

# State of Food Insecurity in Chula Vista & South Bay

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# Mapping the Food Security Landscape

1. Definitions
2. Prevalence
3. Causes
4. Cost
5. Opportunities to Address

# About San Diego Hunger Coalition (SDHC)



# SDHC Mission

**The San Diego Hunger Coalition**

**leads coordinated action**

**to end hunger in San Diego County**

**supported by research, education and advocacy.**

# SDHC Approach

- **Training and technical assistance** for nonprofits, school districts, healthcare systems and government agencies to increase participation in CalFresh and school meal programs.
- **Educate providers, policymakers and the public** about the root causes of hunger and most promising solutions.
- **Advocate for legislative and administrative policy change** to end hunger and increase access to healthy food.
- **Provide research and leadership** to build a more effective and interconnected system of food assistance resources.

*\*\* No Direct Service.\*\**

# SDHC Programs & Collaborations



**CalFresh Outreach Program**  
**CalFresh Task Force**



**School Meals Program**  
**Summer Meals Task Force**



**Public Policy & Advocacy**  
**Hunger Advocacy Network**



**Hunger Free San Diego**  
**HFSD Advisory Board**

# Definitions

# Definitions

- **Food Security**

- All household members have access at all times to enough food for an active, healthy life.

- **Access to Healthy Food**

- Affordability -- able to pay for healthy food
- Sources of healthy food in geographic proximity
- Cooking skills and cooking equipment
- Time to shop for and prepare healthy meals
- Understanding of nutrition (food literacy)



# Food Security

Food Secure	Food Insecure
<u>High Food Security</u> <ul style="list-style-type: none"><li>• Always enough</li></ul>	<u>Low Food Security</u> <ul style="list-style-type: none"><li>• Cover meals by eating lower quality foods</li><li>• 8% of food insecure in SD County</li></ul>
<u>Marginal Food Security</u> <ul style="list-style-type: none"><li>• Sometimes worry</li></ul>	<u>Very Low Food Security</u> <ul style="list-style-type: none"><li>• Missing meals and experiencing hunger</li><li>• 5% of food insecure in SD County</li><li>• 30-40% of these people report losing weight within the last year</li></ul>

