

# Using Data, Advocacy, and Collaboration to Advance Equitable Food Access

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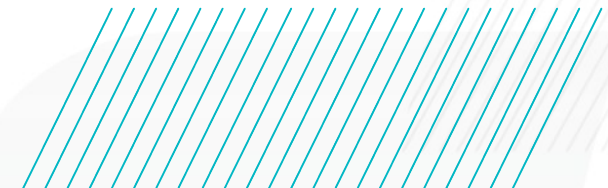




# Hunger Free San Diego Vision



San Diego Hunger Coalition works collaboratively to create **equitable access to food assistance** supported by research, education, and advocacy.



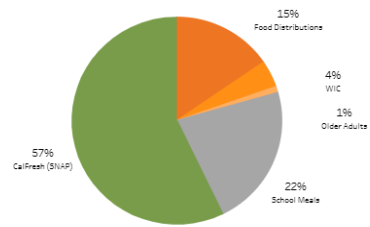


# Three Pillars

What is "nutrition insecurity"? Nutrition insecurity is not having reliable access to healthy meals a day. San Diego Hunger Coalition estimates the nutrition insecure population to be households with income below 225% of Federal Poverty Level (\$72K/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		Children & Youth (0-18)		Nutrition Insecurity: Older Adults (60+)	
	Total Population:	Estimated People Nutrition Insecure	Total Children	Total Children Nutrition Insecure	Total Seniors	Nutrition Insecure Seniors
	3,330,139	842,290	684,025	221,495	706,675	179,256
	% of Population Nutrition Insecure		% of Children Nutrition Insecure		% of Older Adults Nutrition Insecure	
	25%		32%		25%	

**Food Assistance Meals Provided**

CalFresh (SNAP) Meals	15,796,883
FDPPIR Meals	10,828
Food Distribution Meals	4,266,465
Meals for Older Adults	269,793
School and Youth Meals	6,123,661
Summer-EBT	0
WIC Meals	1,162,933
<b>Total Food Assistance</b>	<b>27,687,609</b>

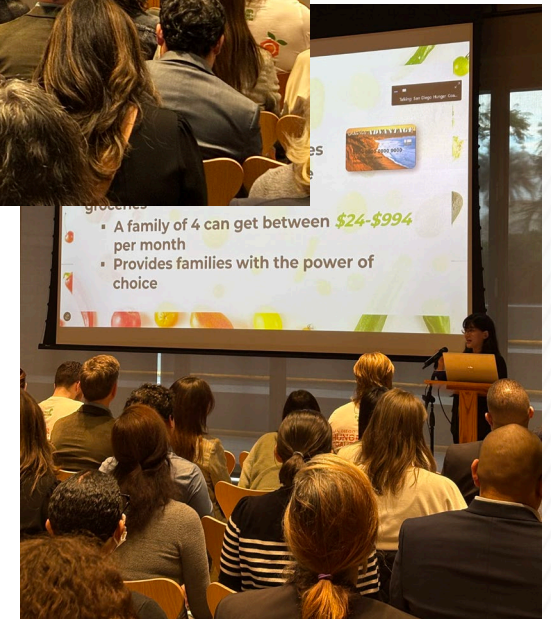


**Calculating Missing Meals:** Step 1: Calculate Total Meals Needed by Nutrition Insecure Population    Step 2: Estimate Self-Purchased Meals    Step 3: Total

	76,858,948	43,106,089
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**CalFresh Participation**

Current CalFresh Recipients	378,014	\$ Issued for food from CalFresh
CalFresh Participation Rate	65%	Additional Monthly Meals if half of eligible pop. was enrolled
Potential New CalFresh Enrollees	200,021	Missing \$ to local economy from CalFresh eligible pop.
		\$66,201,040



Research and Data

Policy and Advocacy

Outreach & Education



# Hunger Free San Diego Advisory Board Members



# 2025 Impact Report



**\$968,631**

passed through to local  
hunger relief organizations



**500+**

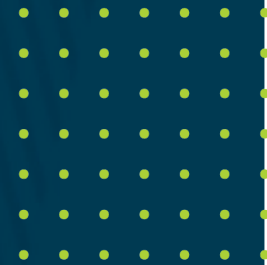
community partners  
engaging in trainings &  
receiving SDHC resources



