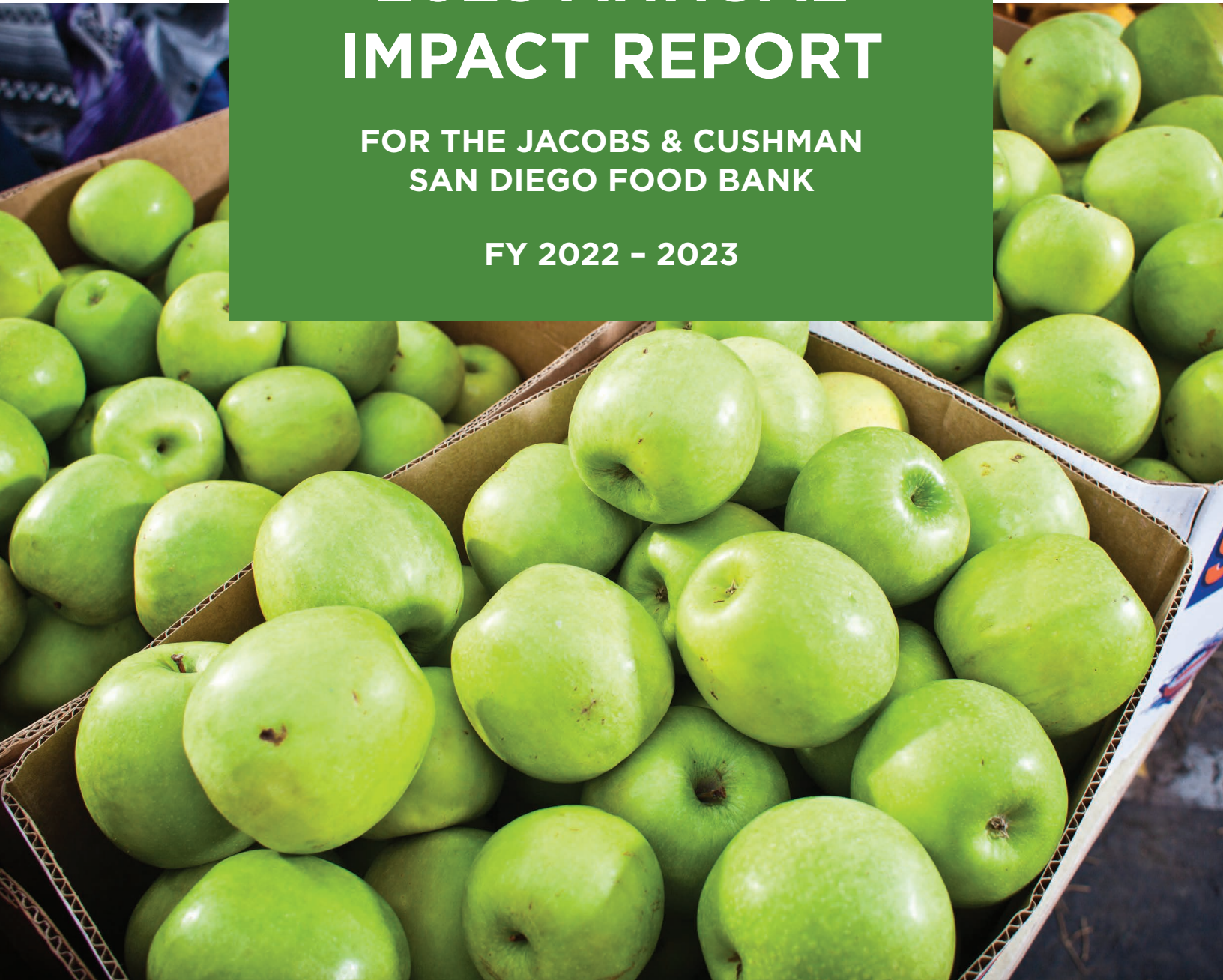




# 2023 ANNUAL IMPACT REPORT

FOR THE JACOBS & CUSHMAN  
SAN DIEGO FOOD BANK

FY 2022 - 2023



## Client Choice Pantry Opens Doors to Serve North County Residents with Human Dignity at its Core

Food banks are known for their service as an emergency resource to help families put food on the table during difficult times — when money is tight, and families are having to make difficult choices between paying bills and getting enough food to feed their loved ones. Instead of waiting in line to be handed food, what if you could get what you need from a place that looks like a neighborhood grocery store, and you can hand-select the food items needed for both you and your family? That’s exactly what you will find at our Client Choice Pantry.