# Prevalence of Food Insecurity

# Food Insecurity in the U.S.

**1 out of every 2 children in U.S.** will be on federal food assistance during their childhood.

**50 million Americans** rely on charitable food programs to meet some part of their basic food needs.

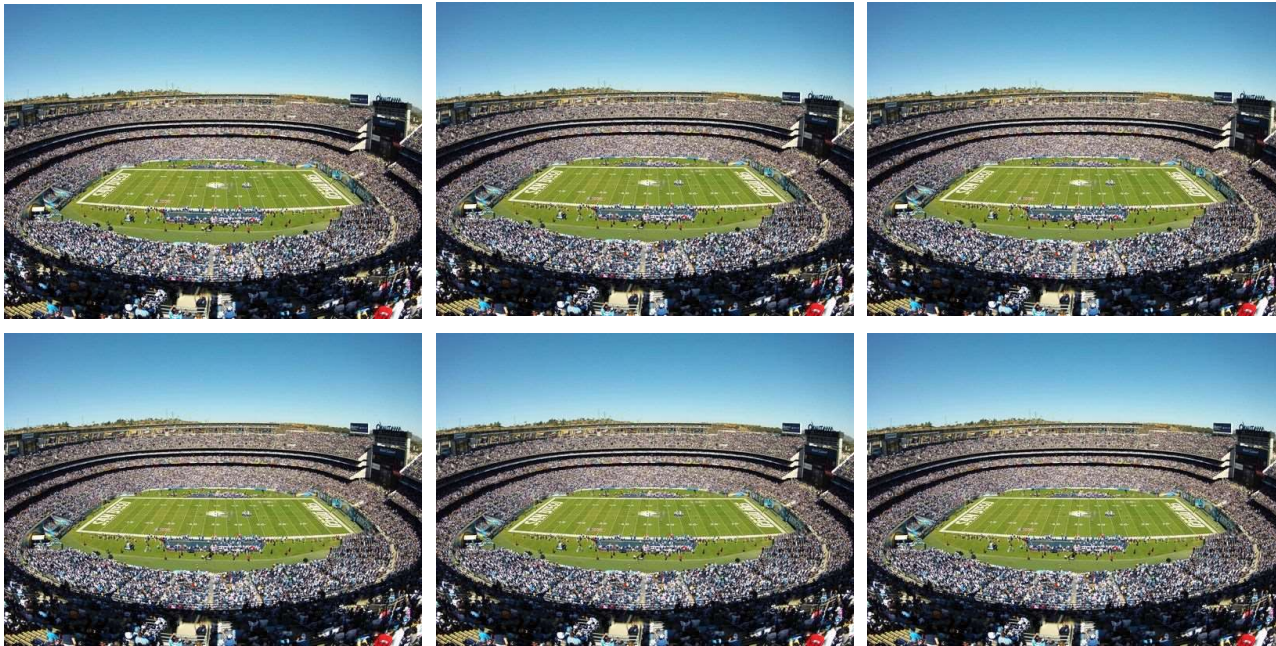
# Food Insecurity in San Diego County

**423,000** people → **13%** of population → **1 in 8**



# Food Insecurity in San Diego County

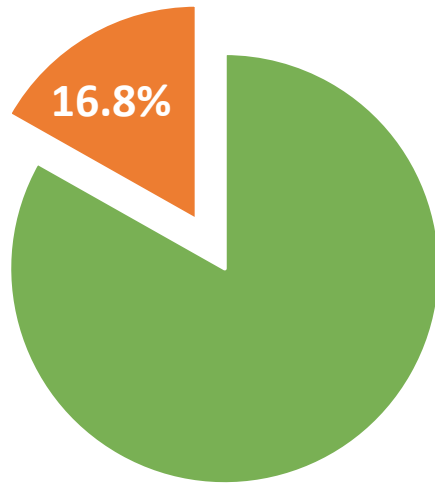
Enough to fill Qualcomm Stadium **nearly 6 times.**



# Food Insecurity in South Bay & Chula Vista

## South Bay

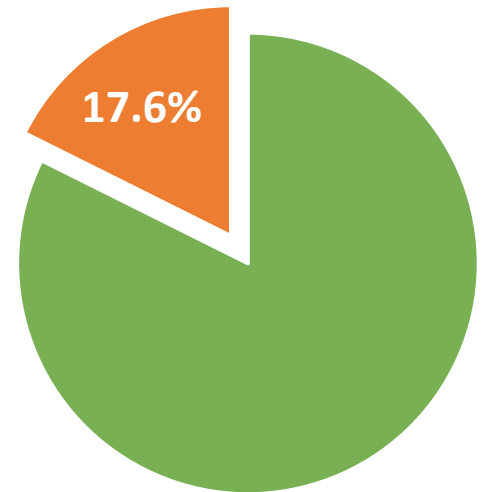
- 23,493 residents likely to self report as food insecure.



■ Food Secure ■ Food Insecure

## Chula Vista

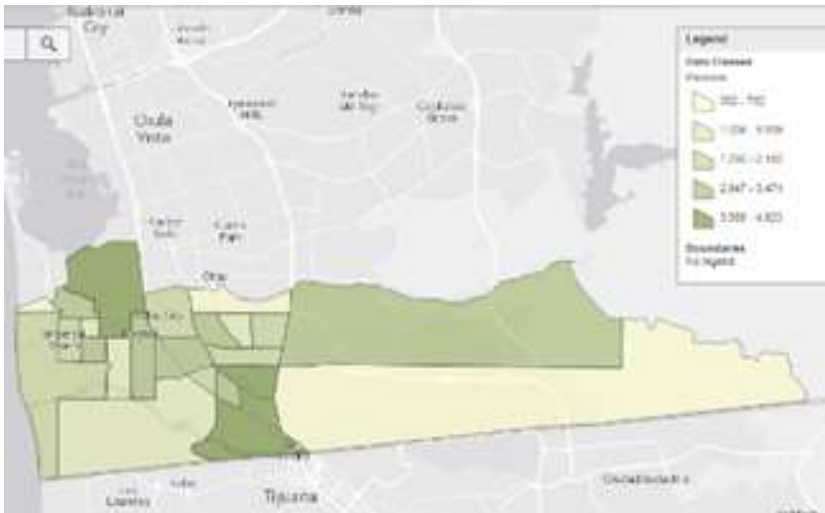
- 18,920 residents likely to self report as food insecure.



