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

<table>
<thead>
<tr>
<th>Component</th>
<th>Estimated People Nutrition Insecure</th>
</tr>
</thead>
<tbody>
<tr>
<td>District CA-50 Total Population</td>
<td>159,971</td>
</tr>
<tr>
<td>% of Total Population Nutrition Insecure</td>
<td>21% compared to 25% in SD County</td>
</tr>
</tbody>
</table>

### Nutrition Insecurity: Children & Youth (0-18)

<table>
<thead>
<tr>
<th>Component</th>
<th>Estimated Kids Nutrition Insecure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Children &amp; Youth in District CA-50</td>
<td>32,128</td>
</tr>
<tr>
<td>% of Children &amp; Youth Nutrition Insecure</td>
<td>21% compared to 25% in SD County</td>
</tr>
</tbody>
</table>

### Nutrition Insecurity: Older Adults (60+)

<table>
<thead>
<tr>
<th>Component</th>
<th>Estimated Seniors Nutrition Insecure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Seniors in District CA-50</td>
<td>30,605</td>
</tr>
<tr>
<td>% of Older Adults Nutrition Insecure</td>
<td>19% compared to 25% in SD County</td>
</tr>
</tbody>
</table>

### Food Assistance Meals Provided in September

<table>
<thead>
<tr>
<th>Food Source</th>
<th>Total Meals Provided in Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>CalFresh (SNAP)</td>
<td>1,987,606</td>
</tr>
<tr>
<td>Pandemic-EBT</td>
<td>330,754</td>
</tr>
<tr>
<td>School &amp; Youth Meals</td>
<td>1,395,024</td>
</tr>
<tr>
<td>Food Distribution</td>
<td>279,174</td>
</tr>
<tr>
<td>WIC</td>
<td>124,365</td>
</tr>
<tr>
<td>Older Adult Meals</td>
<td>61,888</td>
</tr>
<tr>
<td>Food Distribution Program on Indian Reservations (FDPIR)</td>
<td>-</td>
</tr>
</tbody>
</table>

### Comparing types of food assistance based on USDA Moderate Cost Food Plan:

<table>
<thead>
<tr>
<th>Cost Food Plan</th>
<th>% of Food Assistance Meals Provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 nutritious meal</td>
<td>48%</td>
</tr>
<tr>
<td>1.85 pounds of food</td>
<td>=</td>
</tr>
<tr>
<td>$4.46 on an EBT card (metro)**</td>
<td>=</td>
</tr>
<tr>
<td>$5.43 on an EBT card (rural)**</td>
<td>=</td>
</tr>
</tbody>
</table>

** Cost of nutritious meal adapted for San Diego prices and population.

### Calculating Missing Meals

1. Step 1: Total Meals Needed by Nutrition Insecure Population
   - 14,597,367
2. Step 2: Subtract Estimated Self-Purchased Meals
   - 7,399,796
3. Step 3: Subtract Total Food Assistance Meals Provided
   - 4,178,811

Missing Meals in District CA-50: September 2023
- 3,018,760

### CalFresh Participation

- **District CA-50 Total Participation**
  - CalFresh Recipients in September: 50,246
  - Est. Total Population Eligible for CalFresh: 114,179
  - Estimated CalFresh Participation Rate in District CA-50: 44% (60% Countrywide Participation Rate)
  - Potential New CalFresh Enrollees: 63,333
  - Additional monthly meals if half of eligible pop. was enrolled: 1,386,305
  - $ issued for food from CalFresh in September: $9,067,817
  - Estimated total economic impact from CalFresh spending: $16,231,392

- **District CA-50 Senior Participation**
  - Senior CalFresh Recipients in September: 14,126
  - Est. Total Seniors Eligible for CalFresh: 29,020
  - Estimated Senior CalFresh Participation Rate: 49%
  - Potential New Senior CalFresh Enrollees: 14,894

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](http://www.sdhunger.org/research).