**150,000+**

individuals connected to food  
assistance through SDHC trainings  
& resources





# Research & Partnership with Meals on Wheels San Diego



# Nutrition vs Food Insecurity

## Food Insecurity = Not having enough food

- No information about household's ability to obtain nutritious food or standard daily nutrition intake
- Based on self-reported survey data
- Undercounts the number of people in need, especially in communities of color

## Nutrition Insecurity = Unable to purchase 3 nutritious meals a day

- New standard rooted in health equity
- Based on economic indicators (i.e., household income)
- Able to capture real time need as economy changes
- **Defined by the # of people below 225% of the Federal Poverty Level (FPL), about \$72k of income for a family of four**

## December 2025 Nutrition Insecurity Data

San Diego County	Children (0-18)	Older Adults (60+)	Population with Disabilities
<b>25%</b>	32%	<b>25%</b>	37%
<b>More than 1 in 4</b>	Nearly 1 in 3	<b>More than 1 in 4</b>	Nearly 2 in 5
<b>~ 842,000 People</b>	~ 217,000 Kids	<b>~ 179,000 Seniors</b>	~ 136,000 People w/disabilities

# Meal Gap Data for Older Adults (60+)



## December 2025 Meal Gap for Older Adults

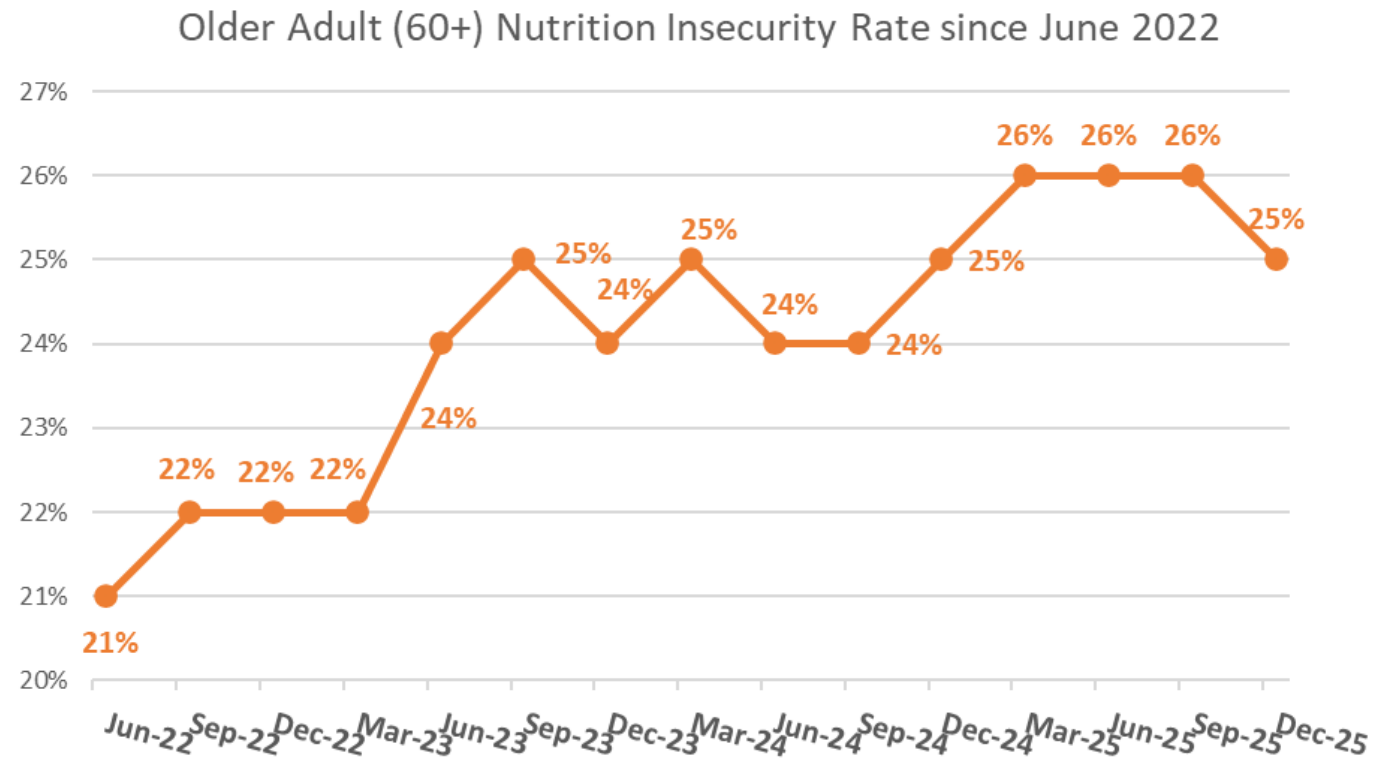
### Older Adult Nutrition Insecurity, Food Assistance and Missing Meals in San Diego County

