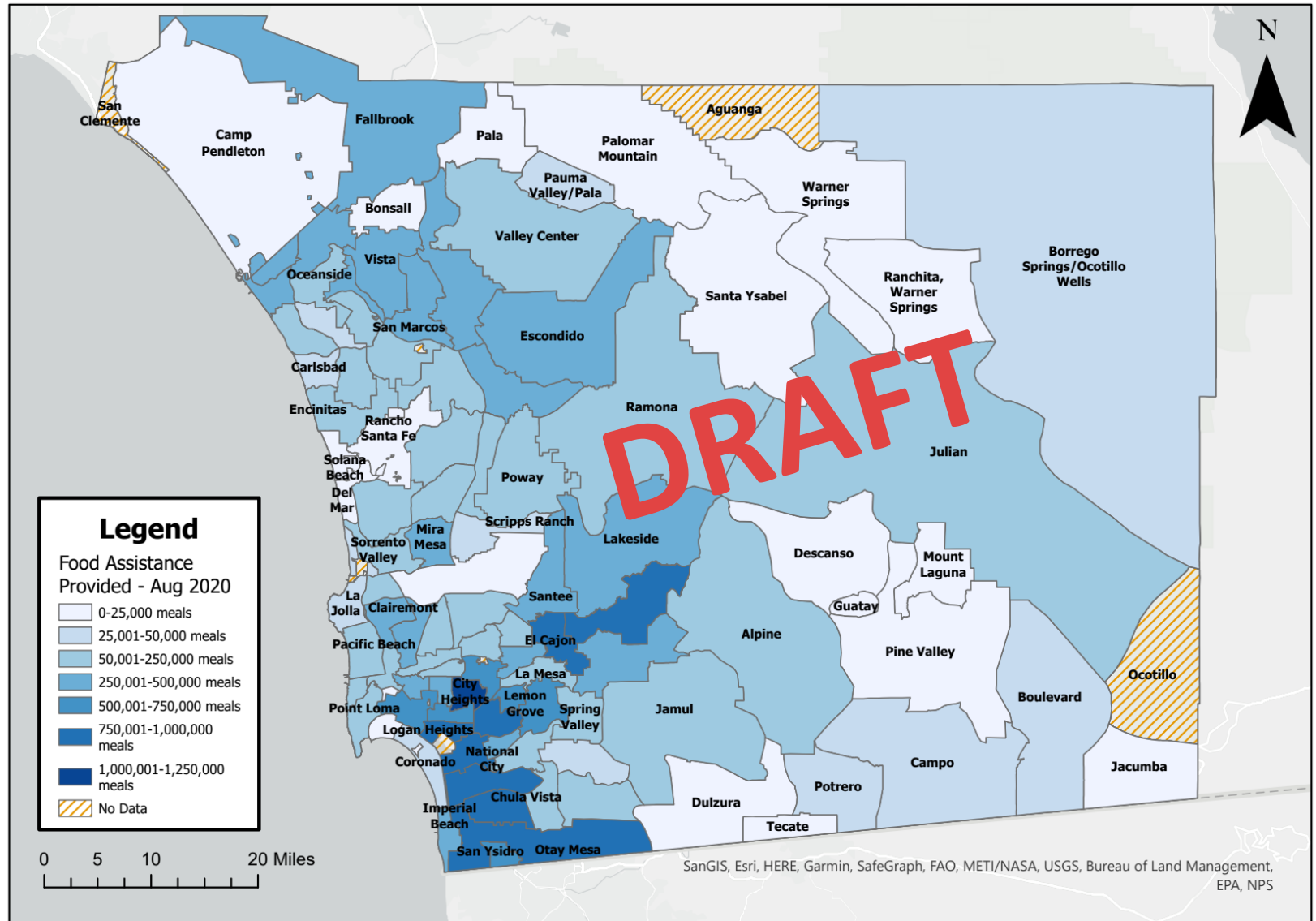
SD County Food Assistance: January 2020



SD County Food Assistance: April 2020



SD County Food Assistance: August 2020



Estimating the Meal Gap

Do we have a gap?

Are there communities (geographic or demographically-based) that are not being reached and which are most vulnerable?

San Diego County Meal Gap: August 2020

1,057,254
People in need of
food assistance
x 3
meals/day
=
94,477,371
meals needed
In August 2020

