Food Security in San Francisco

Presentation to:

Neighborhood Services and Safety Committee
San Francisco Board of Supervisors

November 21, 2013
Outline of the Presentation

1. Present **framework** for understanding food security and its public health and economic implications

2. Apply framework to identify **challenges**

3. Define the **scope** of the problem

4. Discuss priority **solutions**

5. Propose **action items**
Food Security is More Than Absence of Hunger

Definition of food security:

All persons obtain a nutritionally adequate, culturally acceptable diet at all times through local non-emergency sources.  
(2005, SF Health Code 470.1)
Food Insecurity in San Francisco

1. Food Insecurity exists when the ability to obtain and prepare nutritious food is uncertain or not possible

2. < 200% of poverty – highest risk for food insecurity
   - 1 in 4 San Franciscans
   - Federal poverty measures are not adjusted for local conditions
   - Every district in San Francisco has food insecure residents
Food Insecurity Exists in Every District

Number of Residents that are Low-Income*

Number of low-income* residents
- 0 - 200
- 201 - 1,000
- 1,001 - 2,000
- 2,001 - 3,871

*Low-income is defined as individuals living at or below 200% of the Census poverty level.

Source: American Community Survey 5-year estimates, 2007-2011
City and County of San Francisco
Department of Public Health
Environmental Health Branch

FOOD SECURITY TASK FORCE and TENDERLOIN HUNGER TASK FORCE
Food Insecurity Results in Poor Health

• Poorer nutritional intake
  • Lower intake of relatively more expensive fruits and vegetables (fewer micronutrients)
  • Higher intake of less expensive fats & carbohydrates

• Eating behaviors that persist for decades after food insecurity experiences
  • Binge eating, food rationing, preferences for highly filling foods (high-fat, high-sugar) to “feel full”

• Extreme anxiety & distress: less bandwidth for coping with other household needs
Nutrition Critical for Healthy Development & Aging

• Children
  • Decreased intellectual & emotional development
  • Poorer physical health: more hospitalizations (decreased employment capacity for caregivers)

• Pregnant mothers
  • Smaller, sicker babies

• Adults & Seniors
  • Obesity
  • Diabetes & poor diabetes control
  • Mental illness and exacerbations of serious mental illness
  • Decreased capacity to maintain independence with aging

• People living with HIV & AIDS
  • Increased HIV-related wasting
  • Inability to control virus levels, even when on effective anti-retroviral therapy

Costs passed on to:
  • DPH
  • SFGH
  • Laguna Honda
  • SFUSD
  • SFPD
  • DAAS
  • HSA

Framework
Understanding Food Security

Food Security Task Force

Tenderloin Hunger Task Force

Framework
Food Security Rests on Three Pillars

1. **Food Resources**
   - Sufficient *financial resources* to purchase enough nutritious food (from income, CalFresh, WIC, SSI)

2. **Food Access**
   - *Access to affordable, nutritious and culturally appropriate foods* (from food pantries, meal programs, food retail)

3. **Food Consumption**
   - *Ability to prepare healthy meals* and the knowledge of basic nutrition, safety and cooking (usable kitchens, nutrition/cooking education)
Food Resources

1. Income insufficient
   - High-cost of living in SF – poverty definition not indexed
   - More than 1 in 4 lives below 200% poverty ($37K for a family of 3)

2. CalFresh highly effective but under-enrolled
   - State: CA ranked last in U.S. for participation
   - SF: ~ 51K individuals; estimated 50% of eligible are enrolled
   - Benefit not adjusted (now-$1.40/meal)

3. Many ineligible for CalFresh
   - 45K SSI recipients: low-income seniors, disabled adults
   - Undocumented residents
   - Gross income > 130% FPL ($25K for family of 3)
Food Access

1. Demand strains or exceeds capacity in many programs
   - Increasing # clients - Nonprofit on-site meals
   - Waitlists - Home-delivered meals and groceries, food pantries

2. Child nutrition programs: low participation, limited capacity
   - 1/3 eligible students not accessing school lunch
   - Even fewer access school breakfast
   - Summer lunch and after school meals limited

3. Food retail
   - Too few food retail outlets sell healthy and affordable foods
   - CalFresh and WIC not accepted everywhere
Food Consumption

1. Lack of kitchens
   - Over 19K housing units lack complete kitchens (sink, stove, refrigerator)
   - Increases need for free on-site meal programs

