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.

### Food Assistance Meals Provided in September

<table>
<thead>
<tr>
<th>Food Source</th>
<th>Total Meals</th>
</tr>
</thead>
<tbody>
<tr>
<td>CalFresh (SNAP)</td>
<td>2,377,803</td>
</tr>
<tr>
<td>Pandemic-EBT</td>
<td>532,603</td>
</tr>
<tr>
<td>School &amp; Youth Meals</td>
<td>1,653,489</td>
</tr>
<tr>
<td>Food Distribution</td>
<td>661,188</td>
</tr>
<tr>
<td>WIC</td>
<td>171,478</td>
</tr>
<tr>
<td>Older Adult Meals</td>
<td>29,788</td>
</tr>
<tr>
<td>Food Distribution Program on Indian Reservations (FDPIR)</td>
<td>11,015</td>
</tr>
<tr>
<td><strong>Total Meals Provided in September</strong></td>
<td><strong>5,437,365</strong></td>
</tr>
</tbody>
</table>

% of Food Assistance Meals by Source:

- CalFresh (SNAP) 44%
- Pandemic-EBT 10%
- School & Youth Meals 30%
- Food Distribution 12%
- WIC 3%
- Older Adult Meals 1%

### Calculating Missing Meals

1. **Step 1:** Total Meals Needed by Nutrition Insecure Population
   - District CA-48: 13,030,762
2. **Step 2:** Subtract Estimated Self-Purchased Meals
   - District CA-48: 6,191,125
3. **Step 3:** Subtract Total Food Assistance Meals Provided
   - District CA-48: 5,437,365

**Missing Meals in District CA-48: September 2023** = 1,402,272

### CalFresh Participation

- **District CA-48 Total Participation:**
  - Total Population: 592,479
  - Estimated People Nutrition Insecure: 142,803
  - % of Total Population Nutrition Insecure: 24%

- **Nutrition Insecurity: Children & Youth (0-18):**
  - Total Children & Youth in District CA-48: 135,738
  - Estimated Kids Nutrition Insecure: 39,585
  - % of Children & Youth Nutrition Insecure: 29%

- **Nutrition Insecurity: Older Adults (60+):**
  - Total Seniors in District CA-48: 131,477
  - Estimated Seniors Nutrition Insecure: 28,087
  - % of Older Adults Nutrition Insecure: 21%

### Cost Food Plan:

- 1 nutritious meal
  - $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.

### Methodology:

- **District CA-48 Senior Participation**
  - Senior CalFresh Recipients in September: 15,842
  - Est. Total Seniors Eligible for CalFresh: 26,381

- **Potential New Senior CalFresh Enrollees**
  - New Senior CalFresh Recipients in September: 10,739
  - Potential New Senior CalFresh Enrollees: 10,739

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.