**63 million meals
self-purchased
(with own money)**

**25 million meals from
food assistance**

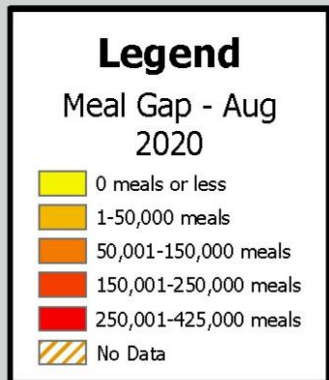
6 million missing meals

Estimated Meal Gap: August 2020

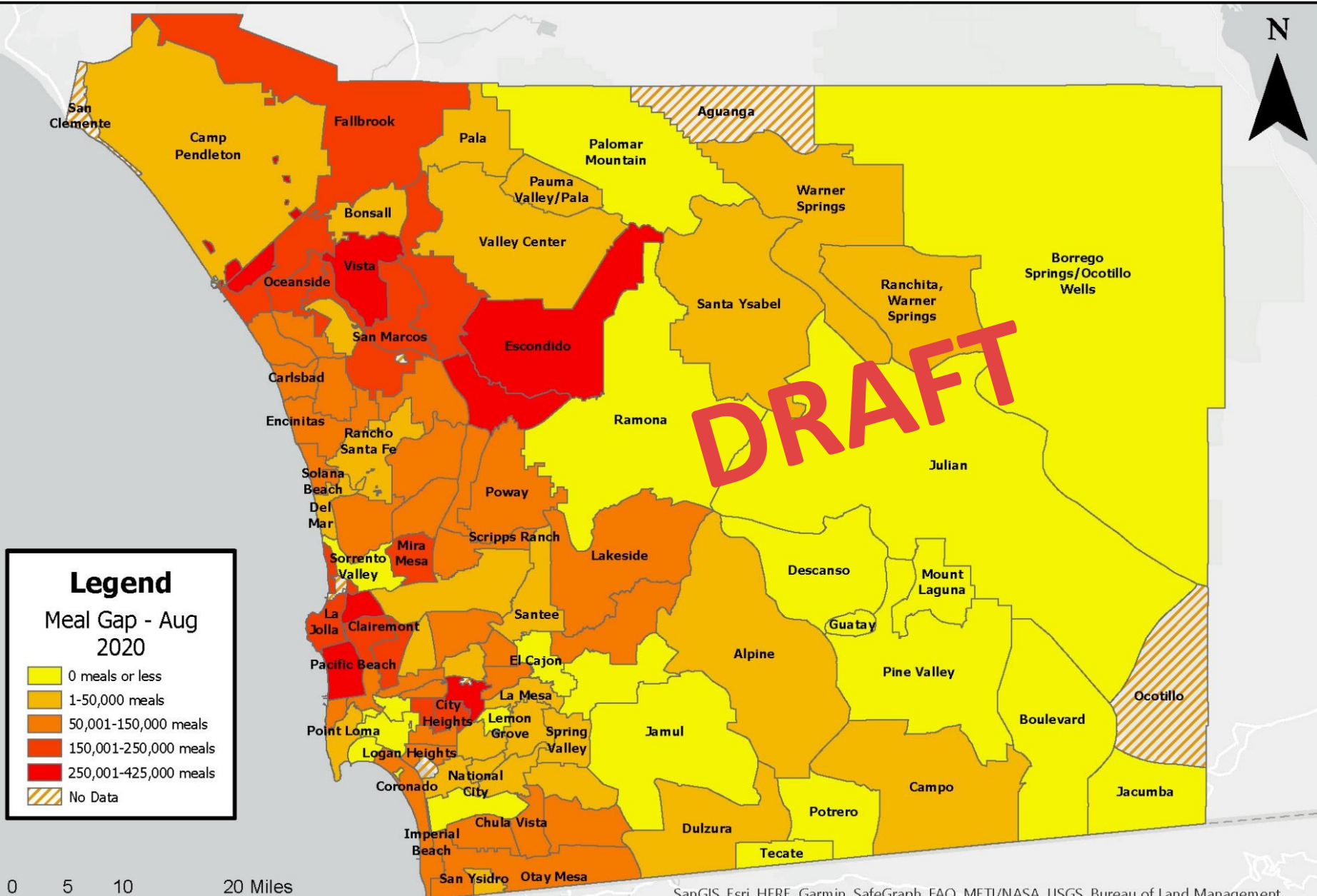
Total meals needed:	94,477,371
<u>Self-purchased meals:</u>	<u>(62,785,290)</u>
Food assistance needed:	31,692,081
	↓
<u>Current Meals Provided*:</u>	<u>(25,415,983)</u>
Remaining Meal Gap* (August 2020):	6,276,097