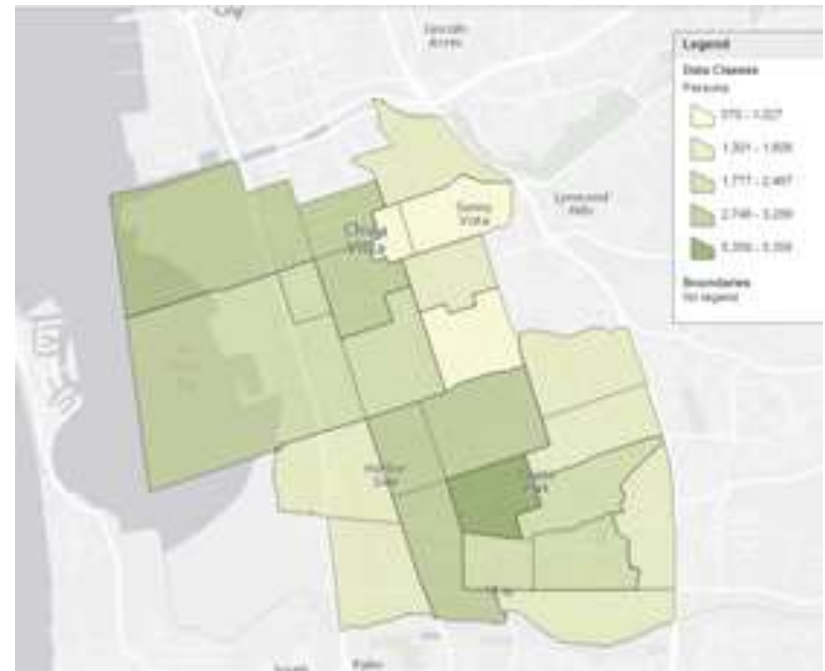
■ Food Secure ■ Food Insecure

# Food Insecurity in South Bay & Chula Vista

## South Bay



## Chula Vista



# Causes of Food Insecurity



Insufficient Income

~~Poverty~~ is Cause of Hunger in U.S.



Unemployed



\$12/hour → \$25K/year

# 2016 Federal Poverty Level Guidelines

Persons in Household	Yearly Income	Monthly Income	Scenario
<b>1</b>	<b>\$ 11,770</b>	<b>\$981</b>	\$10/hour avg 22 hours/week
2	\$ 15,930	\$1,328	
3	\$ 20,090	\$1,674	
<b>4</b>	<b>\$ 24,250</b>	<b>\$2,021</b>	\$11.65/hour 1 earner full-time
5	\$ 28,410	\$2,368	
6	\$ 32,570	\$2,714	
7	\$ 36,730	\$3,061	
8	\$ 40,890	\$3,408	

# Trade-Off: Health vs. Quantity



=



**\$4.00**



=



**\$0.25**

65 calories

260 calories

# Cost of Food Insecurity

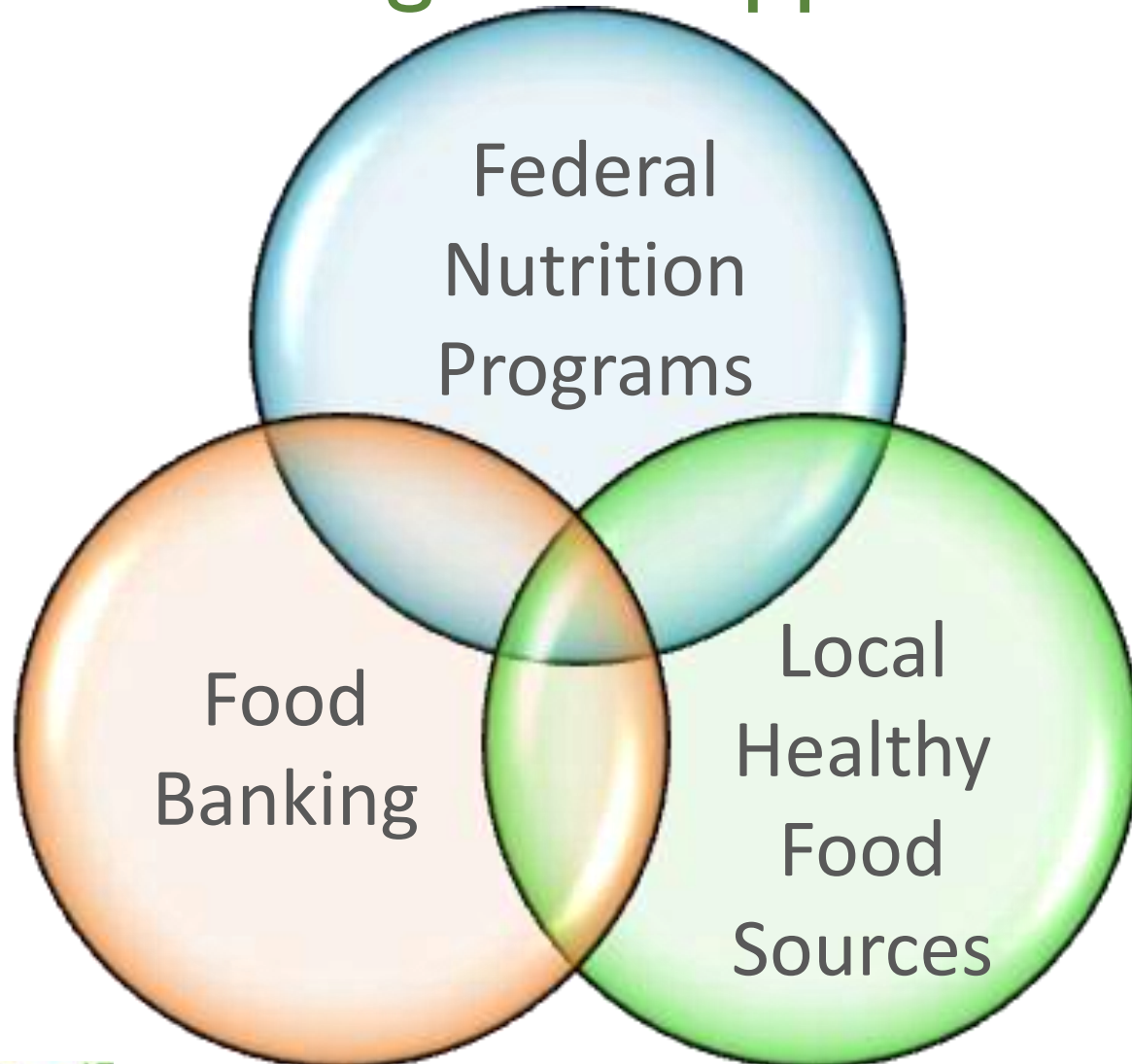
# Effects of hunger and malnourishment on kids