Our pantry first opened its doors in late June of 2022 at our Vista warehouse after a two-year wait due to the pandemic.

When families arrive for their scheduled shopping appointment, they see a setup resembling a small grocery store with refrigerated display cases, produce bins and shelves. Families check in with trained volunteers and are provided a two-tiered grocery cart, making it a comfortable experience as they make their rounds filling their carts with anything they may need, like apples, lettuce, frozen chicken, canned tomatoes, or bread. This detail is what makes the client choice model so exemplary — it’s the choice. It gives those in need the option to choose items based on personal preferences and dietary needs rather than accepting foods that were pre-selected for them with no flexibility of exchanging or swapping out. In addition to food, shoppers can also pick up other necessities such as diapers for infants and toddlers along with period supply products.

Our pantry has positively impacted the lives of thousands of our neighbors struggling to make ends meet by giving them a reliable place to pick up nutritious food close to home every couple of weeks.



“This program does so much for my family. I am able to come in and choose things my family is going to use. I will also base dinners on what proteins and vegetables are available.”

- Beverly



Last fiscal year, the pantry, with the help of a dedicated group of volunteers, distributed more than 1.2 million pounds of food, 247,471 diapers and nearly 439,000 period products through this program to North County families.

**If you would like to support this program, please contact our donor relations team to learn more at [development@sandiegofoodbank.org](mailto:development@sandiegofoodbank.org).**

# SDSU Report Finds Inflation & Rising Costs Paired with Low-Wage Jobs Drives the Need for Food Assistance

The San Diego Food Bank, in partnership with San Diego State University's L. Robert Payne School of Hospitality & Tourism Management, conducted a survey among 1,018 food recipients at 16 distribution and pantry sites across four regions of San Diego County: Northern San Diego, Central San Diego, South Bay and East County.

The goals of the study were to quantify the economic impact the Food Bank has on San Diego through our programs and services, and to better understand the characteristics of Food Bank recipients and their usage of our hunger-relief services.

With the help of this study, our team gained a deeper understanding of the challenges those we are serving face in their day-to-day lives and their reasoning behind seeking help from the Food Bank and our network of nonprofit partners in the first place.

While the study was conducted in close proximity to the COVID-19 pandemic, the data illustrates the current reality of SDFB recipients and the tremendous value SDFB provides to San Diego County.

“This study makes it abundantly clear that the impacts of inflation on the cost of groceries and living expenses in San Diego County has led to an increased need for hunger-relief services among families and seniors. Our staff, volunteers, and network of nonprofit partners see first-hand who we are serving, but we do not always know the stories behind why people are coming to distribution sites for food. With this knowledge, we can better shine a light on the current state of food insecurity in the region, destigmatize the myths surrounding hunger, and encourage others to seek help with getting the food they need to help make ends meet.”

- Casey Castillo, CEO of the Jacobs & Cushman San Diego Food Bank

This data is shaping and fueling the San Diego Food Bank's future decisions with an end goal to enhance our capacity to provide food to any and all persons who are facing hunger. Thank you to the L. Robert Payne School of Hospitality & Tourism Management at San Diego State University for conducting this study. **If you would like to view a copy of this report online, please visit [SanDiegoFoodBank.org/SDSUStudy](https://SanDiegoFoodBank.org/SDSUStudy).**

## Key Findings from the 2023 Economic Impact and Recipient Data Report

### Economic Findings

- The San Diego Food Bank's economic impact on San Diego County was calculated at up to \$134.5 million, depending on how much of the offset food money or “pass through” recipients used in the economy.
- Some \$83 million represents direct food value provided to SDFB recipients.

### Recipient Data

- The primary need for the San Diego Food Bank's services is caused by rising costs (76%), with 45% adding that they don't receive enough income to make ends meet.
- 25% of those surveyed responded are seniors living on a fixed income who are in need of supplemental food assistance.
- Other reasons for needing the services include unemployment by the primary breadwinner (13%), a disability (8%) and an inability to qualify for other assistance (7%).



# How We Serve: Key Programs and Initiatives



## Food 4 Kids Backpack Program

Every Friday, thousands of children in the community go home from school having eaten their last meal of the week as part of the school lunch program. For many, there is little to no food at home, and they do not eat again until Monday. Food 4 Kids provides weekend food packages to elementary school children to help fill that nutritional gap.