**Note that 'Current Meals Provided' excludes FDPIR and CACFP Meals*

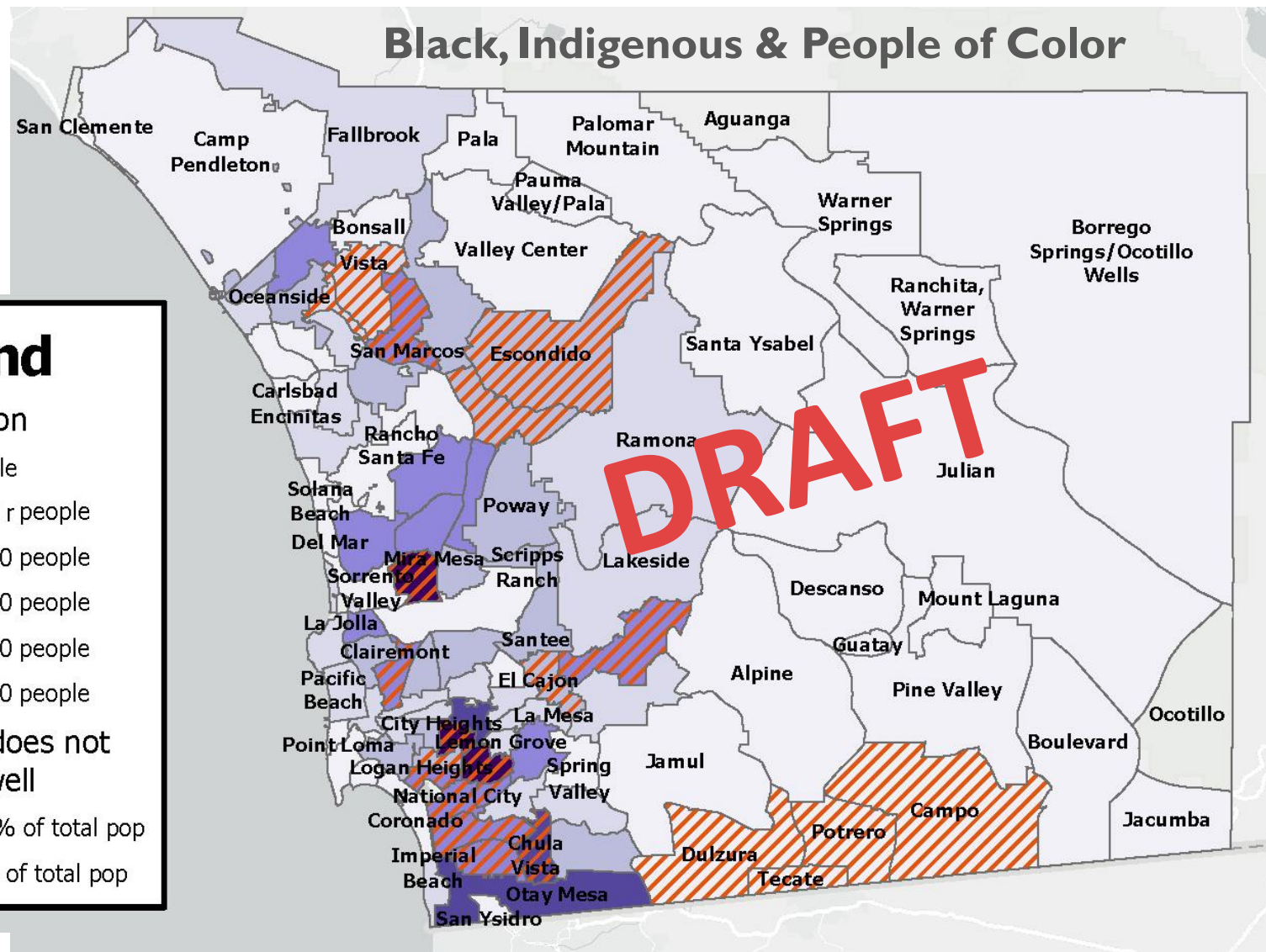
Meal Gap August 2020



0 5 10 20 Miles

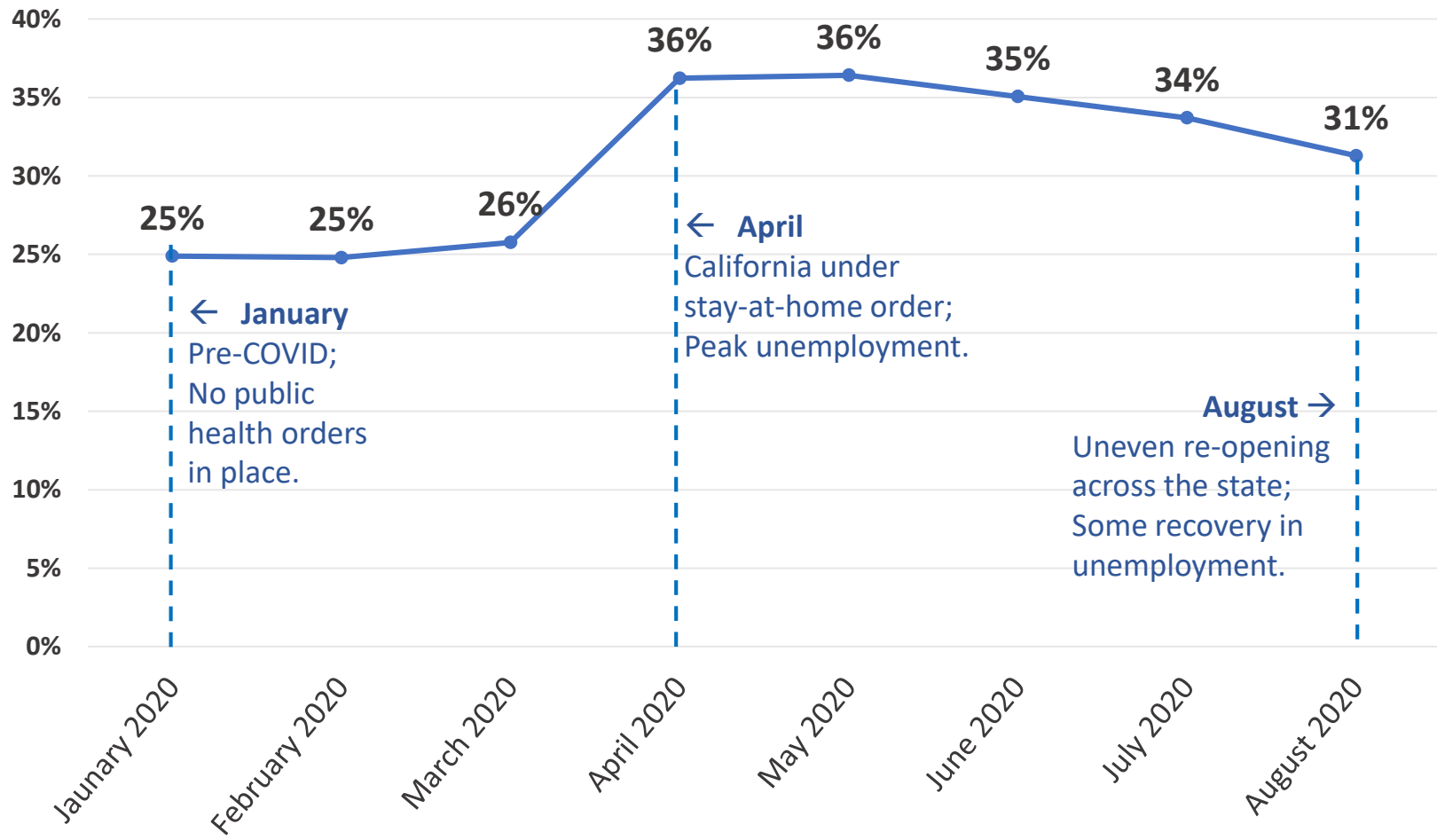


Prioritizing communities for investment



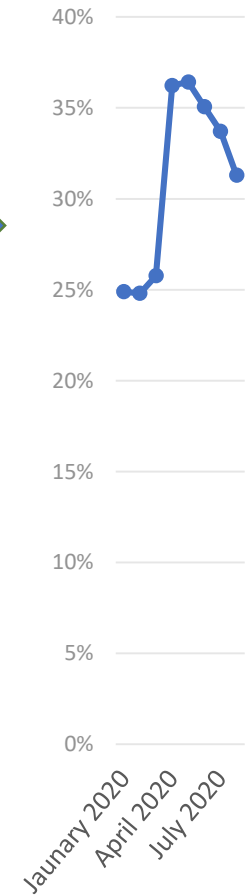
Food Insecurity Projections

