San Diego’s Food Bank Population

Profile, Analysis, and Solutions

January 2013

Commissioned by:

Fermanian Business & Economic Institute at PLNU

business & economics in action
San Diego’s Food Bank Population

Profile, Analysis, and Solutions

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Commissioned by:
The Jacobs & Cushman San Diego Food Bank
The Fermanian Business & Economic Institute is pleased to present its original research report, San Diego’s Food Bank Population: Profile, Analysis, and Solutions, commissioned by The Jacobs & Cushman San Diego Food Bank. Our task was to research, analyze, and provide findings related to the first comprehensive survey and analysis of San Diego County’s residents who depend on the region’s Food Bank. Original field research was conducted at many distribution sites served by the Jacobs & Cushman San Diego Food Bank and included interviews with more than 550 households receiving food assistance during October 2012.

It is our intention to provide regional leaders a highly readable economic analysis of a critical topic to all within our community. The report draws a portrait of the people needing food assistance and seeks to understand the demographic, economic, and social factors driving that need. Further, we sought to determine how much of the demand for the Food Bank is cyclical or more short-term in nature, as opposed to representing longer term trends. We conclude with recommendations so as to help those in need of food assistance to either reduce their reliance on such services or to help them in other aspects of their lives.

The Fermanian Business & Economic Institute’s reputation for authoritative and objective insight frequently makes us a choice for important business, economic, and policy questions facing our region. In this particular instance, we are hard pressed to think of a more important and fundamental issue than one of hunger among the citizens in our community. This has not just been an economic project but one of high personal, professional, and institutional interest at our Institute and Point Loma Nazarene University.

We are grateful to the Jacobs & Cushman San Diego Food Bank for the opportunity to present this report and look forward to additional opportunities to serve our community.

Randy M. Ataide, M.A., J.D.
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About the Fermanian Business & Economic Institute

The Fermanian Business & Economic Institute (FBEI) is a strategic unit of Point Loma Nazarene University, providing the following services:

- Economic forecasting and events
- Expert business and economic commentary and speeches
- Economic consulting and related services
- Economic studies and research
- Professional and executive development events
- Business and economic roundtables
- Special projects

We take the integrity of our work very seriously. Representing the academic standards of our University and the professional credentials of the Economics community, we insist on maintaining an objective approach. The Institute accepts projects and contracts only on the condition that the conclusions will be derived on the basis of data, evidence, and careful analysis. We eschew any approach calling for a study that will “support a particular desired conclusion”. Objectivity is a key feature of the ethical standards we embrace.
The focus of the Institute since we officially began in January 2010 has been to provide economic analysis and forecasts to assist various businesses, non-profit organizations, and government organizations in San Diego. Projects we have undertaken include:

- Several studies for the San Diego Military Advisory Council, including a full economic impact of the military in San Diego County (This study for the current year is now under way)
- An analysis of the potential of Biomimicry (the field involved in taking solutions inspired by Nature to commercial application), commissioned by San Diego Zoo Global
- A study examining the economic impact of the proposed wind farm in Baja California, commissioned by Sempra Generation
- An analysis including survey data, examining the economic impact of the Big Bay Boom 4th of July fireworks event on the local economy
- Economic Forecasts each year from 2010 to 2013

We are currently working on a number of other projects, including:

- Providing primary economic advisory services for the State Controller of California, the Honorable John Chiang. This includes an analysis and forecast of the current and future outlook for California and its key regions and industries.
- An analysis of the economic costs of and solutions to homelessness in San Diego
- An economic structural and forecasting model of the chain link fence manufacturing industry

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EXECUTIVE SUMMARY

> “Hunger knows no season.” This is the tenet guiding the Jacobs & Cushman Food Bank as it distributes food throughout San Diego County. In fiscal 2011-12, it distributed 17.9 million pounds of food, which represents nearly 14 million meals.

