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>District 38 Total Population</th>
<th>Estimated People Nutrition Insecure</th>
</tr>
</thead>
<tbody>
<tr>
<td>708,400</td>
<td>140,804</td>
</tr>
</tbody>
</table>

% of Total Population Nutrition Insecure: 20% compared to 24% in SD County.

Nutrition Insecurity: Children & Youth (0-18)

<table>
<thead>
<tr>
<th>Total Children &amp; Youth in District 38</th>
<th>Estimated Kids Nutrition Insecure</th>
</tr>
</thead>
<tbody>
<tr>
<td>151,054</td>
<td>39,807</td>
</tr>
</tbody>
</table>

% of Children & Youth Nutrition Insecure: 26% compared to 31% in SD County.

Nutrition Insecurity: Older Adults (60+)

<table>
<thead>
<tr>
<th>Total Seniors in District 38</th>
<th>Estimated Seniors Nutrition Insecure</th>
</tr>
</thead>
<tbody>
<tr>
<td>149,273</td>
<td>27,065</td>
</tr>
</tbody>
</table>

% of Older Adults Nutrition Insecure: 18% compared to 24% in SD County.

Nutrition Insecurity: Estimated Kids Nutrition Insecure

- 39,807

Nutrition Insecurity: Estimated Seniors Nutrition Insecure

- 27,065

Food Source Total Meals

- CalFresh (SNAP) 1,605,664
- Summer EBT -
- School & Youth Meals 972,884
- Food Distribution 424,355
- WIC 108,654
- Older Adult Meals 30,339
- Food Distribution Program on Indian Reservations (FDPIR) -

Total Meals Provided in Month: 3,141,876

% of Food Assistance Meals by Source

- CalFresh (SNAP) 51%
- Summer EBT 1%
- School & Youth Meals 31%
- Food Distribution 14%
- WIC 3%

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.

Calculating Missing Meals

Step 1: Total Meals Needed by Nutrition Insecure Population

- 12,848,380

Step 2: Subtract Estimated Self-Purchased Meals

- 6,741,309

Step 3: Subtract Total Food Assistance Meals Provided

- 3,141,876

Missing Meals in District 38: December 2023

- 2,965,195

CalFresh Participation

<table>
<thead>
<tr>
<th>District 38 Total Participation</th>
<th>Number of People</th>
</tr>
</thead>
<tbody>
<tr>
<td>CalFresh Recipients in September</td>
<td>38,530</td>
</tr>
<tr>
<td>Est. Total Population Eligible for CalFresh</td>
<td>101,371</td>
</tr>
<tr>
<td>Estimated CalFresh Participation Rate in District 38</td>
<td>38%</td>
</tr>
<tr>
<td>Potential New CalFresh Enrollees</td>
<td>62,841</td>
</tr>
<tr>
<td>Additional monthly meals if half of eligible pop. was enrolled</td>
<td>1,362,630</td>
</tr>
</tbody>
</table>

$ Issued for food from CalFresh in September

- $7,276,763

Estimated total economic impact from CalFresh spending

- $13,025,442

District 38 Senior Participation

| Senior CalFresh Recipients in September | 10,199 |
| Est. Total Seniors Eligible for CalFresh | 25,396 |
| Estimated Senior CalFresh Participation Rate | 40% |
| Potential New Senior CalFresh Enrollees | 15,197 |

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.