2020 SD County Food Insecurity – total need by month

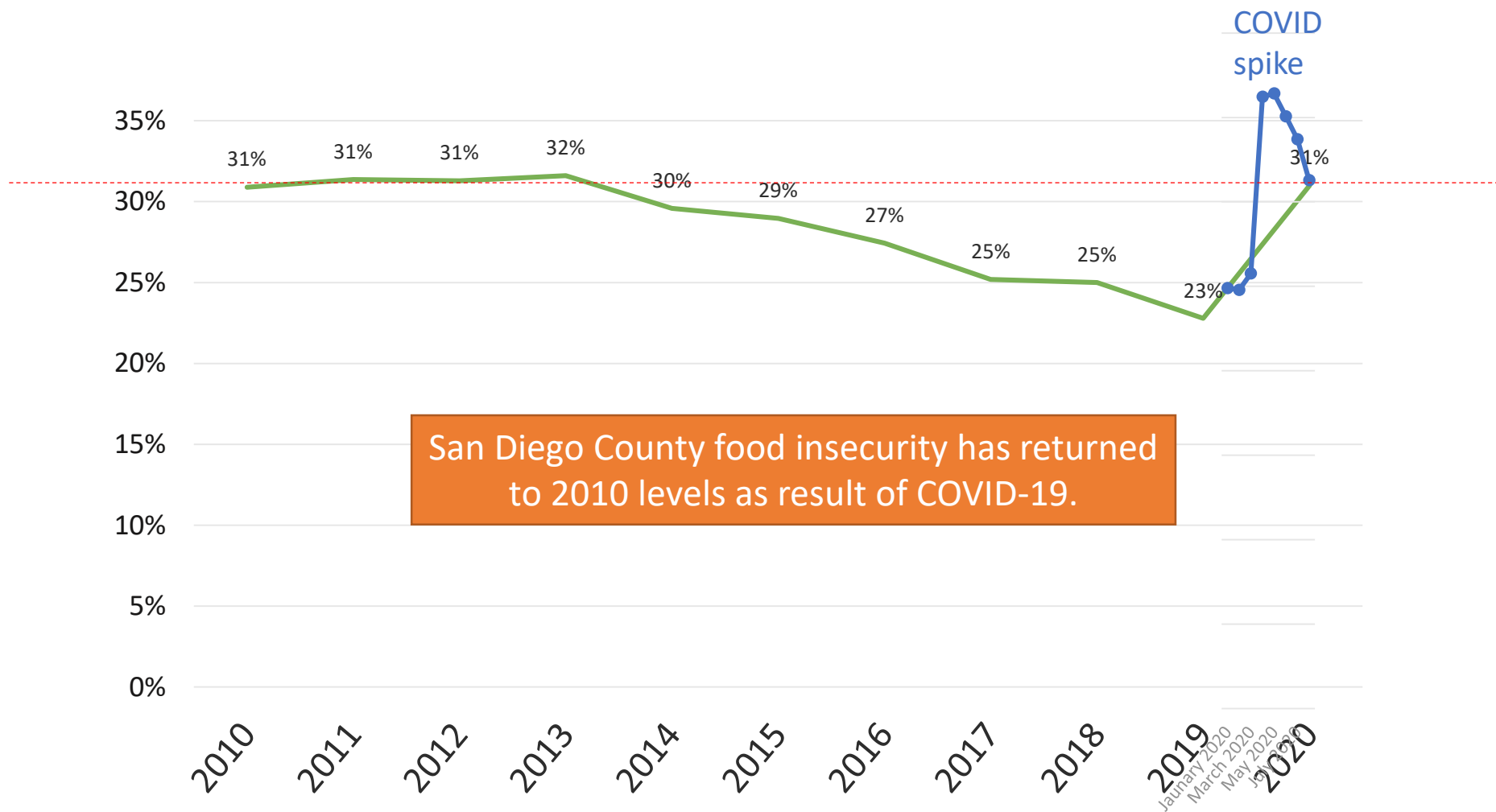


SD County Food Insecurity during COVID

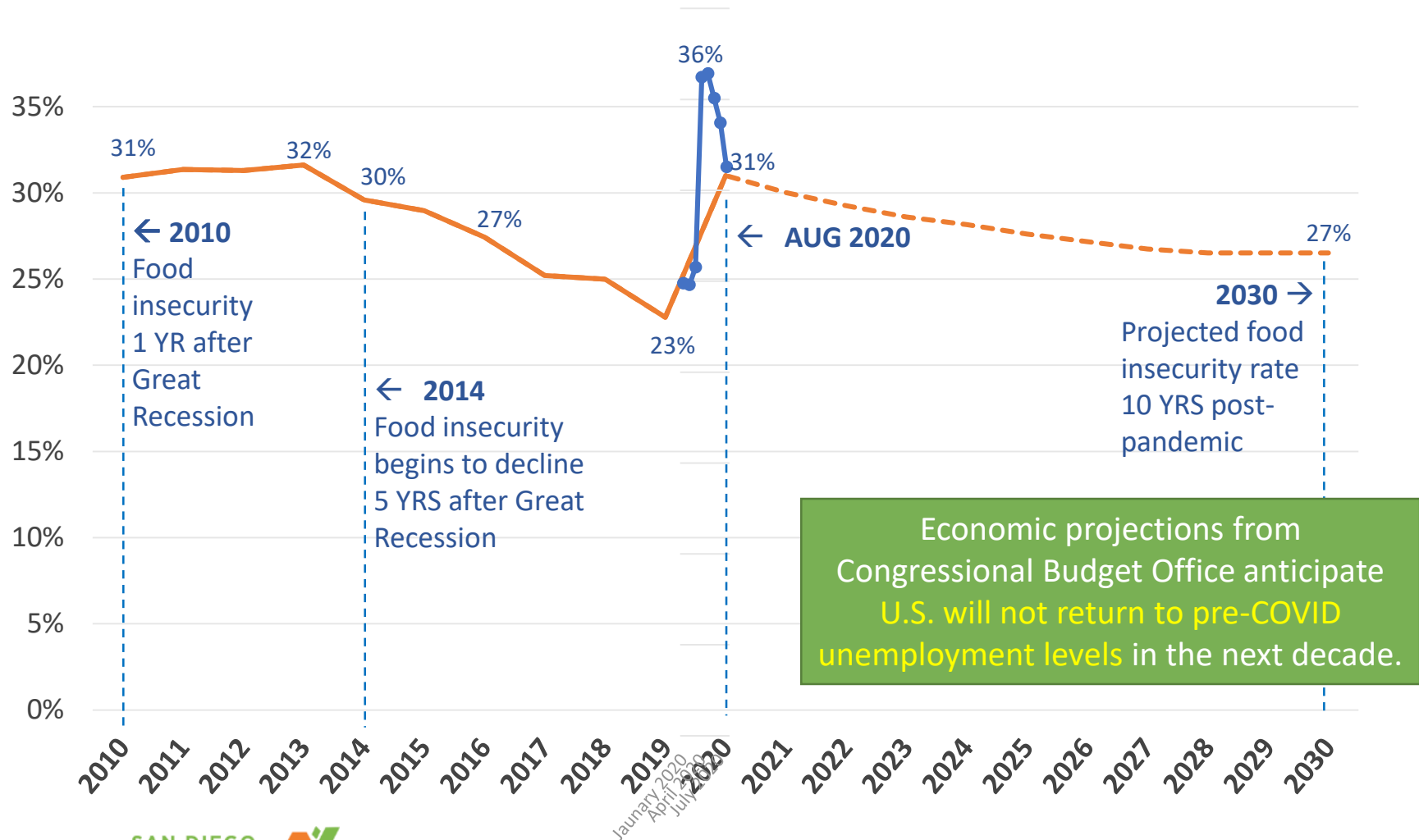
Condensed view of the “COVID spike”
in food insecurity from Jan – Aug 2020
for use on upcoming slides...