> This study represents the first comprehensive county-wide survey and analysis of San Diego County residents who depend on the region’s Food Bank. It draws a portrait of the people needing food assistance and seeks to understand the demographic, economic, and social factors driving that need.

> Certain key characteristics define the profile of the Food Bank population. In general, households receiving food assistance tend to be relatively large, with the most typical having five members. But, the households receiving food assistance are far from homogeneous. While many are large and headed by young adults, many are small and comprised of one or two seniors.

> Over half of the households served by the Food Bank are Hispanic, but all ethnic groups are represented, including Caucasians (non-Hispanic), Asians, Blacks, and Native Americans.

> Unemployment is a key force driving Food Bank demand. Over one-third of the households have no wage earners. Although a significant number of the unemployed receiving food assistance have been jobless for less than three or six months, about one-half have been out of work for more than two years.

> While there are no income limits for people seeking Food Bank assistance except at the Senior Program and the Emergency Food Assistance Program sites, low incomes dominate the picture of the Food Bank population. Two-thirds of the households have annual incomes of less than $17,000.

> Access to any kind of food might seem to be the major priority of financially-strapped households, but most recognize the importance of healthy diets. Nearly all (93%) of the respondents recognize the importance of nutritious food, such as fruits and vegetables. Currently, 35% of the food distributed by the Food Bank is fresh produce.

> Food Bank usage reflects both short-term and long-term financial stresses among the County’s residents. Nearly one-third typically depend on such help for less than three months and another 16% for three to six months. But, nine percent report they have been consistently coming to the Food Bank for more than three years and almost another quarter (24%) have been depending on the Food Bank for one to three years.

> Solutions to help those dependent on Food Bank recipients and over time reduce their reliance on assistance include: programs to broker job opportunities and training; tutoring and mentoring for children; programs to teach financial planning and budgeting; education in “smart shopping” for food and grocery items; and instruction in nutrition, healthy eating, and meal preparation. A potentially dangerous cycle of poverty, health problems, and dependency must be broken.
PROFILE OF SAN DIEGO’S FOOD BANK POPULATION

Food Bank Households Are Large
Number of respondents

Source: FBEI Food Bank Survey

Most Food Bank Participants Have Income
Number of earners per household

Source: FBEI Food Bank Survey

Much Joblessness Is Long-Term
Duration of Unemployment

Source: FBEI Food Bank Survey

Food Bank Recipients Are All Ages
Percent of respondents

Source: FBEI Food Bank Survey
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STUDY PURPOSE AND SCOPE

This study represents the first comprehensive survey and analysis of San Diego’s residents who depend on the region’s Food Bank. It is based on a large sample of geographically representative sites served by the Jacobs & Cushman San Diego Food Bank and represents interviews with more than 550 households who were in line to receive food at the various locations during October 2012.

The report draws a portrait of the people needing food assistance and seeks to understand the demographic, economic, and social factors driving that need. It attempts to determine how much of the demand for the Food Bank is cyclical or short-term in nature as opposed to representing longer term trends. It concludes with recommendations as to help those in need of food assistance to either reduce their reliance on such services or to help them in other aspects of their lives.

Section I describes the services and distribution system of the Jacobs & Cushman San Diego Food Bank. Section II presents the methodology utilized to gather the survey data summarized in this report. The following four sections analyze the results of data collected and tabulated. Section III examines demographic factors, Section IV analyzes various employment characteristics, Section V focuses on income elements, and Section VI looks at the preferences of Food Bank recipients involving nutrition and healthy eating choices. Section VII summarizes the study’s primary conclusions and presents its recommendations.
The Jacobs & Cushman San Diego Food Bank distributes food throughout San Diego County via various channels. In fiscal 2011-12, it distributed 17.9 million pounds of food, which represents nearly 14 million meals. The Food Bank serves an average of 350,000 people per month throughout the region. Recipients range from children at low-income elementary schools to families of low-income military personnel to low-income seniors.

