

DISTRICT 3**DEMOGRAPHIC INFORMATION**

Population (Estimates)	
Total	73,520
Households	39,850
Average household size	1.8 persons
% family households	32% (2nd lowest)
% households with children	9% (2nd lowest)
% households with single person	54% (4th highest)
Seniors	
60+	18,811 (highest concentration)
65+	13,941 (highest)
% living alone	55% (4th highest)
Children (0-17)	5,414 (fewest children in any District)

Income and Poverty (Estimates)	
Median Income by Household	\$43,513 (2nd lowest)
Per Capita Income	\$44,535 (6th highest)
All residents below 200% of poverty level*	42% (2nd highest)
Residents below 100% of poverty level**	20% (2nd highest)
Homeless	
Total sheltered and unsheltered	393 (4th highest)
Total unsheltered	363 (3rd highest)
Seniors (65+) below 200% of poverty level ⁹	60% (2nd highest)

Employment	
Employed residents	40,870
Unemployment rate	9%

Housing (Estimates)	
# of Housing Units	45,460
Units lacking complete kitchens***	6,831 (highest)

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*Given the high cost of living in San Francisco, individuals and families whose income is below 200% of the Federal Poverty Guidelines are at risk for food insecurity. For a family of four in 2013, their income would be no more than \$47,100.

**In 2013 at 100% of the Federal Poverty Guidelines, income for a family of four would not exceed \$23,550.

***A "complete kitchen" must contain a sink with a faucet; a stove or range; and a refrigerator.

DISTRICT 3**PROGRAMS AND SERVICE COVERAGE (continued from previous page)**

Food Resources	
CalFresh	
All individuals receiving	3,689 (7% of all cases Citywide), 5th highest
Seniors (60+)	697
Children (0-17)	1,435 (5th highest)
Women, Infants, and Children (WIC)	1,043 (5th highest)
All individuals receiving	

*Non-disabled seniors are eligible for CalFresh. However, at 65, low-income seniors – those who do not have earnings-based Social Security to draw from - receive SSI instead. In California (only), SSI recipients are ineligible for CalFresh. This policy explains in part the low numbers for CalFresh participation by seniors.

Food Access	
School Meals (daily)*	(Total enrollment: 3,045 in 9 schools)
# eligible for free or reduced priced meals	2,549 (84% of enrolled; highest)
# eating school lunch	2,053 (67% of enrolled)
# eating school breakfast	425 (14% of enrolled)
Summer Lunch for Children	
# of sites (SFUSD/DCYF)	5/10
# of children (average SFUSD/DCYF)	579/825
# days open (average SFUSD/DCYF)	23/33 days
On-site Lunch (City funded)	
# of meals/day; 5 days/week	
For Seniors	370 (2nd highest)
For Young Disabled Adults (18-59)	13 (2nd highest)
Home-delivered Meals (City funded)	
# of meals/day; 6 days/week	
For Seniors	338 (4th highest)
For Young Disabled Adults (18-59)	20 (3rd highest)
Food Pantries	
Weekly food pantries	15
Residents served	8,961 (12% of population)
Free Dining Rooms	0

*Note that children may not reside in the same District where they attend school.

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DISTRICT 3**PROGRAMS AND SERVICE COVERAGE (continued from previous page)**

Shelter Meals funded by HSA (approximately 2 meals per day; 7 days/week)	0
Retail	
Supermarkets (total number)	12
- Number that accept CalFresh EBT	9 (75%)
- Number that accept WIC	2 (17%)
Grocery Stores (total number)	32
- Number that accept CalFresh EBT	17 (53%)
- Number that accept WIC	0

Key Challenges and Recommendations**FOOD RESOURCES****Challenges key to this District**

The median income by household in District 3 is the 2nd lowest in the City, \$43,513 compared to the City median household income of \$71,416.

Based on income below 200% of the poverty level, 42% of residents (approximately 30,700 people) are at risk of food insecurity – the second highest percentage in the City.

Twenty percent (approximately 14,700 people) live below 100% of the poverty level. While it is not possible to ascertain precisely how many District 3 residents are eligible for the program, at least 13,712 are qualified for CalFresh based on income and age, not accounting for other disqualifiers.^{iv} However, only 3,690 people receive CalFresh benefits in the District (39% of those are children). District 3 has the fewest number of children in the City (approximately 5,400). However, it has the fifth largest number of children receiving CalFresh benefits - 1,435, representing 26% of all children in the District.

District 3 has the fifth highest number of individuals receiving Women, Infant, and Children (WIC) benefits (1,043 participants). Only two of the 12 supermarkets and none of the 32 grocery stores in the District accept WIC benefits.

^{iv} Not accounting for other disqualifiers such as receipt of SSI benefits by people under 65 years of age, minimally 14,700 residents are qualified based on incomes below 100% of the poverty level (this sum does not include those residents whose income is between 100% and 130% of the poverty level, also qualified by income for CalFresh). From this number are subtracted the 988 seniors, aged 65 or over (low-income seniors without Social Security to draw from, receive SSI, rendering them ineligible for CalFresh benefits).