SD County Food Insecurity post-Great Recession (2010-2020)



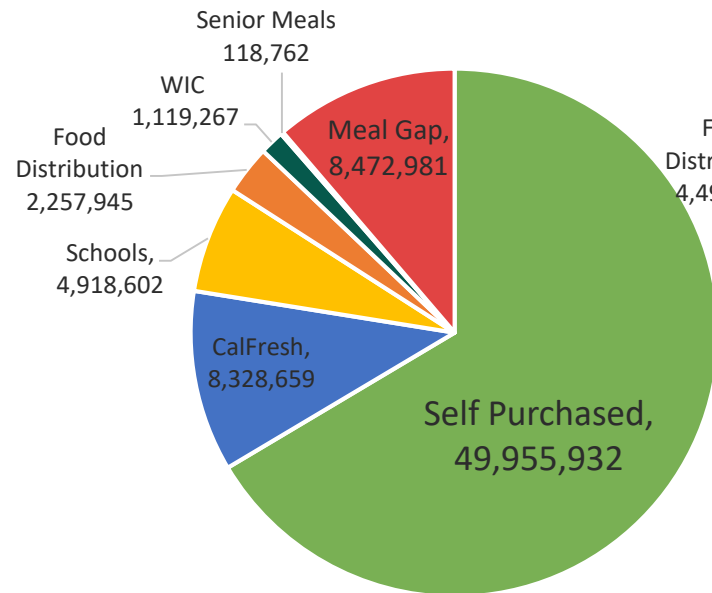
SD County Food Insecurity post-COVID Pandemic (2020-2030 projections)