*Dec-25*

Citation: San Diego Hunger Coalition. Older Adults (60+) Nutrition Insecurity and Meal Gap in San Diego County. December 2025 Data (released February 2026)

Region (Short)	Zip Code	Estimated Nutrition Insecure Older Adults (60+)	Estimated Nutrition Insecurity Rate Older Adults (60+)	Total Meals Needed by Nutrition Insecure Older Adults (60+)	Estimated Self Purchased Meals	Meals Needed from Food Assistance	Total Food Assistance Meals Provided	AIS Contract Totals - Government-Funded Home Delivered & Congregate	Charitably-Funded Home Delivered & Congregate	Food Distribution	CACFP - Adult Day Care	CalFresh	Missing Meals
Alpine	91901	771	17%	70,325	37,563	32,762	20,655	416	320	-	-	19,920	12,107
Bonita	91902	676	12%	61,718	35,949	25,769	16,585	411	194	-	-	15,980	9,184
Boulevard	91905	216	38%	19,733	9,932	9,801	10,720	700	-	3,193	-	6,827	(920)
Campo	91906	558	60%	50,959	27,174	23,786	11,183	715	46	-	-	10,422	12,602
Chula Vista	91910	5,221	30%	476,373	274,888	201,485	274,203	4,766	1,358	72,022	2,820	193,237	(72,718)
Chula Vista	91911	5,981	35%	545,753	327,238	218,515	187,116	5,999	1,508	659	1,129	177,820	31,400
Chula Vista	91913	1,418	16%	129,419	74,261	55,158	63,871	1,009	244	2,013	-	60,605	(8,713)
Chula Vista	91914	559	19%	51,012	29,889	21,123	4,056	443	101	-	-	3,512	17,067
Chula Vista	91915	555	12%	50,644	30,757	19,888	44,113	543	174	-	-	43,396	(24,225)
Descanso	91916	86	15%	7,872	4,154	3,718	2,708	75	25	-	-	2,609	1,010
Dulzura	91917	76	48%	6,980	3,229	3,751	3,657	40	-	700	-	2,918	94
Guatay	91931	102	39%	9,289	5,349	3,940	1,477	137	-	-	-	1,340	2,463
Imperial Beach	91932	1,379	31%	125,798	72,015	53,783	43,941	2,626	391	-	-	40,924	9,841
Jacumba	91934	339	90%	30,964	12,454	18,510	4,171	487	24	-	-	3,661	14,339
Jamul	91935	510	16%	46,551	24,512	22,039	11,039	130	72	230	-	10,607	11,000