2. Challenges of constrained food and cooking options
   - Limited food choices ($, pantry, corner stores)
   - Need for basic nutrition, food safety and preparation/cooking skills in constrained environments
Data - District 6 (Tenderloin, SOMA, Treasure Island)

Excerpt from Food Security Task Force Report

### District 6
**Demographic Information**

<table>
<thead>
<tr>
<th>Income and Poverty (Estimates)</th>
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</tr>
</thead>
<tbody>
<tr>
<td>All residents below 200% of poverty level*</td>
<td>46.4% (highest)</td>
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<tr>
<td>Residents below 100% of poverty level**</td>
<td>22% (highest)</td>
</tr>
<tr>
<td>Homeless</td>
<td></td>
</tr>
<tr>
<td>Total sheltered and unsheltered</td>
<td>3,257 (highest)</td>
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<tr>
<td>Total unsheltered</td>
<td>1,364 (highest)</td>
</tr>
<tr>
<td>Seniors (65+) below 200% of poverty level*</td>
<td>71% (highest)</td>
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<table>
<thead>
<tr>
<th>Housing (Estimates)</th>
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<tbody>
<tr>
<td># of Housing Units</td>
<td>42,600</td>
</tr>
<tr>
<td>Units lacking complete kitchens***</td>
<td>6,482 (2nd highest)</td>
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</tbody>
</table>
Data - District 6, part 2

Excerpt from Food Security Task Force Report

<table>
<thead>
<tr>
<th>DISTRICT 6 PROGRAMS AND SERVICE COVERAGE</th>
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</thead>
<tbody>
<tr>
<td><strong>Food Resources</strong></td>
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<tr>
<td>CalFresh - All individuals receiving</td>
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</table>

<table>
<thead>
<tr>
<th><strong>Food Access</strong></th>
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<tbody>
<tr>
<td>On-site Lunch (City funded)</td>
</tr>
<tr>
<td># of meals/day; 5 days/week</td>
</tr>
<tr>
<td>For Seniors</td>
</tr>
<tr>
<td>For Young Disabled Adults (18-59)</td>
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<tr>
<td>Home-delivered Meals (City funded)</td>
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<td># of meals/day; 6 days/week</td>
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<tr>
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<td>For Young Disabled Adults (18-59)</td>
</tr>
<tr>
<td>Food Pantries</td>
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<tr>
<td>Weekly food pantries</td>
</tr>
<tr>
<td>Residents served</td>
</tr>
<tr>
<td>Free Dining Rooms</td>
</tr>
<tr>
<td>Average number of free meals per day</td>
</tr>
<tr>
<td>Shelter Meals funded by HSA (approximately 2 meals/day; 7 days/week)</td>
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</tbody>
</table>
## Data - District 1 (Richmond)

*Excerpt from Food Security Task Force Report*

### District 1
**Demographic Information**

<table>
<thead>
<tr>
<th>Population (Estimates)</th>
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<tbody>
<tr>
<td>Seniors - 60+</td>
<td>15,738</td>
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**Income and Poverty (Estimates)**

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<tbody>
<tr>
<td>Median Income by Household</td>
<td>$74,668 (5th highest)</td>
</tr>
<tr>
<td>All residents below 200% of poverty level*</td>
<td>24.6%</td>
</tr>
<tr>
<td>Residents below 100% of poverty level**</td>
<td>10%</td>
</tr>
<tr>
<td>Seniors (65+) below 200% of poverty level†</td>
<td>34.2%</td>
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**Programs and Service Coverage**

**Food Resources**

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<tbody>
<tr>
<td>CalFresh - All individuals receiving</td>
<td>1,958 (4% of all cases Citywide); 8th highest</td>
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**Food Access**

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<tr>
<td>On-site Lunch (City funded)</td>
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<tr>
<td># of meals/day; 5 days/week - Seniors</td>
<td>276 (3rd highest)</td>
</tr>
<tr>
<td>Home-delivered Meals (City funded)</td>
<td></td>
</tr>
<tr>
<td># of meals/day; 6 days/week - Seniors</td>
<td>261 (6th highest)</td>
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<tr>
<td>Food Pantries</td>
<td></td>
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<tr>
<td></td>
<td>2 pantries, 1,610 served (2.3% of residents)</td>
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</table>
Food Insecurity in Every District

Food Bank Pantries and Number of Low-Income Residents

Scope

FOOD SECURITY TASK FORCE and TENDERLOIN HUNGER TASK FORCE
San Francisco’s “Missing Meals”

Meals People can afford in their budget – **34%**

Missing Meals – **31%**

Government Resource – **19%**
(CalFresh Meals represent 2/3)

Nonprofit Network – **16%**

Total Missing Meals = Over 74 Million/Year

Stanford Center on Poverty and Inequality (2013) for the San Francisco and Marin Food Banks
Illustration of “Missing Meals”: Low-Income Senior

Monthly Income (SSI) + $866.40
CalFresh (ineligible) + $0

Total Resources = $866.40

With few resources and limited access to programs, more than one meal is “missing” every day.