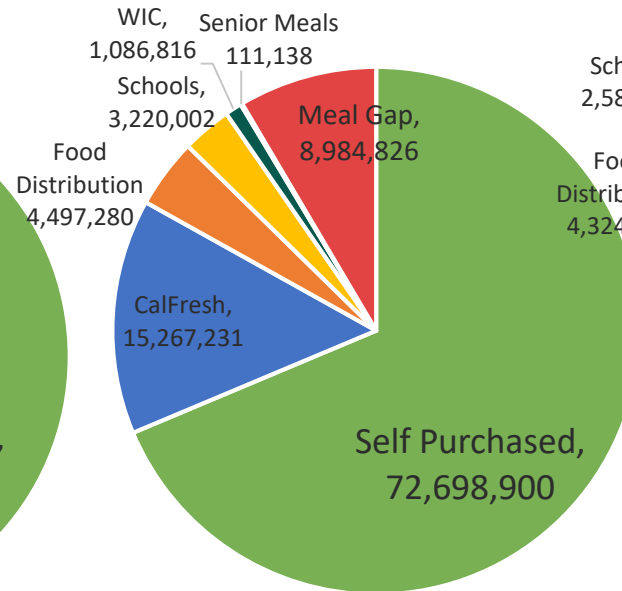
Closing the Meal Gap

Meals by Source

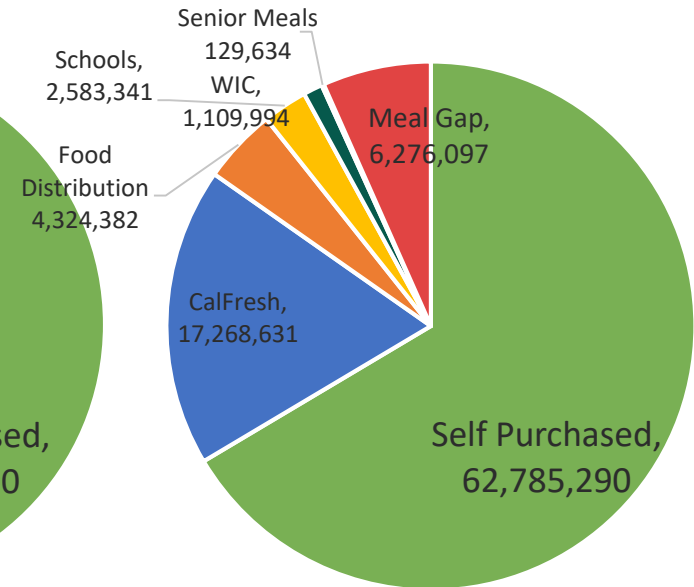
January 2020



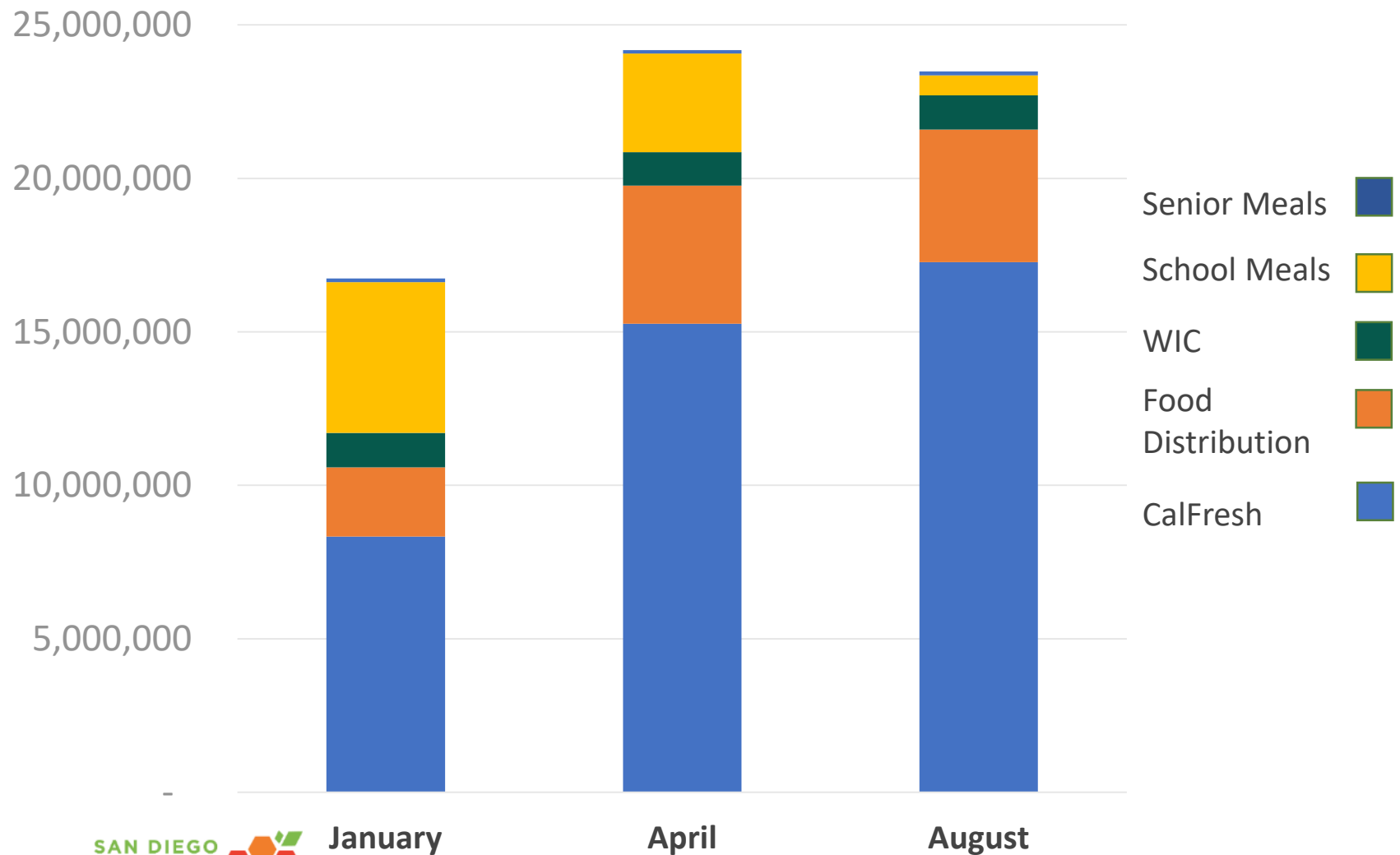
April 2020



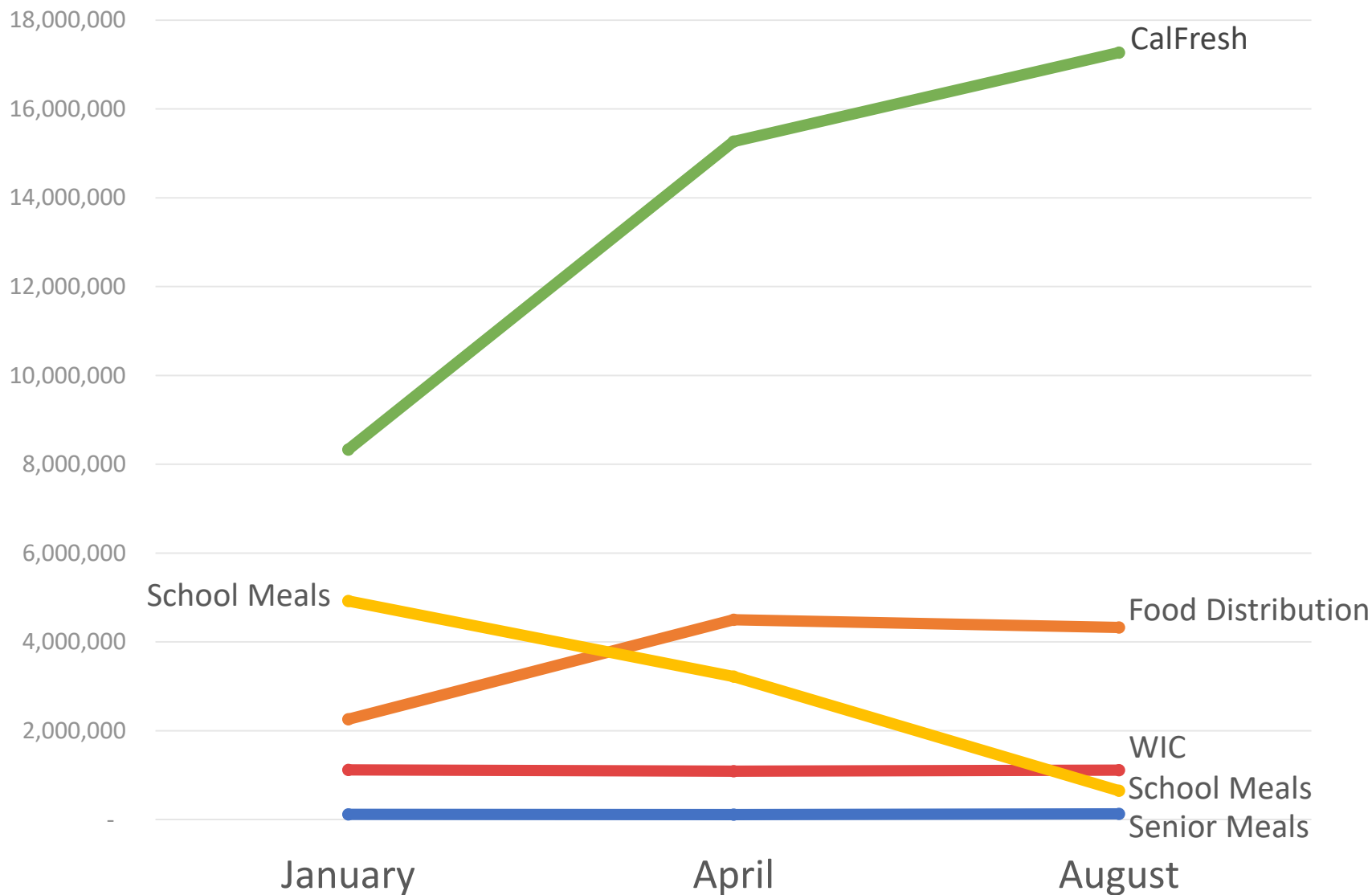
August 2020



Food Assistance Meals by Source



Food Assistance Meals by Source: Jan, Apr, Aug



Next Steps

- **Methodology & data** presented today will be available online by Dec 1.
- **Updated data available each quarter** on food insecurity, meals provided and meal gap by zip code.
 - Of note: Will require monthly data sharing from all hunger relief partners.
- **Data & GIS maps on demand** for stakeholders by requested zip, municipality, region, political district boundaries, etc.
- **Quarterly Hunger Free San Diego public briefings** starting January 2021.

Highlights & Opportunities to Further Strengthen Food Security

Amanda Schultz Brochu, MPH

VP of Programs

HFSD Co-Facilitator

A Systems Based Approach in Action: Successes

✓ Building upon existing collaboration amongst hunger relief partners

- Communication
- Coordination of efforts
- Resource sharing



A Systems Based Approach in Action: Successes

✓ Strengthening and expanding existing infrastructure

- Food Banks doubled their collective distribution across San Diego County.
- Senior meal providers increased meals delivered by >50%
- Schools became anchors for nutrition services, distributing school meals & new sources of food
- Number of households enrolled in CalFresh increased 30%



Staying home due to Coronavirus?

Buy groceries online at Walmart or Amazon with CalFresh Food benefits using your EBT card. Spend \$35 or more at Amazon and have your groceries delivered to your home for FREE.



A Systems Based Approach in Action: Successes

✓ Focusing on policy change through administrative and legislative advocacy

- Simplified access to CalFresh, school meals, WIC and food distributions
- Brought in \$Millions to San Diego County

✓ Engagement of the broader community

- Community residents
- Elected officials
- School districts
- Healthcare settings
- Government
- Housing
- Business
- Philanthropy



The Honorable Sonny Perdue
Secretary U.S. Department of Agriculture
1400 Independence Avenue, SW Washington, DC 20250

Dear Mr. Secretary,

We write to you on behalf of food distributors, producers, suppliers and farmers, a coalition of which supply San Diego County School Districts with the food they need to feed over 500,000 students.