# Older Adult Nutrition Insecurity Rate since 2022

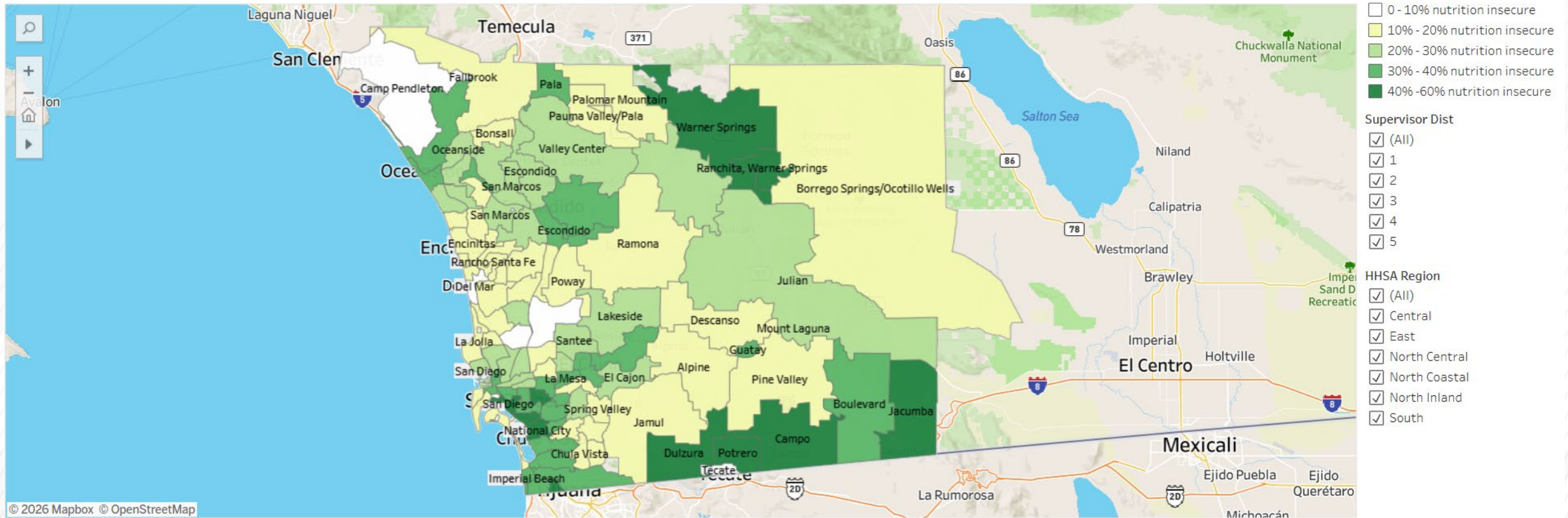


# Tableau Maps: December Nutrition Insecurity

Nutrition Insecure Population   Nutrition Insecurity Rate   Food Assistance   Meal Gap   CalFresh Participation   CalFresh Potential Enrollees

