City of San Diego Nutrition Insecurity Dashboard: September 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.

<table>
<thead>
<tr>
<th>Nutrition Insecurity: Total Population</th>
<th>Nutrition Insecurity: Children &amp; Youth (0-18)</th>
<th>Nutrition Insecurity: Older Adults (60+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>City of San Diego Total Population</td>
<td>Estimated People Nutrition Insecure</td>
<td>Total Seniors in City of San Diego</td>
</tr>
<tr>
<td>1,397,303</td>
<td>353,396</td>
<td>261,479</td>
</tr>
<tr>
<td>% of Total Population Nutrition Insecure</td>
<td>25% compared to 25% in SD County</td>
<td>% of Older Adults Nutrition Insecure</td>
</tr>
<tr>
<td>Total Children &amp; Youth in City of San Diego</td>
<td>Estimated Kids Nutrition Insecure</td>
<td>Total Seniors in City of San Diego</td>
</tr>
<tr>
<td>274,758</td>
<td>83,879</td>
<td>59,787</td>
</tr>
<tr>
<td>% of Children &amp; Youth Nutrition Insecure</td>
<td>31% compared to 32% in SD County</td>
<td>% of Older Adults Nutrition Insecure</td>
</tr>
</tbody>
</table>

Food Source Total Meals
- CalFresh (SNAP) 5,913,058
- Pandemic-EBT 955,800
- School & Youth Meals 2,958,283
- Food Distribution 1,207,123
- WIC 329,211
- Older Adult Meals 119,855
- Food Distribution Program on Indian Reservations (FDPIR) -

Total Meals Provided in Month 11,483,331

% of Food Assistance Meals by Source
- CalFresh (SNAP) 51%
- Pandemic-EBT 8%
- School & Youth Meals 26%
- Food Distribution 11%
- WIC 3%
- Older Adult Meals 1%

Comparing types of food assistance based on USDA Moderate Cost Food Plan:
- 1 nutritious meal = 1.85 pounds of food = $4.46 on an EBT card (metro)** = $5.43 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 32,247,360
Step 2: Subtract Estimated Self-Purchased Meals 16,809,084
Step 3: Subtract Total Food Assistance Meals Provided 11,483,331
Missing Meals in San Diego: September 2023 = 3,954,946

CalFresh Participation

<table>
<thead>
<tr>
<th>City of San Diego Total Participation</th>
<th>Number of People</th>
</tr>
</thead>
<tbody>
<tr>
<td>CalFresh Recipients in September</td>
<td>148,900</td>
</tr>
<tr>
<td>Est. Total Population Eligible for CalFresh</td>
<td>259,334</td>
</tr>
</tbody>
</table>

Estimated CalFresh Participation Rate in City of San Diego 57% Complete Participation Rate

Potential New CalFresh Enrollees 110,434
Additional monthly meals if half of eligible pop. was enrolled 2,394,628

$ issued for food from CalFresh in September $26,400,786
Estimated total economic impact from CalFresh spending $47,257,407

<table>
<thead>
<tr>
<th>City of San Diego Senior Participation</th>
<th>Number of Seniors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior CalFresh Recipients in September</td>
<td>37,124</td>
</tr>
<tr>
<td>Est. Total Seniors Eligible for CalFresh</td>
<td>56,700</td>
</tr>
</tbody>
</table>

Estimated Senior CalFresh Participation Rate 65%
Potential New Senior CalFresh Enrollees 19,576

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.

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.