



Jacobs & Cushman San Diego Food Bank AND North County Food Bank



Hunger Fact Sheet 2023

Hunger and Poverty in San Diego County:

Of San Diego County's 3.3 million residents, * over 1 million people face nutrition insecurity.** Of this number, 284,500 are children.** San Diegans facing nutrition insecurity are unable to provide three nutritious meals a day for themselves or their households. Currently, 2 in 5 children are nutrition insecure.** (*U.S. Census Bureau. 2020. **San Diego Hunger Coalition. 2021)

About the Jacobs & Cushman San Diego Food Bank and our North County Food Bank chapter:

The Jacobs & Cushman San Diego Food Bank and our North County Food Bank chapter feed approximately 400,000 people every month in partnership with 500 nonprofit community partners that operate feeding programs. Our nonprofit partners include food pantries, soup kitchens, shelters, low-income day care centers, senior centers, faith-based organizations, schools and day centers for the elderly and disabled.

The Food Bank's nonprofit partners collect food from our 90,000-square-foot warehouse in Miramar and our North County Food Bank warehouse in Vista. They then distribute the food directly to people in need in their local communities. By acting as a central distribution point, and through our own direct distributions, the Food Bank and our nonprofit partners provide food to communities throughout the county's 4,300-square-mile radius. In the fiscal year 2021-2022, the Food Bank distributed 44 million pounds of food. Of that number, more than 13 million pounds or 31 percent was fresh produce.

Demand for Food Assistance:

Due to our region's high cost of living, tens of thousands of low-income families, including low-income military families and fixed-income seniors rely on the Food Bank to put food on the table. Of the 400,000 people the Food Bank serves monthly, 45,000 are low-income military personnel and their dependents; 14,000 are fixed-income seniors on our Senior Food Program; 115,000 live at or near the poverty level and receive assistance through our Emergency Food Assistance Program; and 3,500 are elementary schoolchildren living in poverty who receive weekend backpacks full of food through our Food 4 Kids Backpack Program at 60 schools in 14 San Diego County school districts.

How You Can Help:

There are many ways you can help:

- **Host a food drive** at your school, business or faith-based organization.
sandiegofoodbank.org/food-drives
- **Host a Virtual Food Drive** and donate from the ease of your computer or smartphone
sandiegofoodbank.org/virtual
- **Volunteer** at the Food Bank's Miramar or Vista facilities.
sandiegofoodbank.org/volunteer
- **Make a monetary donation.** Every \$1 donation provides 2 meals.
sandiegofoodbank.org/donate



Jacobs & Cushman San Diego Food Bank
AND
North County Food Bank

Hunger Fact Sheet 2023



Most Needed Food Items:

- canned meats & fish
- canned vegetables
- canned fruit
- canned soup
- peanut butter
- oatmeal & cereal