DISTRICT 3

FOOD RESOURCES

Three-fourths of supermarkets in District 3 accept CalFresh EBT, while only 53% of grocery stores do, likely because many grocery stores in District 3 are small and family-owned. However, in District 3 in particular, residents would greatly benefit from being able to use CalFresh to buy culturally desirable foods. Increased use of CalFresh also would generate economic benefit to the District and its small businesses.

Recommendations key to this District

- Increase enrollment in CalFresh especially for families with children, families receiving WIC benefits, working adults and households with mixed immigration status.
- Increase outreach to ensure 90% of supermarkets, grocery stores and other affordable food outlets accept EBT cards, and 90% of supermarkets accept WIC benefits.
- Support increase of SSI food supplement (“cashout”) at state level.
- Develop a local food assistance supplement for food insecure San Franciscans beginning with SSI-recipients (like “Healthy SF” for health access).

**FOOD ACCESS****Challenges key to this District**

While the nearly 42% of District 3 residents living below 200% of poverty and who are at risk for food insecurity might benefit from additional nutritious food on a regular basis, food pantries serve only 12.19% of the population (just over 9% of the total number served citywide).

Nearly 85% of the over 3,000 K-12 students attending school in District 3 qualify for free or reduced meals. Each day, 2,053 students eat lunch at school, and around 425 eat breakfast. There is an opportunity to feed an additional almost 1,000 students at lunch and over 2,500 at breakfast.

Children’s food security suffers when school is out for the summer. In District 3, 1,400 students eat at summer lunch programs. There are approximately 55 week-days during summer break; however, summer lunches are available in this District on average between 23 days (SFUSD) and 33 days (DCYF) of the summer break.

The seniors living below 200% of poverty who are at risk of food insecurity in District 3 require 25,226 meals a day, but only 5,394 are provided by City and nonprofit agencies, including CalFresh, leaving up to 19,832 daily to be funded for this most vulnerable population (the most needed in any District).⁹ In planning for additional meals or groceries, attention should be paid to the fact that this District has the fourth highest percent of seniors who live alone (54%),⁹ and, as noted in the Food Consumption section, the highest number of housing units without complete kitchens.

Food services for individuals who are homeless are practically nonexistent in District 3. There are no shelter meals, nor free dining rooms. There is only one chain restaurant in Chinatown that accepts CalFresh EBT benefits, adding to the inaccessibility of healthy, prepared meals for people who are homeless or otherwise unable to cook.³¹

DISTRICT 3**FOOD ACCESS**

Adults (18-59) with disabilities in the District are served through an average of 33 meals per day, either on-site lunches or home-delivered meals.

There are four community gardens in District 3.⁴²

Recommendations key to this District

- Increase outreach to ensure 90% of supermarkets, grocery stores and other affordable food outlets accept EBT cards, and 90% of supermarkets accept WIC benefits.
- Increase number and variety of CalFresh Restaurant Meal Program vendors accepting EBT, including local restaurants that bring cultural, nutritional and geographical choices to beneficiaries.
- Develop ways to meet high demand for community based food programs that are the most respectful and least disruptive for the clients and neighborhoods.
- Increase funding for successful programs (home delivered meals, home delivered groceries, shelter meals, free dining rooms).
- Fund a mandate that all seniors and adults with disabilities on the citywide waitlist for home-delivered meals are served within 30 days.
- Explore options to continue to increase participation in school meal programs.
- Develop a plan to expand summer lunch and afterschool meal programs.

**FOOD CONSUMPTION****Challenges key to this District**

- Only 85% of the housing units in District 3 have complete kitchens (the highest number of units without complete kitchens at 6,831).

Recommendations key to this District

- Significantly increase the number of complete kitchens in housing units.
- Increase culturally appropriate nutrition and cooking education.
- Create and maintain a centralized city resource website for healthy food access and preparation in San Francisco. Include special recommendations for those without complete kitchens and locations of grocery stores, healthy corner stores, and information on EBT and WIC acceptance.
- Support educational efforts around healthy food choices, healthy food preparation, nutrition, and how to find/access affordable healthy food outlets.
- Improve food recovery for use in food programs, and reduce food waste.

DISTRICT 3**Needs of Vulnerable Subpopulations in this District**

- **Seniors and Adults with Disabilities:** District 3 has the highest number of seniors in all age groups (60+, 65+ and 85+), the highest percentage of seniors over 60 years old living alone (54%), and the highest number of seniors aged 65 or above who live below 200% of the poverty level (about 8,400).
- **People Who are Homeless:** District 3 has the fourth largest number of homeless residents, and third largest number of unsheltered homeless people. A full 92% of the District's homeless population is unsheltered, meaning that they have no access to shelter meals, or to cooking facilities. District 3 has no free dining room.
- **Children and Families:** Since District 3 has the highest number of housing units without complete kitchens, families' abilities to prepare nutritious food are compromised.