



SAN FRANCISCO FOOD SECURITY TASK FORCE

# Assessment of Food Security in San Francisco

2013

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## **About the San Francisco Food Security Task Force (FSTF)**

*“Food Security...shall mean the state in which all persons obtain a nutritionally adequate, culturally acceptable diet at all times through local-non emergency sources.” (San Francisco Health Code §§ 470.1, et. seq.)*

The FSTF is an advisory body to the Board of Supervisors and is charged with the responsibility of creating a citywide plan for addressing food security. The group tracks vital data regarding hunger and food security including the utilization and demand for federal food programs, community based organizations’ meal programs, and programs targeting vulnerable populations.

# Introduction

**Proper nutrition** is critical for health promotion, disease prevention, maintaining healthy weight, and overall well-being. Healthy eating is a key health priority identified in the San Francisco Community Health Improvement Plan which was developed by the San Francisco Department of Public Health in coordination with nonprofit hospitals, academic partners, and a wide range of stakeholders throughout San Francisco.<sup>1</sup>

Unfortunately, in the midst of a city engaged in a perpetual celebration of food, many residents are food insecure, meaning that they are unable to obtain and prepare enough nutritious food to support their basic physical and mental health. In recent years the concept of “food insecurity” has replaced the term “hunger” to reflect a problem that is much more complex and far-reaching. While hunger is a physical sensation that results from a lack of adequate calories, food insecurity exists whenever the ability to acquire enough nutritious food is limited or uncertain. Food insecurity manifests itself in a wide range of unhealthy ways, including worrying that food will run out, buying cheaper and nutritionally inadequate food, rationing meals, or skipping meals completely.

Food insecurity is associated with adverse health outcomes including increased stress and depression, incomplete viral suppression among HIV positive urban poor,<sup>2</sup> higher rates of hospitalization, and acute care utilization.<sup>3</sup> It is a risk factor for chronic diseases and clinically significant hypoglycemia, and is a barrier to diabetes self-management.<sup>4</sup>

Unfortunately, food insecurity across the country is growing, particularly among low-income households (especially households with seniors, children, or a single parent).<sup>5</sup> In San Francisco, food insecurity is a significant barrier to healthy eating. According to the California Health Interview Survey, food insecurity among adults (18 years and older) with incomes below 200% of the federal poverty guidelines grew from 20.4% in 2007 to 44.3% in 2009, and currently is at 33.9% (2011/12).<sup>6</sup> These data reflect the unpredictability of an individual’s food security status, which is impacted both by changes in the economy as well as the scope of local-to-national interventions. For example, during the recession, additional money for food was allocated to CalFresh recipients through the federal stimulus package, and the San Francisco and Marin Food Banks rolled out recession pantries, targeting individuals who were newly food insecure.

San Franciscans’ abilities to acquire healthy nutritious food are limited by circumstances we collectively can alter. **The equation is simple: resources + access + consumption of healthy food = health.** A common understanding of the challenges and possible solutions to solving food insecurity and ensuring healthy food access for all is the first step toward that change. To support that understanding, the San Francisco Food Security Task Force (FSTF) offers this report containing data to quantify both need and food program coverage citywide and by supervisorial district, describing challenges and what is working, and making key recommendations for a food secure San Francisco.

## SECTION I, PART 1

## The Landscape of Hunger and Food Security in San Francisco

*“Food security” means that all people at all times are able to obtain and consume enough nutritious food to support an active, healthy life.*

The following three elements, adapted from the World Health Organization’s pillars of food security,<sup>7</sup> are used through this report as a framework for evaluating food security in San Francisco.



### Food Resources

A person has the ability to secure sufficient financial resources to purchase enough nutritious food to support a healthy diet on a consistent basis.



### Food Access

A person has the ability to obtain affordable, nutritious, and culturally appropriate foods safely and conveniently.



### Food Consumption

A person has the ability to prepare healthy meals and the knowledge of basic nutrition, safety, and cooking.



## A. SAN FRANCISCO: FOOD SECURITY BY THE NUMBERS

### DEMOGRAPHIC INFORMATION

<b>Population (Estimates)<sup>8</sup></b>	
Total	805,240
Households	345,810
Average household size	2.3 persons
% family households	44%
% households with children	18%
% households with single person	39%
<b>Seniors<sup>9</sup></b>	
60+	154,730
65+	109,842
85+	17,491
% living alone	41%
Children (0-17) <sup>10</sup>	107,524

<b>Income and Poverty (Estimates)</b>	
Median Income by Household <sup>8</sup>	\$71,416
Per Capita Income <sup>8</sup>	\$45,478
All residents below 200% of poverty level <sup>*11</sup>	28%
Residents below 100% of poverty level <sup>**8</sup>	12%
<b>Homeless</b>	
Total sheltered and unsheltered <sup>12</sup>	7,350
Total unsheltered <sup>12</sup>	4,315
Seniors (65+) below 200% of poverty level <sup>9</sup>	38%

<b>Employment<sup>8</sup></b>	
Employed residents	444,630
Unemployment rate	7%

<b>Housing (Estimates)<sup>8</sup></b>	
# of Housing Units	376,940
Units lacking complete kitchens <sup>***13</sup>	19,695

Continued on next page

\*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.