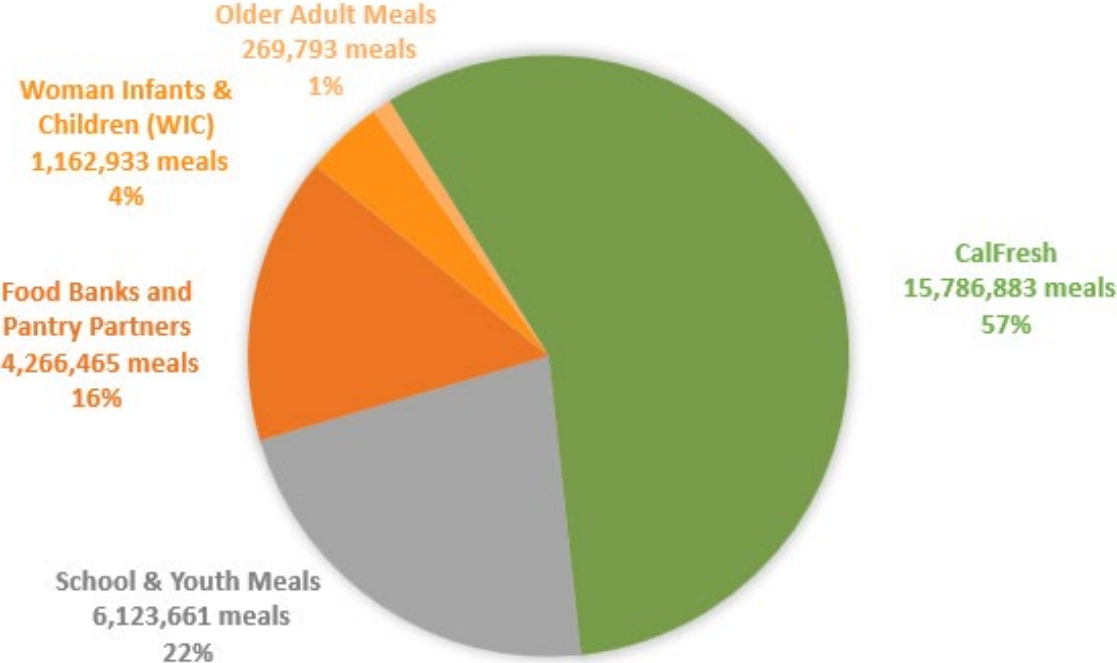
Month: December 2025

Older Adult Nutrition Insecurity Rate by Zip Code



# Food Assistance Meals by Source in December

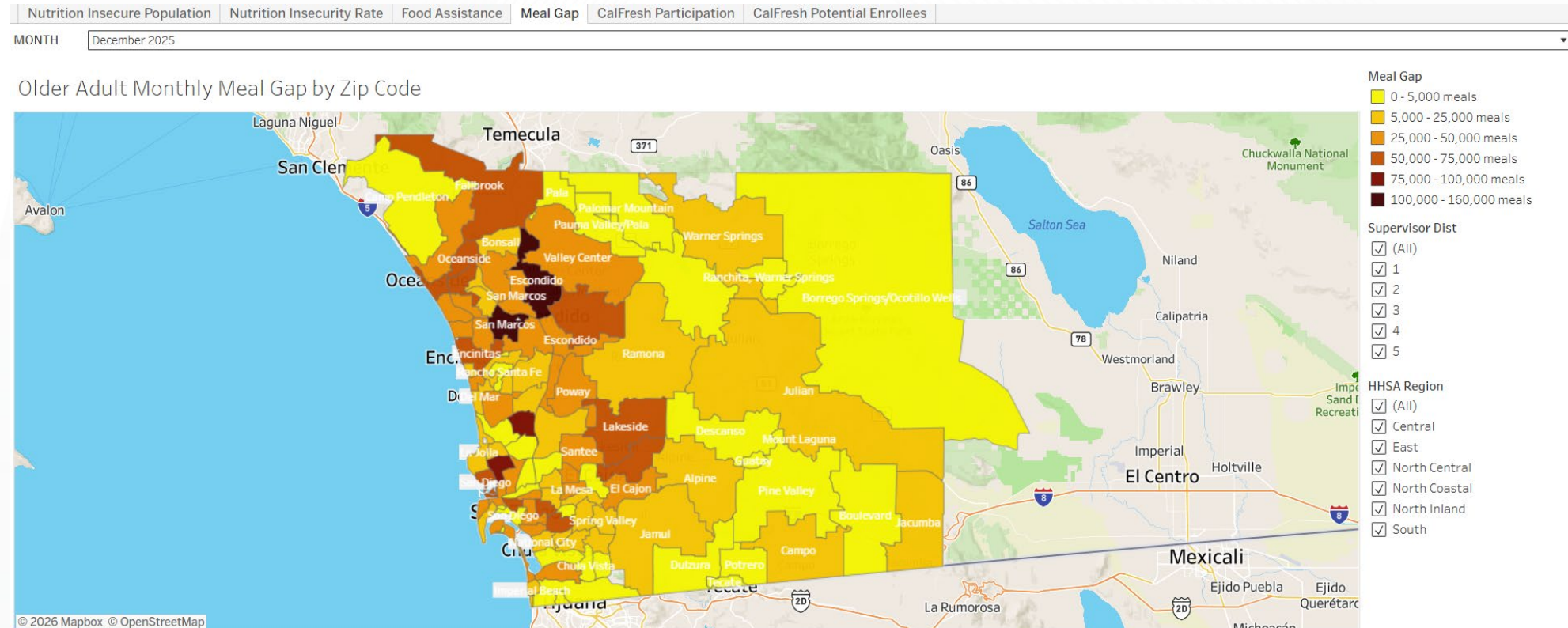
**December 2025: 27.7M total meals**



# Meal Gap by Zip Code in December

As a result of the food assistance shortfall, only 70% of the estimated need for food assistance was met in December, leaving **2.3 million missing meals (meal gap)** in San Diego County for older adults, a slight decrease from Sept.

