**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 requiring food assistance to obtain adequate daily nutrition.

### Nutrition Insecurity: Total Population

<table>
<thead>
<tr>
<th>District 18 Total Population</th>
<th>Estimated People Nutrition Insecure</th>
<th>% of Total Population Nutrition Insecure compared to 24% in SD County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Children &amp; Youth in District 18</td>
<td>144,562</td>
<td>29%</td>
</tr>
<tr>
<td>Total Seniors in District 18</td>
<td>109,898</td>
<td>28%</td>
</tr>
<tr>
<td>Estimated Kids Nutrition Insecure</td>
<td>56,829</td>
<td>39%</td>
</tr>
<tr>
<td>Estimated Seniors Nutrition Insecure</td>
<td>31,198</td>
<td>39%</td>
</tr>
</tbody>
</table>

### district 18 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>4,164,206</td>
</tr>
<tr>
<td>Summer EBT</td>
<td>-</td>
</tr>
<tr>
<td>School &amp; Youth Meals</td>
<td>1,330,336</td>
</tr>
<tr>
<td>Food Distribution</td>
<td>1,054,529</td>
</tr>
<tr>
<td>WIC</td>
<td>362,385</td>
</tr>
<tr>
<td>Older Adult Meals</td>
<td>45,649</td>
</tr>
<tr>
<td>Food Distribution Program on Indian Reservations (FDPIR)</td>
<td>975</td>
</tr>
</tbody>
</table>

### % of food assistance meals by source

- CalFresh (SNAP): 60%
- School & Youth Meals: 19%
- Food Distribution: 15%
- WIC: 5%
- Older Adult Meals: 1%

### comparing types of food assistance based on USDA moderate cost food plan

- 1 nutritious meal = 1.85 pounds of food
- $4.44 on an EBT card (metro)**
- $5.40 on an EBT card (rural)**

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

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### calculating missing meals

**Step 1:** Total Meals Needed by Nutrition Insecure Population = 16,212,279

**Step 2:** Subtract Estimated Self-Purchased Meals = 8,681,835

**Step 3:** Subtract Total Food Assistance Meals Provided = 6,958,080

**Missing Meals in District 18: December 2023 = 572,363**

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### CalFresh participation

**District 18 Total Participation**

- CalFresh Recipients in September: 101,544
- Est. Total Population Eligible for CalFresh: 131,752
- Estimated CalFresh Participation Rate in District 18: 77% of 63% Completion Rate
- Potential New CalFresh Enrollees: 30,208
- Additional monthly meals if half eligible pop. was enrolled: 655,024
- $ Issued for food from CalFresh in September: $18,668,730
- Estimated total economic impact from CalFresh spending: $33,417,026

**District 18 Senior Participation**

- Senior CalFresh Recipients in September: 24,951
- Est. Total Seniors Eligible for CalFresh: 29,560
- Estimated Senior CalFresh Participation Rate: 84%
- Potential New Senior CalFresh Enrollees: 4,609

**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.