In an average year, San Diego County School Districts collectively spend \$68.1M in school food purchasing through our businesses. This has been no ordinary year, and declines in purchasing now threaten to be catastrophic. After schools closed unexpectedly in mid-March, USDA issued critical waivers to allow school meal programs to safely meet students' nutritional needs through the Summer Food Service Program (SFS) and Seamless Summer Option (SSO). The issuance of these waivers enabled our distributors to remain openable at somewhat normal levels, even despite well publicized supply issues. However, with the beginning of the school year, and the USDA's requirement for school meal programs to operate the National School Lunch Program (NSLP) and School Breakfast Program (SBP), we have seen a drastic reduction in school food purchasing. In one local school district alone, there has been a 90% drop in meals served in just the first week.

Our businesses provide jobs and opportunity to thousands of families, while feeding over 500,000 students the meals they critically need. If the waivers are not extended, we see a financial cliff for many of us. The COVID-19 financial losses that have wiped out school meal

Agricultores a familias

CAJAS DE COMIDA

SE DISTRIBUIRÁN PRODUCTOS
FRESCOS, LÁCTEOS, QUESO Y
CARNE A LAS FAMILIAS EN VISTA
EL MIÉRCOLES 21 DE OCTUBRE
DE 11 A.M. A 1 P.M. EN

VISTA HIGH SCHOOL
GRAPEVINE ELEMENTARY
RANCHO BUENA VISTA HIGH



SAN DIEGO
**HUNGER
COALITION**

V VISTA UNIFIED SCHOOL DISTRICT
EXCELLENCE * INNOVATION



www.sdhunger.org

Working with Community: P-EBT Example

Grants to 8 organizations & coalitions

- Grassroots outreach methods:
 - I-on-I direct outreach & social media
 - Zoom Community Forums/Town Halls
- Estimated reach > 60,000 households!
 - Text messages & calls: 29,000
 - Social media: 30,000
 - In person, flyers and distributions: 18,700
- Feedback from community to inform ongoing hunger relief efforts & planning

SD Refugee Communities Coalition

UC San Diego | Center for
SCHOOL of MEDICINE Community Health

Poder Popular



San Diego County Promotores Coalition
Empowering Promotores Since 2011

Finding Food Assistance Can be Confusing



Barriers Prevent Many from Finding and Accessing Food Assistance

Common Barriers:

Primary language spoken

Misinformation

Uncertainty/Stigma

Fear

Programs difficult to access

or confusing



Engagement is Key to Overcome Barriers

People want:

To understand options & find the right resources for *their* families

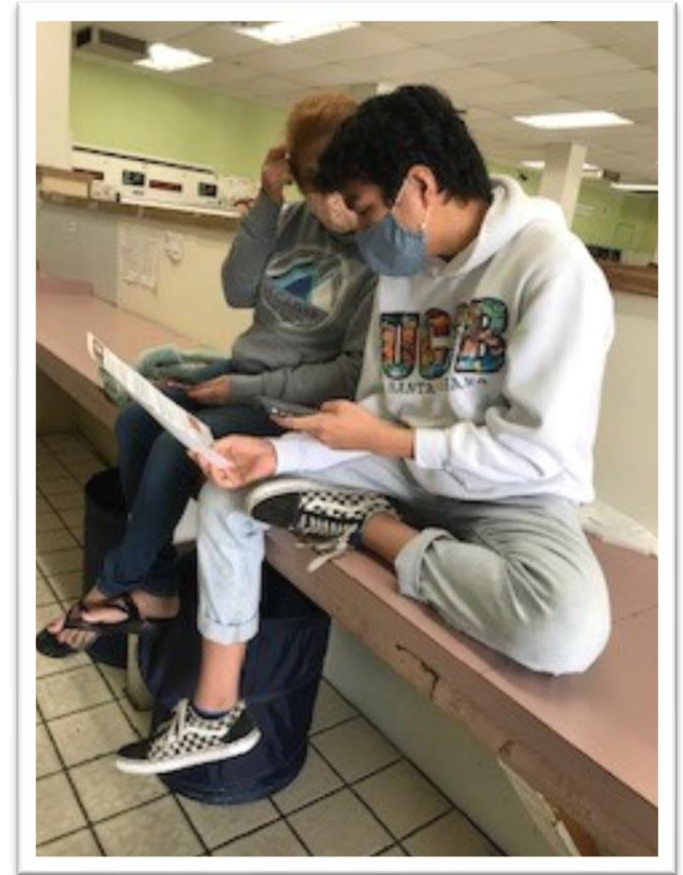
Feel comfortable, reducing stigma & debunking myths

Assistance in navigating complex application processes

Utilize trusted sources of information

Hunger Free Navigator Program

Making it easier for people to **learn about**, **access**, and ultimately **influence** the food assistance resources in their community.



HFSD Hunger Free Navigator Program

1. Hunger Free **Community** Navigator Program

- Supporting community residents in understanding, accessing and shaping food assistance resources in their communities.
- Developed in collaboration with community leaders and grassroots community partners.

2. Hunger Free **Nonprofit** Navigator Program

- Supporting nonprofit organizations and staff in connecting people experiencing food insecurity to food assistance resources.
- Training includes a comprehensive understanding of available food assistance resources and how to best connect people.

Hunger Free Navigator Program for Community

Created by and for: **community members**

Goals:

Understanding & Information Sharing
Advocacy & Systems Improvement

Upon Completion:



Certificate & recognition as Hunger Free Navigators



Receive on-going communications and access to informational resources from SDHC



Opportunity to become a Hunger Free Activist and engage with SDHC on creating systemic change through administrative and legislative advocacy

Hunger Free Navigator Program for Nonprofits

Created for: case managers, patient navigators, and resource specialists

Learning Objectives:

- **Increase understanding of food assistance resources**
- **Develop skills to assess which programs are most applicable**
- **Gain confidence in connecting people to available resources**

Upon completion:



Certificate & recognition as Hunger Free Navigators



Receive on-going communications from SDHC regarding updates to hunger relief services across the county



On-going access to online resources to share with community members

Hunger Free Navigator Program

Curriculum Content:

- CalFresh
- WIC
- Child & Youth Meals
- Home-Delivered Meals
- Food Banks and Pantries

Public Charge & Safe Food Assistance

- **Safe Food Assistance** - Your status will not be affected if you or a family member uses:
 - Free and reduced-price school, afterschool, and summer meals
 - WIC
 - Food pantries
 - Food distribution
 - Food Assistance E
 - Senior congregat
 - remain in operati
 - The vast majority
 - from public charg
- For more informati
visit: sdhunger.org/

Food Distribution: How to Connect

- Most pantries receive food from both of San Diego's two food banks.
- To connect: call 2-1-1 or one of the two food banks

FOOD ASSISTANCE RESOURCES
Fall 2020

CALFRESH (SNAP)
CalFresh provides extra money for groceries to help buy food while money is tight.
• CalFresh provides grocery money on a debit-like card that can be used at grocery stores and farmers markets.
• Apply online at GetCalFresh.org, call 2-1-1, or with a local nonprofit: www.sdhunger.org/cal-fresh-assistance
• The majority of people who are eligible for CalFresh (SNAP) are exempt from the Public Charge Rule**.
• Everyone who receives or is approved for CalFresh by October 30* will automatically receive the maximum benefit for October (awarded in November).