The Food Bank reaches people needing food assistance in two ways. The first involves direct distribution of food items through 152 distribution sites each month. The second involves the donation of food to over 325 non-profit organizations which distribute the items through their facilities. These organizations include soup kitchens, shelters, food pantries, senior centers, rehabilitation centers, low-income day care centers, and disability programs throughout San Diego County. This study focuses on the recipients of Food Bank resources served directly by the Food Bank itself.

Direct distribution occurs through three programs:
- Senior Food Program (49 sites)
- Emergency Food Assistance Program (91 sites)
- Neighborhood Distribution Program (12 sites)

Of these programs, the Senior Food Program and the Emergency Food Assistance Program both have income requirements. For the Senior Food Program those 60 or older, annual household income for a 2-person household cannot exceed $19,669. For the Emergency Food Assistance Program, annual household income cannot exceed $22,695. Proof of income is required at those sites.
II. METHODOLOGY

The primary data for this study was collected by surveying individual households to gather general demographic, economic, and financial information as well as data on the specific needs of the people that utilize the Food Bank’s services.

Thirteen different distribution locations were visited and surveyed between October 2 and November 1 of 2012 throughout San Diego County. Only one person from each household represented was surveyed. A total of 570 surveys were completed and collected. Every household/person in line waiting to receive food who was willing to answer the survey participated. Roughly 90-95% of the people who were present at the time of the site visit and survey administration are represented in the data collected.

Teams of between 3-7 survey administrators were at each location and verbally asked each question to those waiting in line for the food to be distributed. Many times these survey administrators knew another language which ensured that the most accurate possible data was collected. Languages the surveys were conducted in included English, Spanish, and Ukranian. Surveys translated into these languages in a written format were also made available.

After the first few site visits occurred, the FBEI team made minor changes in the survey’s wording to most effectively collect the type of data that the FBEI team was pursuing. The questionnaire was designed to be as short as possible to minimize the amount of time required to complete one survey and allow the teams to canvass the largest sample possible. It is also worth noting that keeping the survey questionnaire short allowed for more complete surveys since the interest or patience of many of those being questioned could easily be lost if too much time was involved. Care was taken to avoid asking Food Bank recipients overly personal or sensitive questions. Anonymity was also assured.

Fourteen questions comprised the survey, including several different types of multiple-choice questions. (See Appendix for the complete survey.) Survey questions asked how many people were in one household and how many of those were children. Employment was an important area that was explored. Food Bank recipients were asked how many in the household had a job, if so, whether it was part time or full time, or if they were retired. Of those that were part time, did they prefer a full-time job? Of those that were retired, did they seek early retirement because they could not find a job? The other employment related question asked that if the principal breadwinner was unemployed how long had he or she been out of work?

It was also important to discover what specific reason or reasons people had for coming to the Food Bank and this question allowed multiple answers. The response choices were: unemployment, not qualified for food stamps, disabled on fixed income, senior citizen on fixed income, and employed but cannot make ends meet. The individuals were also queried as to how long they had been receiving food from the Food Bank.
Demographic questions were asked involving age, ethnicity, and estimated annual household income. Then two questions at the end of the survey were asked to find out how the Food Bank could better serve the community. The first asked if the recipient would be interested in learning about how to have a nutritious diet. The other question asked how important it is for them to receive healthy food, such as fresh fruits and vegetables.

The results of these questions were tabulated on a site by site basis. Then overall totals were compiled to analyze each question and topic to portray a picture of individuals seeking food assistance throughout San Diego County.
The demographic profile of Food Bank recipients is complex, with a mix of household sizes, age composition, number of children, ethnic make-up, and number of wage-earners.

In general, households receiving Food Bank assistance tend to be relatively large. The most typical individual lining up for food each month represents a household of five members. Individuals collecting food for four-member households represent the second most common recipients. (See Chart 1.)