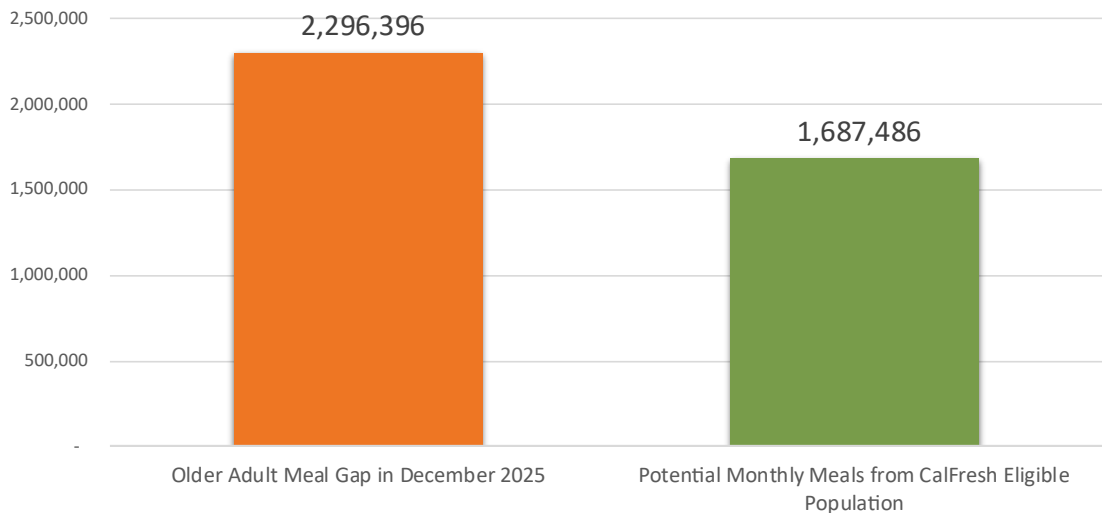
Areas such as **Escondido, San Marcos, and other areas in North County** experienced the highest meal gaps. To see a map of the meal gap and other data points, click [here](#).



# Potential CalFresh Enrollees in December – Older Adults



Comparing Current & Potential CalFresh Meals to the Meal Gap in December 2025



**CalFresh Participation Rate  
December 2025**

**71% enrolled**

**40,632 older adults  
*likely eligible but not enrolled***

***\$14M lost in local economy***

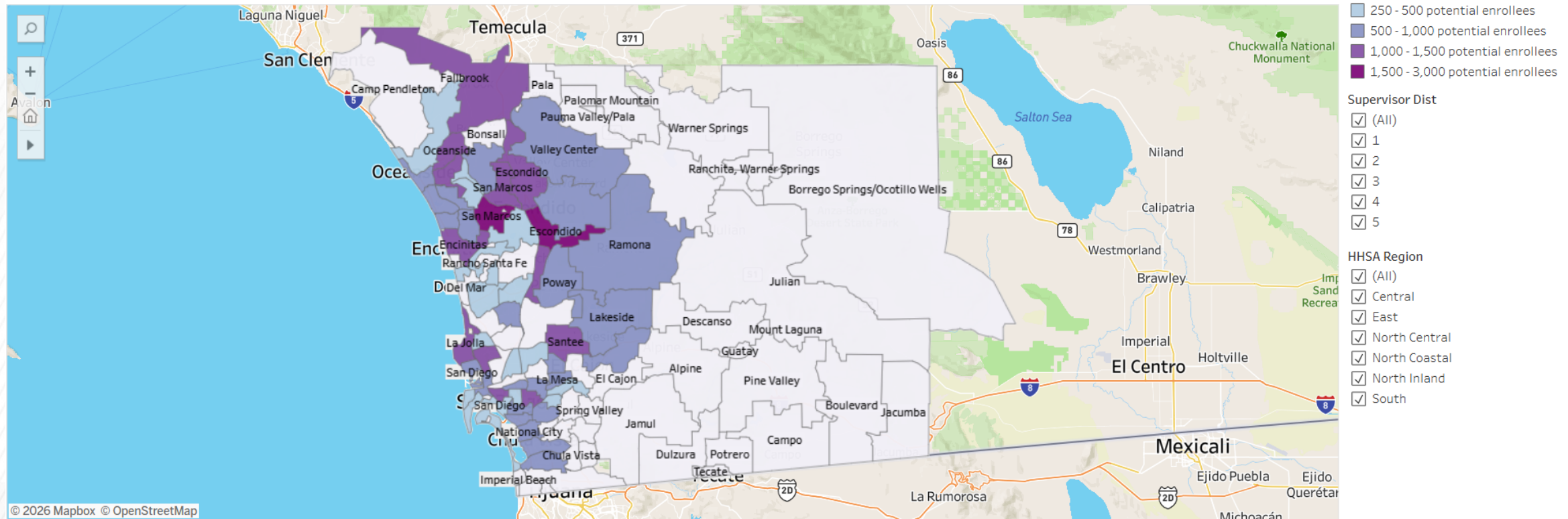
# CalFresh Potential Enrollees in December Older Adults