## A. SAN FRANCISCO: FOOD SECURITY BY THE NUMBERS

### PROGRAMS AND SERVICE COVERAGE

<b>Food Resources</b>	
CalFresh <sup>14</sup>	
All individuals receiving	50,815
Seniors (60+)	5,372
Children (0-17)	19,297
Women, Infants, and Children (WIC) <sup>15</sup>	
All individuals receiving	15,625

\*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.

<b>Food Access</b>	
School Meals (daily)* <sup>16</sup>	(Total enrollment: 52,900 in 102 schools)
# eligible for free or reduced priced meals	32,321 (61.1% of enrolled)
# eating school lunch	21,397(40.4% of enrolled)
# eating school breakfast	5,327 (10% of enrolled)
Summer Lunch for Children <sup>17</sup>	
# of sites (SFUSD/DCYF)	42/85
# of children/day (average SFUSD/DCYF)	3,334/5,214
# days open (average SFUSD/DCYF)	15/39
On-site Lunch (City funded) <sup>9</sup>	
# of meals/day; 5 days/week	
For Seniors	2,905 daily
For Young Disabled Adults (18-59)	71 daily
Home-delivered Meals (City funded) <sup>9</sup>	
# of meals/day; 6 days/week	
For Seniors	3,920 daily
For Young Disabled Adults (18-59)	274 daily
Food Pantries <sup>18</sup>	
Weekly food pantries	196 pantries
Residents served	96,490 (12% of San Francisco residents)
Free Dining Rooms <sup>19</sup>	
	6,164 daily (13 locations)
Shelter Meals funded by HSA <sup>20</sup>	
(approximately 2 meals/day;7 days/week)	2,200 daily

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

Continued on next page

## A. SAN FRANCISCO: FOOD SECURITY BY THE NUMBERS

### PROGRAMS AND SERVICE COVERAGE (continued from previous page)

Shelter Meals funded by HSA <sup>20</sup> (approximately 2 meals/day; 7 days/week)	2,200 daily
Retail <sup>21</sup>	
Supermarkets (total number)	84
- Number that accept CalFresh EBT	71 (85%)
- Number that accept WIC	23 (27%)
Grocery Stores (total number)	126
- Number that accept CalFresh EBT	74 (59%)
- Number that accept WIC	9 (7%)



## B. FOOD RESOURCES

### Key Challenges

#### High Cost City Means People with Income Below and Above Poverty Level are Food Insecure

While the federal poverty guidelines determine eligibility for federal assistance programs, this measure is widely considered to be an inadequate indication of economic need. Because it is not indexed to reflect regional differences in costs, it is even less relevant in high-cost places like San Francisco. Instead, a Self-Sufficiency Index developed for California counties, suggests an annual income of at least \$73,000 (a full-time job at about \$35/hour) is necessary for a family of three (one adult and two children, one preschool and one school aged) to make ends meet.<sup>22</sup> And it is no surprise that at San Francisco's current – and relatively high – minimum wage of \$10.55 per hour, it would take more than three minimum wage jobs to meet that self-sufficiency standard. As a result, many San Franciscans do not earn enough income to purchase nutritious food and are ineligible for federal benefits. To prevent food insecurity it is critical to make sure this population is able to secure other resources to obtain food.

#### CalFresh is Inaccessible to Low-Income Seniors, Disabled Adults and Undocumented Residents

Supplemental Security Income (SSI) is a federal program that provides a monthly cash benefit to low-income seniors and people with disabilities. There are 45,223 SSI recipients in San Francisco.<sup>23</sup> SSI recipients in California are ineligible to receive CalFresh (California's name for the federal Supplemental Nutrition Assistance Program (SNAP), formerly called "food stamps"). In 1974, when the combined federal-state Supplemental Security Income/State Supplemental Payment (SSI/SSP) program was enacted, California determined that most SSI recipients would qualify for only \$10 in monthly CalFresh benefits. In order to save on state administrative costs, California decided to "cash out" SSI recipients' CalFresh benefit and to add \$10 to the SSP of the SSI grant. The maximum California SSI benefit in 2013 is \$866.40 per month for a single person who is aged

## B. FOOD RESOURCES

or disabled living independently,<sup>24</sup> which is below the Federal Poverty Guidelines. California is the only state that maintains a “cash out” policy exempting SSI recipients from receiving CalFresh benefits. Undocumented immigrants are ineligible for CalFresh.

### **CalFresh is Underutilized by Many Who Are Eligible**

CalFresh is the single largest benefit program available to boost food resources for low-income San Franciscans. Benefits are delivered and redeemed through Electronic Benefits Transfer (EBT) on a debit card issues to clients. Unfortunately, it is estimated that only about 50% of San Francisco’s eligible residents are participating in the program, which means many people who need the assistance simply are not receiving it.

CalFresh is underutilized by immigrants for a few different reasons. Immigrants who are eligible for CalFresh may be hesitant to apply out of concern that applying for or receiving benefits will affect their immigration status because they will be seen as a “public charge”. It is longstanding US Citizenship and Immigration Services policy that immigrants who apply for CalFresh are not subject to public charge determinations. Confusing regulations regarding sponsor requirements, residency requirements and waiting periods before being able to apply for aid, and time limits on aid may cause eligible immigrants to assume that they are ineligible, and may dissuade them applying for CalFresh. Although undocumented immigrants are ineligible for CalFresh, other members of their household may be eligible, including children who are US citizens. Households with an undocumented family member may be reluctant to apply for CalFresh because of the fear everyone in the household will have to verify immigration status to qualify for the program.

