



**SAN DIEGO HUNGER COALITION**

# COVID-19 and Food Assistance

July 8, 2020

Presenter:  
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# About San Diego Hunger Coalition

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## Mission Statement

The San Diego Hunger Coalition  
**leads coordinated action**  
to end hunger in San Diego County  
supported by **research, education and advocacy.**



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## How SDHC creates systemic change...

- **Research and leadership** to build a more effective and interconnected system of food assistance resources.
- **Training and technical assistance** for nonprofits, school districts, healthcare systems and government agencies.
- **Education for providers, funders, policymakers and the public** about hunger and the most effective solutions.
- **Advocacy for legislative & administrative policy changes** to end hunger and increase access to healthy food.



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## SDHC Focus Areas & Collaborative Tables



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



**Hunger Free Kids Program**  
**\*\* Hunger Free Kids Task Force \*\***



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



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

Over 200 local partners and an expanded info-sharing network of more than 400 agencies and aligned collaboratives.

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## What do we mean by “hunger free”?

In a Hunger Free San Diego, anyone faced with hunger can readily access food assistance sufficient to see them safely through their time of need.

### Advisory Board Member Organizations:

**Join us: #HungerFreeSD**

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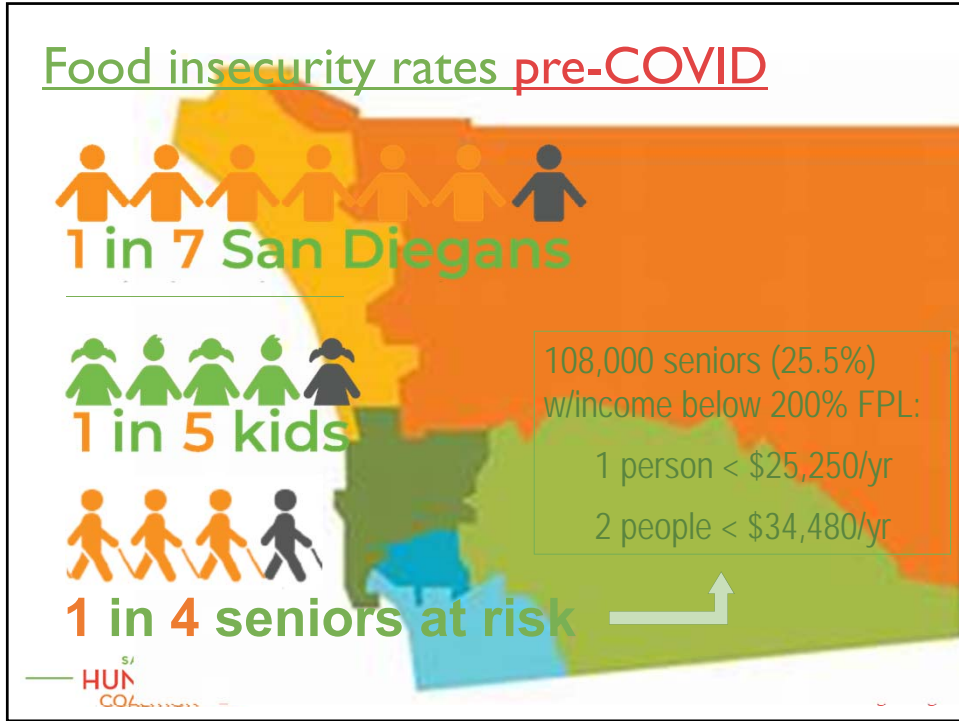
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# Hunger in SD County



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## Communities most impacted by Hunger

### Adults experiencing food insecurity pre-COVID

- People of color most affected:
  - 55% Latino
  - 29% are White
  - 7% are Asian
  - 5% are Black
- 50% living with a disability.
- 55% are working; 55% of food insecure adults were employed; 43% full time.
  - 1/3 of San Diegans earned less than \$14.35/hour, many in the industries hardest hit by COVID-19.