The average household size of Food Bank recipients is significantly bigger than that seen for the overall population in San Diego County. Based on the results of the FBEI Food Bank Survey, the average size of a Food Bank household is 3.65 persons, including an average of 1.37 children. In contrast, according to the 2010 Census, the average household in San Diego County has 2.75 people, with just .66 children. (See Chart 2.) The Food Bank household thus typically is about a whole person larger than the region-wide average and that person is generally a child.

Significant numbers of Food Bank meals are also distributed to households with no children. (See Chart 3.) Many of these households are populated by seniors who do not have the financial means to purchase food along with other obligations including housing.
The age diversity of people in line for food assistance is striking. (See Chart 4.) A significant, although small, number of children pick up food for their entire families. A total of 16% are individuals aged 18-35, with another 16% in the 36-45 age bracket. Almost a quarter of the food recipients are each in the 46-55 age group and the 56-65 group. About one-fifth of the individuals collecting food are over 65, including 7% of them who are over 75 years of age.

The dependence on the Food Bank is evident across all ethnic groups. (See Chart 5.) For example, while non-Hispanic Caucasians account for 29% of Food Bank recipients, Asians represent 8% and Blacks account for 3%. Native Americans represent another 2%.

Over half (55%) of the households receiving Food Bank assistance are Hispanic. Although the survey sites were selected to ensure a geographic and demographic representation of the entire County, the location of some of the Food Bank sites in heavily Hispanic communities may influence that ratio. Hispanic households represent about 23% of the total number of households in San Diego County. This disparity suggests that Hispanics may be particularly reliant on food assistance in the County.
Unemployment or the lack of full-time work is a significant factor behind the dependence on Food Bank services by many households in San Diego County. Over one-third (34%) of households in the FBEI Food Bank Survey have no wage earners in the household. Most Food Bank households do have members who work. Nearly two-fifths (37%) have one employed individual, whereas a sizable number (29%) have two or more people in the household working. (See Chart 6.)

The job status of the individual identified as the main breadwinner for each family varies substantially. The largest numbers of them have full-time jobs, followed by those who work part time. Approximately equal numbers are either retired or unemployed. A significant number of those individuals primarily responsible for the household’s income are seeking a full-time job. These can include those laid off from previous jobs, retirees, and those in part-time positions. (See Chart 7.)

Long-term unemployment appears to be a particularly severe problem among the Food Bank population. Although a significant number of the unemployed receiving food assistance have been jobless for less than three months or less than six months, about one-half have been out of work for more than two years. (See Chart 8.)

Placing long-term joblessness among the County’s Food Bank population in perspective, 72% of them have been out of work for over six months, which is nearly double the proportion among all Americans who are out of work. (See Chart 9.)

Long-term unemployment represents a serious economic and social problem. Extended periods of joblessness can lead to a significant erosion of job skills and work habits. Prospective employers may be reticent to hire such individuals. Long-term unemployment also frequently leads to financial problems, including debt obligations, marital disputes, and loss of self esteem.
The retirees among the Food Bank population reflect a split group. While most of them have retired by choice, a quarter of them have been forced into early retirement and have not found new work. (See Chart 10).

Problems in the job market facing San Diego’s Food Bank recipients are also seen among its part-time workers. Four out of five (79%) of them would prefer full-time work if they could find it. (See Chart 11.) This is not dissimilar to the problems of most people with part-time positions in the nation as a whole. Seventy percent of them would opt for a full-time job if it were available. Weakness in the overall job market has forced workers to accept part-time positions in many cases as a downgrade from previous full-time occupations.
V. HOUSEHOLD INCOME

Although there are only income limits for people seeking Food Bank assistance except at the Senior Program sites and Emergency Food Assistance Programs, low incomes dominate the picture of the Food Bank population. Two-thirds earn less than $17,000 a year, including 11% who report no income. Another 13% receive less than $23,000 and only an additional 6% earn up to $41,000. (See Chart 12.) In stark contrast, the median household income in San Diego County is about $64,000. The high incidence of unemployment and lack of full-time work are no doubt major factors contributing to these low income levels.