While all groups – and San Francisco as a whole – would benefit from greater CalFresh participation, certain sub-groups warrant particular attention from policy makers, especially the working poor and families with mixed immigration status. The working poor tend to have greater difficulty overcoming obstacles in the application process, such as securing time off from work to schedule an appointment during working hours, and also believing that they are ineligible because they are working.

### **CalFresh Benefit Amount Does Not Sustain Food Security**

CalFresh is designed to provide supplemental support to low-income individuals for food purchases. Although the cost of living and the cost of food vary between states and regions, the eligibility thresholds and the benefit amounts are the same in the 48 continental states. For example, an individual making San Francisco’s minimum wage and working full-time, with rent and utility expenses at an extremely low amount (\$1,150 per month), most likely earns too much income to be eligible for CalFresh benefits.<sup>25</sup>

Still, even if eligible for benefits, the amount is too low in most cases to sustain food security. In 2012, the average individual CalFresh benefit was approximately \$149.05 per month, which calculates to approximately \$1.60 per meal.<sup>26</sup> Many people who have attempted the “Food Stamp Challenge” of living on the average food stamp benefit for a week find that what seems manageable at first turns out to be incredibly difficult within a few days.<sup>27</sup> But for many San Franciscans, the



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“Food Stamp Challenge” is their reality every day, all year long.

### **Women, Infants, and Children (WIC) Benefits are Vulnerable to Funding Cuts**

WIC is a highly effective federally-funded supplemental nutrition program that serves to safeguard the health of low-income pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 who are at nutritional risk because the household income is below 185% of the federal poverty guidelines. The program provides supplemental foods (such as milk, cheese, cereal, eggs, beans, peanut butter, and juice), education on breastfeeding and nutrition, as well as referral to health care. WIC is a discretionary program (subject to annual budget approval by the federal government), and continues to be vulnerable to funding cuts in the 2014 budget and beyond. It is vital that WIC funding keeps up with food inflation and sustains a high quality of nutrition, health, and community services.

### **What’s Working?**

- An online application for CalFresh benefits reduces stigma and improves customer experience.
- CalFresh outreach and assistance programs conducted by trusted community nonprofits increase participation, especially among populations which are difficult to reach.
- San Francisco’s Birthing Hospitals are working to promote breastfeeding. In 2011 they completed Baby Friendly self appraisals in order to understand how they could better promote breastfeeding among their patients. During 2012, hospital partners also completed a re-appraisal to assess their progress.

### **Key Recommendations for a Food Secure San Francisco**

- Increase enrollment in CalFresh especially for families with children qualified for free lunch in SFUSD, families receiving WIC benefits, working adults, and households with mixed immigration status.
  - Fund expanded CalFresh outreach.
  - Continue progress toward modernizing CalFresh to improve efficiency and customer service.
  - Maximize opportunities through integration with Affordable Care Act enrollment
- 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).



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### **Key Challenges**

#### **Low Participation in School Meals**

Currently, almost 53,000 children are enrolled in the San Francisco Unified School District (SFUSD) public schools system citywide, with 62% (32,000) of those eligible for free or reduced-price breakfast and lunch. During 2011-12, approximately 40% of all students ate lunch daily

## C. FOOD ACCESS

in SFUSD, about 59% of low-income students ate lunch, and far fewer (9%) ate breakfast.

### **Inadequate Capacity for Out-of-School Time Meals (Summer Lunch and After School)**

Only about 8,500 children eat free lunch through the Summer Lunch program – roughly a quarter of the number of students who are eligible for free and reduced priced meals during the school year. In 2012, the San Francisco Department of Children, Youth and Their Families (DCYF) and SFUSD hosted summer lunch at 127 sites.<sup>17</sup> There is a high need for additional sites, larger capacity, and longer operating periods during the summer months. Both inadequate funding and limited capacity to oversee the administrative requirements constrain program expansion.

With the 2010 Healthy Hunger Free Kids Act, the US Department of Agriculture was authorized to expand its child nutrition program to include an additional reimbursable meal after school. While some cities and states have rushed to make use of this new program, San Francisco has been slow to embrace it. As a result, very few locations in San Francisco are offering this program. This is a missed opportunity to provide a balanced meal to low-income children who attend afterschool programs that extend until dinner time.

### **Nonprofit On-Site Meal and Food Pantry Programs at Capacity**

San Francisco's approximately 200 food pantries (including about 50 in schools and family service sites) make up a "secondary food system" providing high quality food to about 96,500 residents every year.<sup>18</sup> However, demand outstrips supply, limiting availability of this resource. Long lines for food dissuade those who may need it. In general, nonprofit food programs are at capacity and are vulnerable to both government funding cuts and decrease in private support.