- ✓ More likely to be sick and miss class
- ✓ Delayed physical and cognitive development
- ✓ Lower grades and graduation rates
- ✓ Lack of energy and ability to focus
- ✓ Behavioral problems
- ✓ More likely to be overweight or obese

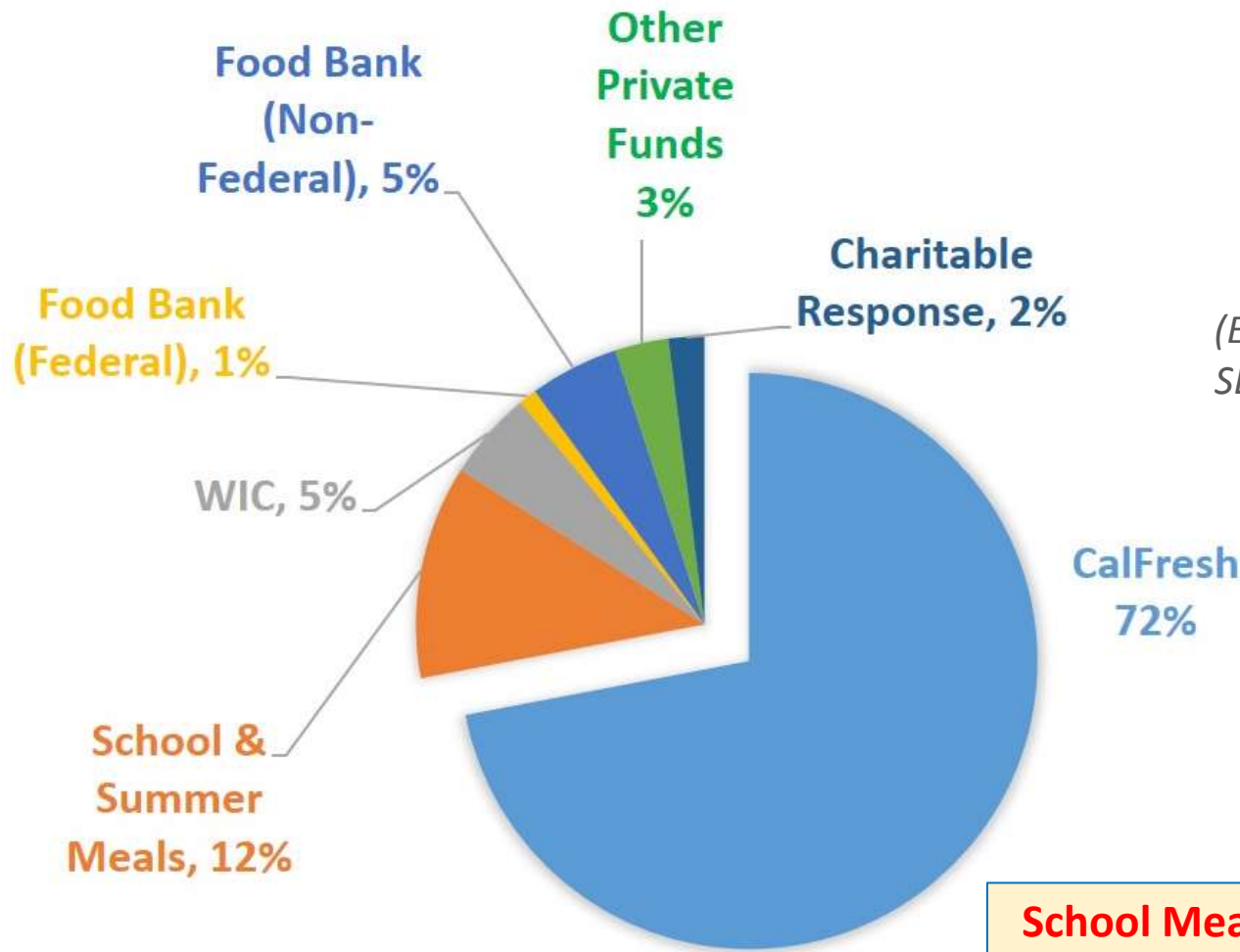


# Opportunities to Address Food Insecurity

# Requires an Integrated Approach



# Power of Federal Programs



## Sources of food assistance

*(Example from Indianapolis. SDHC working on producing San Diego data.)*

**School Meals + CalFresh + WIC = 89%**



# Power of Federal Nutrition Programs



# CalFresh/Food Stamps in SD County

- Average benefit is \$29.89/week or \$4.27/day per person.
  - *Hardly an incentive not to seek work.*
- 44% of CalFresh recipients are children.
- 40% of households have at least one person working.
- Average time on CalFresh in SD is less than 2 years.
- Very low fraud rate – less than 2% nationwide.
- Only 67% of those eligible in SD County are enrolled.

# CalFresh Application Assistance Partners in South Bay and Chula Vista

- Chula Vista Community Collaborative
- Chula Vista Family Health Center
- San Ysidro Health Center
- South Bay Community Services
- HHSA South Region Family Resource Center
- Feeding America & San Diego Food Bank Mobile Sites
- La Maestra Family Health Center

# Strategies: Federal Assistance Programs

- **Increase CalFresh utilization**
  - Invest in CalFresh outreach and application assistance
  - Simplify process → [getCalFresh.org](http://getCalFresh.org)
- **Expand school meal programs**
  - Breakfast after the Bell – increases participation
  - After school “supper” programs
  - Universal free meals in low-income schools
  - Support schools’ ability to offer better food
- **Support advocacy to:**
  - Increase federal reimbursements for school meals