SCHOOL MEALS*
School meals are available for all students whether you are in a classroom or distance learning. All students will receive free school meals through June 30, 2021.
• Different school districts may have different meal times, locations, and requirements. Please check your district's website and Facebook page for more information. Information is also available on the San Diego County Department of Education's website at sdcoe.net/studentmeals.

WIC WOMEN, INFANTS, & CHILDREN (WIC)*
Women, Infants, and Children (WIC) provides breastfeeding support, nutrition education, and money for healthy food for pregnant and breastfeeding mothers and children ages 0-5.
• WIC grocery money comes on a debit-like card that can be used at most grocery stores and farmers markets.
• Visit www.sdwic.com or call 2-1-1 for the WIC office nearest you.

FOOD DISTRIBUTIONS*
Food pantries and distributions are open, and many have drive-thru or home delivery options.
• Please call 2-1-1 for the distribution nearest you.
• You can also contact Feeding San Diego at (858) 452-3663 or the San Diego Food Bank at (858) 527-1419.

HOME DELIVERED MEALS*
Home delivered meals are available for seniors and individuals with disabilities.
• Meal delivery services offer options from 1-3 meals per day and 5-7 days per week.
• Call 2-1-1 for assistance, or find individual meal providers at: bit.ly/senior-meals.

* Not considered when determining Public Charge status. Go to sdhunger.org/safe for more info on safe assistance.
** The Public Charge Test is used to determine if someone applying for a green card or visa is likely to need government assistance (Medicaid, SNAP, TANF cash benefits) in the future.

Last Update 09/02/2020 | Please email info@sdhunger.org for more information. | www.sdhunger.org

CalFresh: How to Connect?

- Community based organization
www.sdhunger.org/cal-fresh-assistance
- www.GetCalFresh.org
- Calling 2-1-1
- County of San Diego HHSA
PO BOX 85031 San Diego, CA 92186

Hunger Free Navigator Timeline

- Hunger Free Navigator Program for Nonprofits

- ☒ Training content created with hunger relief providers
- ☒ Beta tested with case managers & resource specialists

1st trainings to be offered December 2020!

- Hunger Free Navigator Program for Community Members

- ☒ Convening Advisory Council
- ☐ Developing content in multiple languages & for multiple cultures

Workshops to begin early 2021!

Putting the Pieces Together; Creating a Vision



Putting the Pieces Together; Creating a Vision

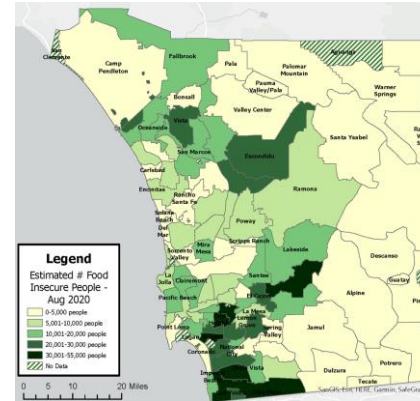
People feel comfortable talking to each other about food insecurity and know where to go to get help

- Every _____ has Hunger Free Navigators.
 - Affordable housing complex
 - School
 - Senior center
 - Clinic and hospital
 - Library
 - Place of worship
- Municipalities have designated Hunger Free Navigators to help residents identify and navigate local food assistance resources.



Putting the Pieces Together; Creating a Vision

- Hunger Free Navigators will be armed with detailed information about food resources in their communities
- Navigators will be in positions to influence the development and implementation of food assistance programs
- All San Diegans have access to safe, nutritious food assistance that is there when they need it.



FOOD ASSISTANCE RESOURCES

Fall 2020

CalFresh

CalFresh provides extra money on a debit-like card to help buy food while money is tight.

- Apply online at CalFresh.ca.gov, call 2-1-1, or with a local nonprofit: www.sdhunger.org/calfreshnavigation
- The majority of people who are eligible for CalFresh (SNAP) are exempt from the Public Charge Rule**.
- Everyone who receives or is approved for CalFresh by October 30* will automatically receive the maximum benefit for October (awarded in November).

SCHOOL MEALS*

School meals are available for all students whether you are in a classroom or distance learning. All students will receive free school meals through June 30, 2021.

Different school districts may have different meal times, locations, and requirements. Please check your district's website and Facebook page for more information. Information is also available on the San Diego County Department of Education's website at sdcoe.net/studentmeals.

WIC

WOMEN, INFANTS, & CHILDREN (WIC)*

Women, Infants, and Children (WIC) provides breastfeeding support, nutrition education, and money for healthy food for pregnant and breastfeeding mothers and children ages 0-5.

- WIC grocery money comes on a debit-like card that can be used at most grocery stores and farmers markets.
- Visit www.sdhunger.org or call 2-1-1 for the WIC office nearest you.

FOOD DISTRIBUTIONS*

Food pantries and distributions are open, and many have drive-thru or home delivery options.

- Please call 2-1-1 for the distribution nearest you.
- You can also contact Feeding San Diego at (619) 452-3663 or the San Diego Food Bank at (619) 527-1419.

HOME DELIVERED MEALS*

Home delivered meals are available for seniors and individuals with disabilities.

- Meal delivery services offer options from 1-3 meals per day and 5-7 days per week.
- Call 2-1-1 for assistance, or find individual meal providers at sdhunger.org.

* Not considered when determining Public Charge status. Go to sdhunger.org/sdc for more info on safe assistance.
** The Public Charge Test is used to determine if someone applying for a green card or visa is likely to need government assistance (Medicaid, SNAP, TANF cash benefits) in the future.

Last Update: 09/02/2020 | Please email calfresh@sdhunger.org for more information. | www.sdhunger.org



How Can You Become Involved in Creating a Hunger Free San Diego?

- Learn about hunger in San Diego.
 - Become a Hunger Free Navigator!
- Share resources with people facing hunger.
 - Start by sharing the Food Assistance Flyer this holiday season!
- Add your voice as a Hunger Free Activist.
- Donate! Every dollar helps.
- Volunteer with local hunger relief
 - Visit www.handsonsandiego.org for opportunities