Free on-site meal programs, including dining rooms and shelters, feed individuals with extreme food insecurity. Food pantries are ineffective for many clients of those programs, including homeless individuals, as well as residents who have no kitchen facilities in their homes. These agencies serve nutritious meals efficiently utilizing rescued and donated food as well as leveraging work-training and volunteer staffing. However, agencies providing these meals do not serve three meals a day/seven days a week, and they also are challenged to improve nutrition quality with funding constraints. Further, these programs currently face significant increases in demand for services for reasons including an increasing number of seniors in need and the effect of "Care Not Cash" on formerly and currently homeless individual's income. They also are experiencing rising food and fuel costs, federal, state, and local cuts to social safety service programs and decreasing amounts of private donations. In the past few years, one large on-site food provider was forced to reduce meals served due to funding decreases.

### **Growing Waitlist and Wait time for Home-Delivered Meals and Groceries for Isolated Seniors and Adults with Disabilities at High Risk of Malnutrition**

Home-delivered meal (HDM) and home-delivered grocery (HDG) providers serve those with the greatest physical, social, and economic need. The seniors and adults with disabilities that receive home-delivery are frail, have limited ability to purchase or prepare meals, and/or have little or no support from family or caregivers. In many cases, HDM/HDG providers are the only connection

## C. FOOD ACCESS

clients have to the outside world. The Department of Aging and Adult Services (DAAS) contracts several agencies to provide HDM and HDG to isolated seniors and adults with disabilities.

Approximately 1.44 million meals are delivered to seniors and adults with disabilities in San Francisco in FY 2012-13. Currently, service providers are challenged to meet the increased demand as limited resources prevent service expansions. For example, in the past five years Meals on Wheels of San Francisco, which provides about 80% of the city's HDM to seniors, increased its service by more than 43% to meet a growing demand, without government support keeping pace. It accomplished this through private fundraising and by using its operating reserves, a funding model that is not sustainable. San Francisco anticipates an increasing demand for services in coming years due to both the challenging economic times and unprecedented growth in the aging population.

### Insufficient Healthy and Affordable Food Retail Outlets

A map of retail outlets<sup>28</sup> suggests that San Francisco has an abundance of places to buy food; however, community members' experience tells otherwise. Many food retail locations are inaccessible in terms of affordability, EBT or WIC acceptance, cultural appropriateness, healthy food options, and in many cases, safety. With over 220,000<sup>11</sup> residents living below 200% of poverty, in order to be accessible, food retail outlets must offer healthy food that is affordable.

### Rising Food Costs

Below are data on food and other cost of living increases from the Consumer Price Index (CPI). The total increase for the past 6-years (2007 to 2012) is over 10%.

#### Summary Analysis of CPI for San Francisco – Oakland-San Jose<sup>29</sup>

	Total % Increase	Total % Increase
Consumer Price Index	Past 6YR (2007-12)	Past 3 YR (2010-12)
All Items	10.9	5.4
All Food & Beverage	11.2	5.3

### What's Working?

- Collaboration and common agendas between nonprofit groups, city agencies, and businesses foster community resilience and promote collective impact.
- SFUSD successfully obtains meal applications required to determine eligibility for free meals from over 90% of all SFUSD students.
- Growing participation in school meals programs due to:
  - reduced stigma because of the elimination of competitive (cash) meals and use of point of sale technology.
  - expanded use of breakfast-after-the-bell programs meaning like Grab and Go.
  - SFUSD changing to a menu of fresh and locally prepared meals in January 2013, which according to district staff has increased participation by over 12%.

## C. FOOD ACCESS

- Robust network of nonprofit food programs serves specific needs of the most vulnerable:
  - home-delivered meals and groceries for home-bound seniors and adults with disabilities.
  - on-site meals for people who are homeless, disabled, and/or seniors.
  - food pantries at approximately 200 convenient and familiar locations, including schools and housing sites.
  - snack programs providing healthy food to children during and after school.
- San Francisco Food Bank supplies San Francisco food programs and pantry network with nearly 23 million pounds of free fresh produce year-round.<sup>18</sup>
- San Francisco's pilot Golden Advantage Nutrition Program increases seniors' participation in CalFresh:
  - targets outreach to seniors and answers concerns they have about CalFresh benefits.
  - reduces stigma by allowing seniors to make a voluntary donation at on-site meals programs and for home-delivered meals using CalFresh.
- All San Francisco farmers' markets accept CalFresh EBT cards, and some offer additional incentives for produce purchases to CalFresh clients.
- DCYF provides small grants to support two administrative sponsors of the Child and Adult Care Food Program (CACFP) for day care homes. For \$75,000 of local funds, 450 day care homes serve over 1.8 million meals and snacks to low income children bringing in over \$3.3 million in federal and state reimbursements.<sup>30</sup>
- Neighborhood advocacy initiatives and city coordination increase quality of foods available at food retail outlets<sup>47</sup> and urban agriculture opportunities.

### Key Recommendations for a Food Secure San Francisco

- Explore options to increase participation in school meals breakfast and lunch programs.
- Develop a plan to expand summer lunch and afterschool meal coverage.
- Increase funding for successful programs (home delivered meals, home delivered groceries, shelter meals, free dining rooms).
- Develop ways to meet high demand for neighborhood food programs that are the most respectful and least disruptive for the clients and neighborhoods in which they live.
- Fund a mandate that all seniors and adults with disabilities on the citywide waitlist for home delivered meals are served within 30 days.
- Increase number and variety of CalFresh Restaurant Meal Program vendors accepting EBT, including local restaurants that bring cultural, nutritional, and geographic choices to beneficiaries.<sup>31</sup>
- Increase outreach to ensure 90% of supermarkets, grocery stores and other affordable food outlets accept EBT cards, and 90% of supermarkets accept WIC benefits.
- Incorporate affordability into the analysis of "accessibility" of food at retail establishments.
- Increase the number of food retail stores selling healthy, affordable food.