  - Make it easier to enroll in CalFresh benefits and increase income levels for eligibility

# Strategies: Food Banking

- A donation of \$1 can purchase \$12 of food through bigger food banks.
- Support agencies that purchase in bulk and don't pay retail prices.
- Support agencies that connect people served to additional resources, such as CalFresh, for ongoing support.
- Invest in infrastructure to be able to provide healthier food (e.g., coolers).

# Local Healthy Food Strategies

- Food forests – growing food on public land
- Gleaning and other food recovery
- Support tax credits for farmer donations
- Farm to School / Farm to Hospital
- Food Waste & Recovery
- Community Agriculture
  - Community gardens – low impact on hunger
  - Community farms – higher impact
- Healthy Retail (fresh food in corner stores)
- CalFresh/SNAP for farmers markets, CSAs and seedlings
  - Market match – double food stamp dollars

# Addressing Food Insecurity in South Bay & Chula Vista

## South Bay



- Rancho Las Palmas Apartments
- Bayside Palms Mobile Home Village
- La Posta Market
- Mendoza Elementary School

## Chula Vista



- Park Palomar Apartments
- Thunderbird Mobile Home Park
- Palms Mobile Estates
- Castle Rock Middle and High Schools

# It's Hunger Action Month! Things You Can Do:

- **Help raise awareness**

- Take the CalFresh Challenge (Sept 19-25) and share your experience using **#CalFreshChallenge**
- Share your thoughts and ideas with family and friends using **#HungerActionSD**
- Host film screenings and hunger awareness events (**#HungerActionSD!**)

- **Volunteer with or donate to a food bank, pantry, or congregant meal site**

- Consider the nutrition content of the food being donated and served





Thank you for your time today.

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