## Emergency Food Assistance Program

This federal program provides monthly packages of shelf-stable foods to individuals and families in crisis who meet specific income guidelines. Food items vary from month-to-month. A typical EFAP bag will include: canned vegetables, canned soups, fruit juice, canned fruits, canned meats, spaghetti, rice, beans, occasional fresh produce, dairy, frozen meat, and frozen food items.



## CalFresh Outreach Program

SDFB conducts regular outreach to assist eligible residents in applying for CalFresh (SNAP) plus other benefits. The coordinators pre-screen residents and case manage to provide this resource to as many eligible recipients as possible giving them access to the food they need.



## Fresh Produce Initiative

The San Diego Food Bank believes in the power of providing good nutrition to families facing food insecurity, which is an essential building block to good health. Last year, more than 16 million pounds of fresh produce was distributed. The Food Bank has a goal to increase that percentage from 37% of our annual distribution amount to 50%.



## Client Choice Food Pantry Program

The Client Choice Food Pantry allows families to shop for the food they want and need rather than receiving a pre-packed or standardized food package promoting dignity and autonomy. When recipients select the items they will use, it reduces the likelihood of food going to waste. It also allows individuals to choose food items that align with their personal nutritional and cultural needs. This model program serves 2,000 families monthly.



## Diaper Bank and Period Supply Programs

In addition to food, the SDFB provides diapers and period supplies. These two programs empower women throughout the county as it provides them with access to resources that enable them to continue their education and maintain employment.












## Senior Food Program

The Senior Food Program provides monthly 40-pound food boxes to senior citizens living at or near the poverty level who are 60 years and older. The nutritious box contains items such as reduced-fat milk, instant non-fat milk, canned meats, peanut butter, canned fruits and vegetables, cheese, rice, pasta, fruit juice, and cereal. Other food items are added as available. The Food Bank distributes this USDA-provided food at more than 70 distribution sites monthly in San Diego County communities. On average, the program serves 15,500 seniors facing food insecurity every month.

# Impact of Our Services: Food Bank by the Numbers

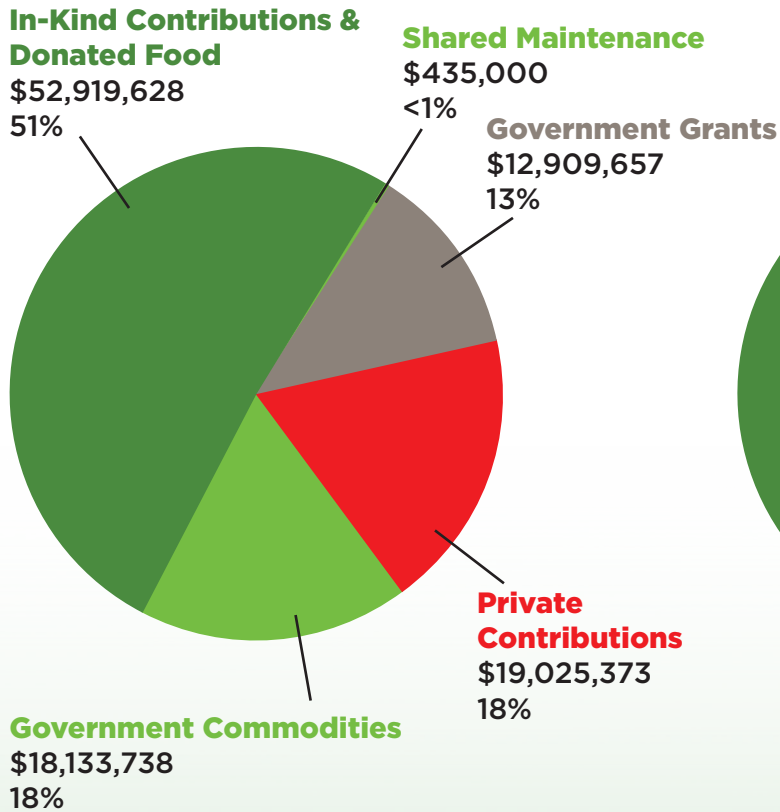
Here is a collection of programmatic statistics that summarizes our year of service in San Diego County, which reflects July 1, 2022 through June 30, 2023.