## D. FOOD CONSUMPTION

### Key Challenges

#### Lack of Kitchens Impedes Food Security

Over 19,500 housing units in San Francisco lack complete kitchens,<sup>13</sup> defined as including a sink with a faucet, a stove or range, and a refrigerator. Many dwellings in San Francisco were never intended to be permanent housing, and they lack not just kitchen appliances, but even the prerequisite plumbing, electrical, and ventilation capabilities to enable tenants to cook safely.

Lack of cooking and food storage facilities is a substantial barrier to food security. Without a kitchen, an individual or family must rely on expensive prepared meals, non-healthy processed snacks, or prepared meals by a nonprofit. Perishable items such as vegetables, milk or prepared food cannot be stored without a refrigerator.

#### Nutrition and Culinary Skills Education is Limited

While several excellent programs have emerged in the community that support tenants of Single Room Occupancy (SRO) hotels to learn how to cook nutritious meals with limited equipment and space, the need for such programming exceeds availability. Integration and coordination of these courses within San Francisco's larger services system for people with low-incomes may expand their reach.

### What's Working?

- Nutrition education and cooking programs:
  - in schools and SROs, to teach basic nutrition, and cooking skills.
  - at pantries, to expand knowledge about utilizing different produce.
- City-supported dietician to assist shelters and resource centers to ensure consistent nutrition and food service to meet the Shelter Standards of Care and Human Services Agency meal requirements.
- Community based food programs incorporate seasonal menus and increase focus on nutritional quality.
- School garden initiatives teach basic food skills and introduce new foods.

### Key Recommendations for a Food Secure San Francisco

- Significantly increase the number of complete kitchens in housing units:
  - Fund upgrades in buildings with units that do not have complete kitchens to allow tenants to reheat, cook, refrigerate and store food.
  - Enforce housing regulations requiring complete kitchens.
  - Support and/or fund innovative solutions such as community kitchens, microwave co-ops, shared kitchens for multi-resident housing, etc.
  - Support and/or fund education efforts around access to affordable and healthy prepared food options and/or preparing healthy food with limited facilities.



## D. FOOD CONSUMPTION

- Nutrition education:
  - Increase culturally appropriate nutrition and cooking education.
  - Assist efforts by the Tenderloin Hunger Taskforce and other community agencies to create healthy food curriculums that can be shared by agencies.
- 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, locations of grocery stores and 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.

## SECTION I, PART 2

## Challenges and Opportunities for Vulnerable Sub-Populations



### A. VULNERABLE POPULATION: SENIORS AND ADULTS WITH DISABILITIES

#### BY THE NUMBERS<sup>9</sup>

##### Seniors

Age 60-74 yrs: 99,210

Age 75-84 yrs: 38,029

Age 85+ yrs: 17,491

##### Adults with Disabilities

Age 19-59 yrs: 31,429

Age 60+: 50,469

- According to the San Francisco Department of Aging and Adult Services (DAAS), over 19,000 Seniors (65+ yrs) in San Francisco live with the threat of hunger.
- Of San Francisco's 109,842 seniors (65+ yrs):
  - 11.8% (12,570) live below the poverty line at \$10,830.
  - 38% (40,603) live below 200% of poverty at \$21,661.
- According to a DAAS report, "Approximately half of health conditions affecting older persons are related to poor nutrition and often lead to early entry into long-term care facilities...One year of home-delivered meals costs about the same as one day in a hospital."<sup>9</sup>
- By the year 2020, the senior population of San Francisco is estimated to grow by almost 20% (almost 31,000).<sup>32</sup>

*John, 64, came to San Francisco just before the Summer of Love in 1967. He settled down as a cabinet maker, but after 15 years he had to give up his business due to his worsening emphysema. He can stand for few minutes at a time, has mobility impairment due to his emphysema, and is dependent on oxygen use and inhalers. He's one of an increasing number of San Francisco residents who hope to age in place at home; but because of his health status, the many steep stairs to his apartment put him at risk. Currently on disability, he has \$230/month for health expenses and food, and nearly all is spent on his medical needs. His daughter recommended a free home-delivered meal program to ensure he is well nourished. He is working on gaining some weight and wants to remain as independent as possible.*



## FOOD RESOURCES

### Key Challenge Inadequate Resources for Maintaining a Healthy Diet

San Francisco currently has the highest percentage of SSI (Supplemental Security Income) recipients who are over the age of 65 years, with over 27,000 seniors on SSI, or almost 25% of all seniors.<sup>23</sup> Unlike every other state, Californians receiving SSI benefits are not eligible for CalFresh even though they are below the federal poverty guidelines. The maximum SSI benefit for seniors covers only 62% of the basic costs of living for a San Franciscan senior who owns a home outright, and 38% of those costs for a renter, according to the CA Elder Economic Security Index.<sup>33</sup> This index estimates the amount a retired older adult needs in San Francisco to adequately meet his or her basic needs, without private or public assistance, is \$27,282.