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## CA households w/young children most vulnerable during COVID

April 2020 national survey - The Brookings Institute:

- **1 in 3 kids** in U.S. now living in food insecure households.
- **40.9% of households w/young children (age 0-12) are food insecure.** *Up from 15.1% in 2018.*
  - New Census data indicates 40% of Black & Latino families now food insecure and rate is 22% for white families.
- **17.4% of moms w/children (0-12) report kids not eating enough.** *Up from 3.1% in 2018.*



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## Challenges for Older Adults during COVID

- Biggest COVID-related nutrition challenge for seniors is **access to food**, not income loss.
  - Congregate meal sites and senior centers closed.
  - Health concerns preventing grocery shopping.
  - High delivery fees for grocery delivery.
- **Isolated seniors are most vulnerable.**



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## Older Adults & Food Assistance during COVID

- CalFresh (SNAP) and Home Delivered Meals are primary sources of food assistance for SD County seniors
  - CalFresh: 58,000 seniors
    - Max allotment thru July:
      - 1 person \$194/mo (equiv. to 61 meals/mo or 4 food boxes)
      - 2 people \$355/mo (equiv. to 111 meals/mo or 7 food boxes)
  - Home delivered meals: 6,000 seniors (equiv. to 40+ meals/mo)
- 44,000 seniors not receiving CalFresh or delivered meals
- 3,700 seniors across San Diego and Imperial counties receive senior commodities food box (equiv. to 21 meals/mo)



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## Great Plates Program – new COVID program

- Up to \$66/day for delivered restaurant meals.
- Only available for seniors w/income above 200% FPL b/c it's FEMA funding.
- Great Plates enrollment (with limited promotion):
  - 7,741 seniors applied
  - 1,845 were eligible
  - 5,296 were ineligible b/c income too low



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## Food insecure adults are...

- ✓ At double the risk of developing diabetes.
- ✓ 47% more likely to have emergency room visits.
- ✓ 47% more likely to have hospital admissions.
- ✓ In the hospital for 54% more days than food-secure adults.
- ✓ On average, spend an additional \$1900/year for out-of-pocket healthcare expenses.

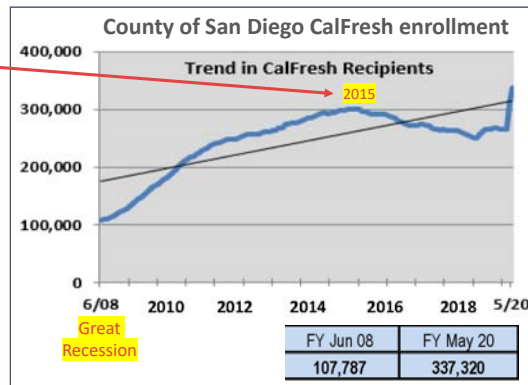


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## Lessons from the Great Recession (2007-2009)

- When economy recovers, it won't reach low income households for another 5+ years.
- Food insecurity may continue to worsen after pandemic ends, though COVID's immediate impact on unemployment is unprecedented.
- CalFresh enrollment didn't peak until 2015 (6 yrs after recession).
- Food insecurity rates didn't drop until 2016.
- **Prognosis: Crisis levels of food insecurity expected through 2021.**



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# Hunger Relief in SD County



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## Continued Challenges in Hunger Relief System

- **Community members do not know where to turn for help.**
  - Existing system of hunger relief not accessible by all who need it.
  - Massive confusion & distrust of new aid programs, such as P-EBT.
  - CalFresh, WIC & other federal programs too difficult to access.
  - **People need help navigating the system.**
- **Disruptions to food system and hunger relief system.**
  - No more donated grocery store product.
  - Lack of fresh product from distributors b/c it's going to grocery stores.
  - Drop in participation in food drives.
  - Need for PPE and additional capacity to transform service delivery models and transitioning capacity internally, etc.
- **Our most powerful hunger relief tool – federal nutrition programs – continues to be underutilized in SD County.**



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## Bright Spots & Opportunities

★ **People want to help each other.** Strong informal networks of passionate resident leaders already exist in almost every community for mutual aid and information sharing.

**Opportunities:**

→ Develop and nurture bi-directional communication channels throughout formal and informal networks.



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## Bright Spots & Opportunities (cont.)

★ **Incredible outpouring of volunteer support, money and other donations from community members.**

→ Opportunity to direct some resources toward long-term improvements such as better data, making government programs work better, and building more capacity & reach into existing hunger relief programs.

★ **Strong existing coalitions & cross-sector partnerships in hunger relief sector.**

→ Opportunity to continue collaborative & data-driven planning for a more interconnected system of hunger relief so anyone needing food assistance can get it!



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# Questions?

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