Meals Needed Each Month

Meals from Income - 25
Senior Meals (Group Site) - 25
Home-delivered groceries (Waitlist) 0

Meals STILL needed each month = 40

Scope
Illustration of “Missing Meals”: Family of Four

Monthly Income (130% FPL) = 1.5 full-time jobs at minimum wage

+ $2,498

CalFresh + $200

Total Resources = $2,698

Even with income and programs, working families forced to make difficult choices

<table>
<thead>
<tr>
<th>Meals Needed Each Month</th>
<th>360</th>
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<tbody>
<tr>
<td>Meals purchased</td>
<td>- 110</td>
</tr>
<tr>
<td>Meals from CalFresh (eligible)</td>
<td>- 83</td>
</tr>
<tr>
<td>Meals from food pantry groceries</td>
<td>- 100</td>
</tr>
<tr>
<td>School Lunch (eligible)</td>
<td>- 40</td>
</tr>
</tbody>
</table>

Meals MISSING each month = 27

Scope
From Missing Meals to Nutritious Meals

Resources  Access  Consumption

Solutions

FOOD SECURITY TASK FORCE and TENDERLOIN HUNGER TASK FORCE
Food Security is Achievable in San Francisco

Assets

1. Strong collaboration and alignment: government, non-profits, with private/community support
2. Robust network of food programs that reaches vulnerable populations with tailored solutions
3. Agreement on public health and economic implications of food security

SF can be a model for how to scale a city to food security

Solutions
## Key Recommendations: High Impact

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<th>ACCESS</th>
<th>CONSUMPTION</th>
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<td>CalFresh Participation</td>
<td>Healthy Food Purchasing Supplement</td>
<td>Nonprofit Network Service Capacity</td>
<td>Nutrition Education Including through Urban Agriculture</td>
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<tr>
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<td></td>
<td>Summer and Afterschool Meal Sites</td>
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<td>CalFresh Retail + Restaurants and WIC Vendors</td>
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<td>SFUSD School Meals</td>
<td>Kitchens in SROs</td>
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<td>Healthy Retail</td>
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**Solutions**
Leverage Existing Programs

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Solutions

FOOD SECURITY TASK FORCE and TENDERLOIN HUNGER TASK FORCE
## Innovative Solutions

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<td><img src="image3.png" alt="Image" /></td>
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</tbody>
</table>
| **INNOVATE** | **Healthy Food Purchasing Supplement** | **SFUSD School Meals**
| | | **Healthy Retail**
| | | **Kitchens in SROs**

Solutions

FOOD SECURITY TASK FORCE and TENDERLOIN HUNGER TASK FORCE

24
Calls to Action

1. Full utilization of *CalFresh* (and other federal nutrition dollars)
   - Generate local economic activity ($1 CalFresh = $1.80 in activity)
   - Access federal funds, keep dollars in community, support local food retail stores

2. Enhance *nonprofit distribution* and service network
   - Support community partners’ ability to meet growing food needs

3. Create a *healthy food purchasing supplement*
   - Increase resources for residents to purchase nutritious food
   - Support demand for healthy food at local food retail stores

4. Increase number of *kitchens* in SROs
   - Enable use of food (pantries, groceries)
   - Reduces demand at free dining rooms

*Solutions*
Questions?

For more information: Paula.Jones@sfdph.org

Reports available at: www.sfdph.org/foodsecurity
Healthy Food Purchasing Supplement

1. Highly successful in SF as a small pilot program
   a. $10 for fresh or frozen fruits & vegetables
   b. Must be spent in local vendor network

2. Participants
   a. High demand for program
   b. Increased fruit and vegetable consumption
   c. Money spent in local neighborhoods

3. Vendors
   a. Lots of local interest from vendors: vendors not initially invited into the program asked to join
   b. Increased demand for fresh produce increases turnover and makes it easier to stock fresh foods

4. Distribution options vary: schools, community health clinics, WIC beneficiaries, shelters, etc.

$1 invested = $1.80 economic activity