Financial strains resonate as the primary force driving people to the services of San Diego County’s Food Bank. Individuals seeking food assistance cite their inability to “make ends meet” as the most significant factor behind their request. Senior citizens or disabled individuals are core segments of the Food Bank population along with households whose primary breadwinner is currently without work. Each of these groups faces a problem with an income too low to meet their spending obligations. Ironically, a sizable number of individuals at the different Food Bank locations report that they do not qualify for food stamps, which in some instances may be because they earn too much money. (See Chart 13.)
To qualify for food stamps, now known in California as the CalFresh program and nationally as the Supplemental Nutrition Assistance Program (SNAP), certain income limits must be met. Households cannot have gross monthly incomes exceeding 130% of the national poverty level. For a three-person household, that limit equals a gross annual income of $32,376. In addition, net monthly incomes (minus certain deductions, such as a standard deduction and child care expenses when needed to work), also cannot exceed 100% of the federal poverty level. For a three-person household, that limit equals a net annual income of $19,092. Elderly or disabled households only have to meet the net monthly income test.

There are also work rules governing who can qualify for CalFresh benefits. Most able-bodied adults between 18 and 60 without dependent children must either register for work or work a minimum number of hours (20 hours per week or an average of 80 hours per month). In addition to either not meeting the income or employment requirements, some of the people seeking assistance from the Food Bank may actually be eligible for CalFresh but think they may not qualify or be intimidated by the application process.

The length of time that job or income problems may cause households to rely on Food Bank assistance varies substantially. Nearly one-third typically depend on such help for less than three months and another 16% for three to six months. But, just as long-term unemployment is especially problematic among members of the Food Bank population so is their reliance on food assistance. Nine percent report they have been consistently coming to the Food Bank for more than three years and almost another quarter (24%) have been depending on the Food Bank for one to three years. (See Chart 14.) Food Bank usage thus reflects both short-term and long-term financial stresses among the County’s residents.

Chart 14

Food Bank Dependence Varies

Percent of responders

Source: FBEI Food Bank Survey
VI. NUTRITION AND EDUCATION

With obesity and nutrition-related chronic illness such as diabetes and heart disease becoming a major national health problem, what are the attitudes and practices regarding nutrition and diet of the San Diego Food Bank population? The results of the FBEI Food Bank Survey offer some encouragement.

Over three-fifths (63%) of the respondents indicate that they are interested in receiving nutrition education through the Food Bank and its partners. Such education would include learning how to make healthy meals. (See Chart 15.)

Education on “smart” shopping could also include information on how to reduce food purchase costs. Such training could include information on meal planning, keeping track of food spending expenses, avoiding impulse buying, purchasing store brands or generic products, buying basic ingredients rather than prepared foods, and maximizing the use of coupons, discounts, and other promotional programs.

Nearly all (93%) of the respondents say that it is important for them to receive nutritious food, such as fresh fruits and vegetables, from the Food Bank. (See Chart 16.) The Jacobs & Cushman San Diego Food Bank has accommodated and perhaps helped create this demand. A total 35%, or 6.3 million pounds, of the food it distributes annually is fresh produce.

While we do not have a total picture of the lifestyles of Food Bank recipients, such as their full diet and exercise routines, the information gathered for this study represents a positive start.
The individuals and households seeking assistance from the San Diego Food Bank are by no means a homogeneous group. They are instead a diverse and complex set with varying characteristics and possible solutions.

Households in the Food Bank population range from young and large families to single, senior citizens. Part of the problem is short-term or cyclical in nature. High unemployment and difficulties in securing a full-time job have caused more individuals to seek food assistance. The necessity to take part-time or low-wage jobs has made it difficult for many households to make ends meet even where there are one or more members working.