A low-income senior living independently or in senior housing in San Francisco has little to nothing left over for groceries after housing and healthcare costs.

### Key Recommendation

- Establish a local food assistance supplement for disabled individuals and seniors who receive SSI to enhance food security for these vulnerable individuals (like “Healthy SF” for health access).

*As a young woman, Maria learned early how difficult it could be to be old and alone. While she raised her son alone and worked two jobs to make ends meet, Maria made time to care for her elderly aunt, and helped several elderly neighbors by cleaning their homes, carrying groceries, and helping them go to church. Maria felt compelled to help, and she never complained. But all the while, Maria was growing older herself. Today, at 77, Maria, who has given so much to others, is disabled, homebound, and living by herself. She suffers from severe, crippling osteoporosis and depends on the nutritious home-delivered meals she receives each day to maintain a healthy weight which helps reduce her pain. With this support, Maria is able to stay safe and secure in her own home.*



## FOOD ACCESS

### Key Challenge Physical and Cultural Barriers

- Access to food for seniors and disabled adults is complicated by considerations such as
  - proximity to a grocery store.
  - physical ability to travel to a food store, pantry site, or meal site or availability of transportation.
  - language barriers.
- Seniors suffering from food insecurity need an array of food assistance options to address their food needs, as isolation issues and fluctuating mobility and nutritional needs necessitate movement between different types of services. The options for seniors and adults with



## FOOD ACCESS

disabilities to access nutritional assistance are a congregate lunch site, a free food pantry site, or applying for home-delivered meals or groceries. However, these are not federally funded entitlement programs, and they are often at capacity and are designed to be supplementary only.

- In order to avoid pre-institutionalization of seniors and adults with disabilities, a network of community supportive services must be in place to ensure vulnerable populations are supported to live at home. Home Delivered Meals and Home Delivered Grocery programs are geared towards serving those with the greatest physical, social, and economic need who are frail, have limited ability to purchase or prepare meals, and have little or no support from family or caregivers. Many are physically challenged due to a variety of conditions such as heart disease, cancer, vision loss, arthritis, and diabetes. Agencies providing on-site and home-delivered meals and groceries are experiencing increased demand for services while limited funding prevents service expansions.
  - o Nutrition spending decreased by \$1 million dollars (5%) in San Francisco between 2007 and 2011.<sup>34</sup>
  - o Organizations raised more private funds than expected to support the increased demand, which is not sustainable and puts the safety net further at-risk.

### Key Recommendations

- Increase funding for successful programs (home delivered meals, home delivered groceries, shelter meals, free dining rooms).
- Incorporate affordability into the analysis of the “accessibility” of food at retail establishments.
- Increase number and variety of Restaurant Meal Program vendors accepting EBT, including local restaurants that bring cultural, nutritional and geographical choices to beneficiaries.
- Fund a mandate that all seniors and adults with disabilities on the citywide wait list for home-delivered meals are served within 30 days.



## FOOD CONSUMPTION

### Key Challenge: Living Alone

Just over 30% of seniors (65+ years) in San Francisco live alone.<sup>32</sup> Challenges such as loneliness, lack of companionship and cooking for one can threaten an older adult’s health and well-being.

### Key Recommendations

- Organize options for cooking, socializing, and sharing resources in a shared kitchen space.
- Develop a handbook of nutrition tips as well as healthy, tasty, inexpensive and interesting recipes “for one,” also including shopping tips and food staples for older adults.



## B. VULNERABLE POPULATION: CHILDREN AND FAMILIES

### BY THE NUMBERS

Total number of children ages 0-17: 107,524<sup>10</sup>

- Almost 40% of San Francisco's children live in the Southern part of the city, in Districts 10 (Bayview/Hunters Point), 11 (Excelsior/OMI) and 9 (Mission). The fewest number of children live in District 3 (Chinatown/North Beach).<sup>10</sup>
- In 2011-12, over 56,000 kids were enrolled in SFUSD schools citywide, and fully 61% (nearly 34,000) of those children were eligible for free or reduced-price breakfast and lunch.<sup>16</sup> Less than half of households earning over \$100K a year sent their children to public school.<sup>35</sup>



### FOOD RESOURCES

#### Key Challenge:

#### Inadequate Resources for Maintaining a Healthy Diet

#### Cost of Living Extremely High for Families

Low-income families face tremendous hardship in securing enough resources to purchase nutritious food in San Francisco. Below are two scenarios depicting what a budget might look like for a low-income family in San Francisco with one working parent.