Nutrition Insecure Population
  Nutrition Insecurity Rate
  Food Assistance
  Meal Gap
  CalFresh Participation
  CalFresh Potential Enrollees

MONTH

Older Adult CalFresh Potential Enrollees by Zip Code

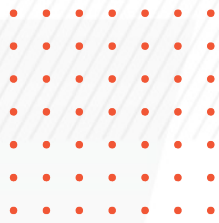


# HR1 Effects

December Unenrollments	2026 Estimated Cut-Offs
<b>25,188</b> people unenrolled	<b>67,000</b> will lose access to recertifying benefits starting in April
<b>999,251</b> meals lost	<b>2,657,984</b> meals lost

CalFresh Multiplier: Every \$1 in SNAP = \$1.79 of local economic activity		
<b>3,657,235</b> estimated total monthly meals lost	<b>\$30 million</b> lost monthly in local economy	<b>\$366 million</b> annual loss to San Diego County local economy

CalFresh Potential Enrollees (Until H.R. 1 Enacted in April)		
<b>200,021</b> estimated CalFresh potential enrollees	<b>7.9 million</b> potential monthly meals	<b>\$66 million</b> annual loss to San Diego County local economy



# Interactive District Dashboards

**District**  
San Diego County

## Nutrition Insecurity Dashboard

**Month**  
December 2025

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 225% of Federal Poverty Level (\$72K/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.

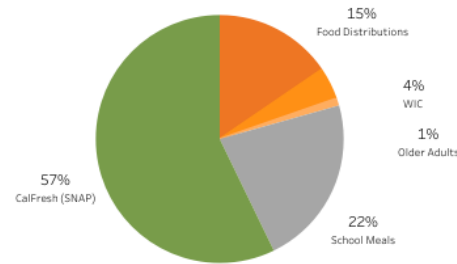
Nutrition Insecurity	
Total Population:	Estimated People Nutrition Insecure
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% of Population Nutrition Insecure	
25%	

Children & Youth (0 - 18)	
Total Children	Total Children Nutrition Insecure
684,025	221,495
% of Children Nutrition Insecure	
32%	

Nutrition Insecurity: Older Adults (60+)	
Total Seniors	Nutrition Insecure Seniors
706,675	179,256
% of Older Adults Nutrition Insecure	
25%	

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

1 nutritious meal  
= 1.85 pounds of food  
= \$4.59 on an EBT card (metro)\*\*  
= \$4.97 on an EBT card (rural)\*\*

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

### Calculating Missing Meals:

Step 1: Calculate Total Meals Needed by Nutrition Insecure Population	Step 2: Estimate Self-Purchased Meals	Step 3: Total Food Assistance Meals Provided	Step 4: Subtract to get Missing Meals
76,858,948	43,106,089	27,687,609	6,065,250

### CalFresh Participation

Current CalFresh Recipients	378,014	\$ Issued for food from CalFresh	\$67,563,243
CalFresh Participation Rate	65%	Additional Monthly Meals if half of eligible pop. was enrolled	4,036,583
Potential New CalFresh Enrollees	200,021	Missing \$ to local economy from CalFresh eligible pop.	\$66,201,040

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