|  |   |   |   |
|--|---|---|---|
| <b>45.3 million</b><br>Total pounds of food distributed by the Food Bank   |    | <b>16.6 million</b><br>Pounds of fresh produce distributed by the Food Bank   |    |
| <b>544</b><br>Number of nonprofit partners located across the county who receive food from the Food Bank and distribute to families in their local communities |   | <b>25</b><br>Number of trailers, trucks & semi-trucks in our fleet that pick up and deliver food  |    |
| <b>36.67%</b><br>Percentage of total food distributed that was fresh produce   |    | <b>249</b><br>Number of direct distributions the Food Bank hosts every month in communities throughout San Diego County                                   |   |
| <b>15,500</b><br>Number of seniors living on a fixed income who receive a 40-pound box of food every month through our Senior Food Program                     |   | <b>4.1 million</b><br>Total pounds received through our Fresh Rescue Program  |   |
| <b>183,523</b><br>Number of miles our transportation fleet has traveled to serve the community   |  | <b>83,124</b><br>Number of hours our volunteers worked to inspect, sort, package and distribute food for individuals and families in need                 |   |
| <b>8.6 million</b><br>Number of diapers that have been distributed through our Diaper Bank Program to low-income families with infants and toddlers at home    |   | <b>465</b><br>Number of nutrition education classes hosted through our Nutrition Education Program  |  |
| <b>8,889</b><br>Number of people who have been pre-screened by our CalFresh Outreach Program team to receive CalFresh benefits                                 |  | <b>973,525</b><br>Pounds of food distributed through all school-based programs (Food 4 Kids, On-the-Go Pantry Program, and College Hunger-Relief Program) |   |
| <b>3,100</b><br>Number of elementary school students who received weekend packs of food through our Food 4 Kids Backpack Program during the 22/23 school year  |   | <b>3.1 million</b><br>Number of period supply products distributed through our Period Supply Program  |  |
| <b>31,578</b><br>Number of volunteer visits to our two warehouses and Senior Food Program distribution sites   |  | <b>78,972</b><br>Total pounds of inedible food that was diverted from the landfill and turned into compost to grow fresh produce                          |   |

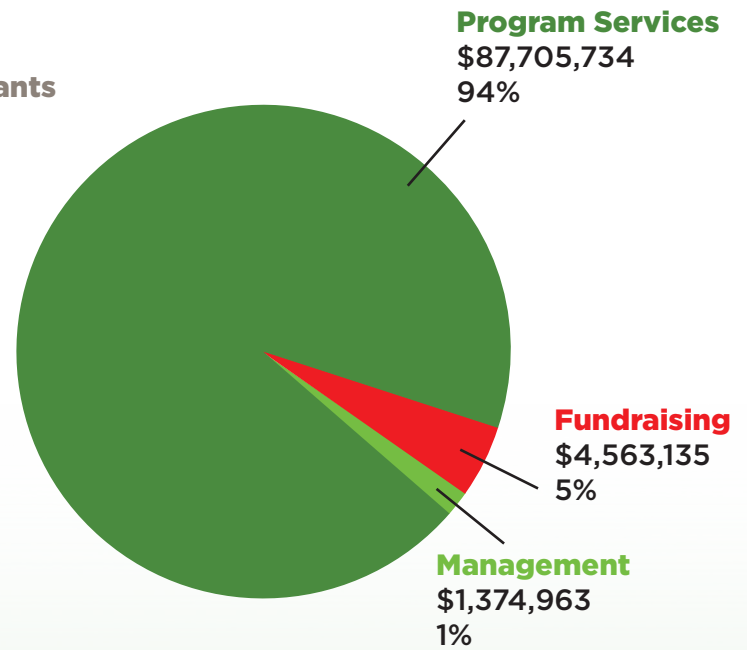
# Your Donations at Work: Financials

At the San Diego Food Bank, we pride ourselves on our efficiency and ability to maximize donor contributions to have the biggest impact on those we serve. Financials listed below cover July 1, 2022 through June 30, 2023.

**Revenue:**  
**\$103,423,396**



**Expenses:**  
**\$93,643,832**



If you have questions about your donation or are interested in learning more about how you can support the San Diego Food Bank's programs, please contact Maureen Polimadei, Director of Individual Giving, at [mpolimadei@sandiegofoodbank.org](mailto:mpolimadei@sandiegofoodbank.org).





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North County Food Bank  
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Our full financial report is available online at:  
[SanDiegoFoodBank.org/AnnualReport](https://SanDiegoFoodBank.org/AnnualReport)