Scenario 1: Food Insecure at Twice the Federal Poverty Guidelines

**A single parent with two children with income at 200% of the federal poverty guidelines (2012-2013) has maximum gross income in the amount of \$3,182 per month (\$38,180 annually).**

Her income is too high for any benefits, including free or reduced-price meals at schools. Assuming the parent is fortunate enough to rent a 2-BR apartment at \$2,200, and is able to live within an otherwise extremely modest budget (allowing \$442/month for all other expenses), the resources her family has available for food is \$1.97 a person/a meal (see

*“When there’s money left over we eat, and when there’s not, we don’t,” said a mother of three small children who applied for CalFresh benefits with the help of San Francisco and Marin Food Bank staff. The family was living in a single room – all five of them – until friends stepped in to help. The friends pitched in to buy a cheap house with an affordable mortgage, and things were looking better. But then the husband fell ill and the wife lost her job. The struggle to pay a \$1,300 mortgage, utility bills and food became unmanageable. The woman started pulling out her PG&E bill, her mortgage payment, and each bill one by one. She started to tear up. She excused herself and wiped her eyes – she was trying to keep it together. “When the bills come in one by one they don’t look that bad, but when you look at them all at once, it’s overwhelming,” the mother said. The woman only speaks Cantonese, so she was unlikely to visit the downtown CalFresh benefits office. Trusted community organizations reach those in need who may not otherwise know about or apply for assistance. When the family applied, they qualified for \$400 a month in CalFresh benefits – which they received the next day. Without CalFresh, this woman and her family likely would have continued missing meals.*



## FOOD RESOURCES

Section III, Sample Budget for Low-Income Family for details).

“The Daily Meal,” a research report on the cost of a simple dinner in different cities across the country, calculated the cost of a meal of chicken, potatoes, green beans and milk at \$16.50 for 3 people (prices from Safeway in San Francisco).<sup>36</sup> (In addition to the cost-barrier, if parents work full-time, roasting a chicken in time for dinner may not be realistic.) The cost for even an extremely basic, though well-balanced, vegetarian meal of pasta and garbanzo beans, red sauce, broccoli, apples and milk was \$9.10 for 3 people for dinner.<sup>37</sup>

Scenario 2: Living at the Federal Poverty Guidelines

**A single parent with two children with an income at 100% of the federal poverty guidelines (2012-2013) has maximum income in the amount of \$1,591 per month (\$19,090 annually).**<sup>38</sup>

A household at 100% federal poverty guidelines is eligible for benefits such as CalWORKS, CalFresh, and free school meals for the children, all of which help boost the resources available. If the family is able to find affordable and safe housing at HUD’s fair market rate, and can contain all other expenses to an extremely restricted budget of just over \$300 a month (including transportation and child care), the resources her family has available for food is \$2.58 a person per meal (see Section III, Sample Budget for Low-Income Family for details).

### Low-Income Children Not Receiving CalFresh Benefits

CalFresh is underutilized by families with children in San Francisco. In 2012-13, approximately 26,000 SFUSD school children were eligible for free meals based on income, and presumably most of these children also would be income-eligible for CalFresh benefits. Yet as of mid-2013 only 13,079 school-aged children were enrolled in CalFresh.<sup>39</sup> While some of these children may be found ineligible for other reasons, there are several thousand children who may be eligible for benefits but are not receiving them.

### Key Recommendation

Focus on increasing participation in CalFresh by families with children. The San Francisco CalFresh office and the school district should work together to conduct outreach to families who qualify for school meals and therefore may also be eligible for CalFresh. Local agencies should work together to create seamless coverage between WIC and CalFresh.



## FOOD ACCESS

### Key Challenge:

#### Inadequate Coverage of Free and Low-Cost Food for Children and Families

- **School Meals**

School breakfast and lunch offer a significant opportunity to provide regular and reliable nutrition every school day to thousands of San Francisco children. Around sixty-percent of SFUSD children

## FOOD ACCESS

qualify for either free or reduced-price meals. Of the students that qualify, around 58%<sup>16</sup> participate for lunch and only 15.8% for breakfast. Participation in the lunch program increased when SFUSD started serving freshly prepared food in all schools in January 2012. However, there is still room to grow, especially for breakfast. SFUSD has embarked on a strategic planning process to develop a vision and long-term plan to create a “student-centered, financially sustainable system where kids eat good food”.<sup>40</sup>

### After School and Summer Lunch

Only about 8,500 kids eat free summer lunch – roughly a quarter of the number of kids who are eligible to eat free during the school year. While there were about 127 sites open for lunch in 2012 (42 SFUSD and 85 DCYF sites), still there is a high need for more and larger sites. Both inadequate funding and limited capacity to oversee the administrative requirements conspire to constrain the program’s expansion.

### Healthy Children Pantries

San Francisco and Marin Food Bank’s “Healthy Children” pantries are located in over 50 schools and other child-care or family program sites. They provide fresh produce, meat, eggs and other basics to thousands of families each week at convenient locations. Distributions are limited to school sites that are able to host the pantries, and many pantries do not provide coverage during the summer months. These Food Bank-run pantries depend on private funding to operate.

### Morning and After School Snack

Currently about 30 SFUSD elementary schools receive an additional delivery of fruit, string cheese, and carrots with their pantry distribution to provide a nutritious mid-morning snack, serving over 10,000 children every day. The snack program relies on parent volunteers or other school staff. Like food pantries, the availability of the snacks depends on private funding.

## Key Recommendations

- SFUSD should continue to explore and develop options to increase participation in school meals, focusing in particular on increasing breakfast participation, by expanding “Breakfast-After-The-Bell” programs like Second Chance Breakfast, and possibly Breakfast in the Classroom (for younger children).
- City departments, and SFUSD, together with nonprofit program providers, should develop a plan to expand Summer Lunch and After School Meal programs.