In the period immediately ahead, little relief in terms of the demands on the Food Bank is likely. Unemployment, although receding gradually, is likely to remain high. Many of the available jobs may be temporary or part-time while paying wages below what many of the Food Bank’s constituents earned in a prior job. Retired and disabled individuals are also likely to face financial strains as their relatively fixed incomes may not keep pace with rising health care costs, higher food bills, and other expenses. The interest rate yields retirees see on many of their investments are likely to stay low and other sources of income may be limited without entailing sizable risk.

The medium term could see some decline in the rolls of the Food Bank population as the economy continues to recover. This should yield a further easing of the unemployment rate, more full-time jobs, and some increase in real earnings. However, due to the County’s high rate of poverty at 15.2%, or nearly 463,000 people who live below the poverty line, the Food Bank’s services will continue to be required in the community due to the region’s high cost of living and a large number of households expected to earn only meager incomes.

A sizable part of the problem surrounding the dependence on food assistance appears to be long-term or structural. The large number of Food Bank recipients who have been out of work for extended periods of time points to a lack of skills or education to access employment. Depressed income levels also suggest the preponderance of low-paying jobs that probably reflects the lack of skills, education, or training necessary for positions offering higher incomes. The presence of significant numbers of seniors and disabled in the Food Bank population indicates the difficulty these individuals have in keeping up with rising costs and those problems will probably continue. The aging of the general population will also likely increase the number and proportion of senior citizens served by the Food Bank over time.

We offer several recommendations that leadership may act upon to assist individuals and households seeking food assistance:

> **More help should be focused on finding or matching job opportunities for this particular group.** Since unemployment is a major factor causing individuals to seek assistance from the Food Bank, training opportunities should be communicated and
facilitated. With strong political and business community leadership, temporary help agencies, community colleges, the San Diego Workforce Partnership, various public entities, foundations, and other advocates could be tapped for this area of support. Perhaps new alliances and partnerships could be forged to provide special focus, new thinking, and best practices.

> **Special counseling, tutoring, and mentoring programs should be established to make sure that the children of Food Bank clients attend school and complete their education.** The children of many of these households in the Food Bank population represent a special risk and English speaking assistance could be important to them. The alternative to this early assistance may well be a vicious cycle of ongoing poverty and reliance on public assistance with devastating long-term consequences. Support from various companies for mentoring as well as local colleges and universities, tapping the vast regional resource of students from a variety of majors and programs, could help with efforts to improve the future prospects for these dependents of the Food Bank population.

> **Households, whether headed by young adults or seniors, should be provided with information, guidance, and education on basic budgeting and financial planning.** This is especially critical where incomes may have fallen below previous levels or below expectations. Banks and other financial institutions might be willing to step up to assist with these initiatives and provide low-cost basic services, training, and support to Food Bank clients.

> **Special help and education should be provided on “smart” shopping for food and other grocery items.** To reduce the dependence on the Food Bank, which should be viewed as an emergency provider of assistance or as a bridge until households can stabilize their financial positions, local grocery stores, restaurants, produce wholesalers, trade associations, and others should be encouraged to help with these programs.

> **Information on providing healthy and nutritious meal preparation should be disseminated.** Because healthy eating is essential to stemming the rise of obesity and related medical problems and costs, the interest expressed by recipients of Food Bank assistance in receiving such education is important. Health care providers in the region might help support these endeavors.

> **Fresh fruits, vegetables, and other nutritious foods, which is desired in greater quantities than may be presently received by many Food Bank recipients, should be developed further.** Access to these items should be expanded from providers including restaurants, grocery stores, and local growers. Agricultural and related industry associations such as the Western Growers Association, the California Grape and Tree Fruit League, the California Farm Bureau, Produce for Better Health Foundation, Produce Marketing Association, and other groups and organizations should be consulted for advice and support in delivering fresh fruits and vegetables to this critical population.
Greater partnership with the County Board of Supervisors should be developed. The Board of Supervisors and the Jacobs and Cushman San Diego Food Bank have worked in partnership to streamline the CalFresh (Food Stamp) outreach to low-income individuals and families throughout the County. However, there is greater scope for collaboration between the Food Bank and the County Board of Supervisors since the Food Bank has direct contact with nearly 350,000 people in need every month. Greater collaboration between the Food Bank and the County through a joint taskforce would enhance outreach efforts for a range of County programs such as increasing participation in the CalFresh program and supporting the County’s three-year-old “Live Well, San Diego” initiative which, among other goals, aims to stem the tide of chronic diseases through better nutrition.

The households requiring assistance from the Jacobs & Cushman San Diego Food Bank are a barometer of the economic and social status of our community. While some of the problems should be alleviated by the ongoing gradual healing of our economy, others risk becoming a self-perpetuating cycle of poverty, health problems, and dependency. The various sites and channels through which the Food Bank reaches some of the neediest in our society may represent the best opportunity to break this cycle. Partnerships involving private firms, non-profit organizations, and government agencies can and should provide critical support. Hunger indeed knows no season and solutions lie within the reach of our community.
APPENDIX A

Food Bank Survey Questions

1. How many people are in your household (including yourself)?
   a. 1
   b. 2
   c. 3
   d. 4
   e. 5
   f. other__________

2. How many adults (18 or over) in your household have a paying job, including yourself?
   a. 0
   b. 1
   c. 2
   d. 3
   e. Other____

3. What is the job status of the main breadwinner in your family? This may or may not be you. (mark all that apply)
   a. Working full time
   b. Seeking full-time job
   c. Working part time
   d. Retired
   e. Unemployed
   f. Other_______________

4. If the main breadwinner is retired, did that person retire early because he/she could not find a job?
   a. Yes
   b. No
   c. Not Applicable

5. If the main breadwinner is working part time, would that person prefer to work full time?
   a. Yes
   b. No
   c. Not Applicable

6. If the main breadwinner is unemployed, how long has that person been unemployed?
   a. Less than 3 months
   b. 3-6 months
   c. 6 months-1 year
   d. 1-2 years
   e. Over 2 years
   f. Not Applicable

7. How many children (individuals under the age of 18) are in your household?
   a. 0
   b. 1
   c. 2
   d. 3
   e. 4
   f. 5
   g. other______
8. Why is your household seeking food at the Food Bank? (mark all that apply)
   a. The primary breadwinner is unemployed
   b. Do not qualify for Food Stamps
   c. Disabled individual(s) on fixed income(s)
   d. Senior citizen(s) on social security or other fixed income(s)
   e. Employed household member(s) but cannot make ends meet
   f. Other__________
9. How long has your household been consistently coming to the Food Bank?
   a. Less than 3 months
   b. 3 – 6 months
   c. 6 months – 1 year
   d. 1-2 years
   e. 2-3 years
   f. Over 3 years
10. What is your age?
    a. 12 or under
    b. 13-17
    c. 18-25
    d. 26-35
    e. 36-45
    f. 46-55
    g. 56-65
    h. 66-75
    i. Over 75
11. What is your ethnicity?
    a. Hispanic
    b. Black
    c. Caucasian
    d. Native American
    e. Asian
    f. Other ____________________
12. What is your annual household income?
    a. $0
    b. Below $17,000
    c. $17,000 to $22,999
    d. $23,000-$27,999
    e. $28,000-$41,000
    f. Decline to state / don’t know
13. Are you interested in receiving nutrition education, for example, learning how to make healthy meals, through the Food Bank and its partners?
    a. Yes
    b. No
14. Is it important for you to receive nutritious food, such as fresh fruits and vegetables, from the Food Bank?
    a. Yes
    b. No
APPENDIX B

Food Distribution Sites Visited and Surveyed

San Diego City Centre
San Ysidro
Escondido
Encinitas
Ramona
Warner Springs
Salvation Army Backcountry
Barrego Springs
Poway
Oceanside
Lemon Grove
Fallbrook
Ocean Beach