## C. VULNERABLE SUBPOPULATION: PEOPLE WHO ARE HOMELESS (SINGLE INDIVIDUALS LIVING IN SHELTER OR ON THE STREETS)

### BY THE NUMBERS<sup>12</sup>

Because Seniors, Adults with Disabilities, and Children and Families are separately profiled Vulnerable Subpopulations, this profile focuses on single individuals who are literally homeless or living in shelters, and are not seniors or disabled.

- Approximately 2,090 literally homeless or sheltered homeless people are in this category of “single individuals who are not disabled”.<sup>i</sup>
- Almost all homeless individuals are food insecure based on very low or no income and a lack of food preparation and storage facilities.
- Income data from the Homeless Survey informs us that almost all homeless people are below 100% of Federal Poverty Guidelines, with mean income of \$607.50 a month; and 62% are unemployed.
- Almost 60% of homeless people in San Francisco utilize free meal programs.
- Homeless studies indicate that even with free food resources such as dining rooms and shelter meals, homeless residents experience high rates of food insecurity. However, levels of food security can vary at individual levels. Chronically homeless individuals are particularly food insecure as are those with physical, mental health or substance abuse problems. Homeless residents with higher incomes and regular shelter use experience food insecurity at a less severe level.<sup>41</sup>



## FOOD RESOURCES

### Key Challenge:

#### CalFresh is Underutilized and Benefits Do Not Sustain Food Security

People who are homeless qualify for CalFresh benefits unless they are receiving SSI, are an undocumented immigrant, or an ex-offender convicted of a certain type of drug offense. One-third of homeless persons receive CalFresh benefits, 13% receive SSI and are not eligible for CalFresh, leaving a potential gap of up to 54% of people who are homeless and eligible for but not accessing CalFresh benefits (data on the number of homeless people ineligible due to undocumented or drug-felon status is unknown).<sup>12</sup> For a nondisabled homeless person living on the streets, the average CalFresh benefit of \$6.50 a day is not sufficient to meet nutritional requirements; other income benefits are too insignificant to offer a meaningful economic supplement.

### Key Recommendations

- Increase enrollment in CalFresh.
- Develop a local food assistance supplement for food insecure San Franciscans beginning with SSI-recipients (like “Healthy SF” for health insurance).

<sup>i</sup> In the City’s 2013 Point-in-Time Count of people who are homeless, 4,282 single adults and unaccompanied youth (not families) were unsheltered; an additional 1,364 slept in an emergency shelter bed or Resource Center that same evening. Of those, the 2013 Homeless Survey indicates that 63% had a disabling condition, leaving approximately 2,090 literally homeless or sheltered homeless people in this category of “single individuals who are not disabled”. (Some small portion probably also are seniors, but it is believed that most seniors who have been living on the streets or in shelter are captured in the percentage of people with a disabling condition). This is an acknowledged undercount, inherent in the count methodology.



## FOOD ACCESS

### Key Challenges:

#### Free meal programs are at capacity, offerings at shelter and through the Restaurant Meals Program need to be expanded

- For most individuals who are homeless or living in shelters, purchasing sufficient food is not an option.
- Homeless/sheltered individuals rely most heavily on obtaining food directly from city-funded or nonprofit food programs, such as one of San Francisco's 13 dining rooms or meals in a shelter.
  - o Non-profits are a primary food source for people who are homeless, but these programs are at capacity.
  - o Residents of most Human Services Agency-funded adult shelters are offered two meals a day in the shelter. However, many residents do not eat each meal offered and seek other meals to meet their dietary needs, or cultural preferences.
- Homeless individuals are unable to store or cook food and therefore use their CalFresh benefits at restaurants participating in the Restaurant Meals Program (RMP). Currently, participating vendors primarily are Subways and other national chains. The nutritional and cultural offerings are limited. Also, the number of restaurants participating varies by District, and accessing a RMP vendor is challenging, or impossible in some areas.

### Key Recommendations

- Fund safety net on-site meal programs to fill the large gap between shelter meals and CalFresh benefits.
- Maintain/increase shelter meals: the City should continue to fund meals in the shelters, augmenting funding to support a more robust offering to meet varying needs, including enhanced dietary consultation for menu planning.
- Increase number and variety of CalFresh RMP vendors accepting EBT, including local restaurants that bring cultural, nutritional, and geographical choices to beneficiaries.

**Robert** is homeless and **lives on the streets** in San Francisco's Haight-Ashbury neighborhood. He receives general assistance under San Francisco's County Adult Assistance Programs (CAAP), which as a single person with no resources or income is \$320 a month. Robert generally refuses to live in a shelter because of the difficulties he encounters in securing or keeping a reservation; and therefore, since the income-in-kind value of the shelter, utilities and meals available to Robert exceeds \$320, he receives a special allowance of \$59 per month. Robert also would be entitled to \$170 - \$195 in CalFresh each month **(\$6.50 a day)**.

**Yvette** is homeless and **lives in a "single adult" shelter** in San Francisco's SOMA neighborhood. At the shelter she may eat breakfast and dinner. Lunch is not served. She receives general assistance under CAAP, which as a single person with no resources or income is \$320 a month. However, since Yvette lives in the shelter and the income-in-kind value of the shelter, utilities and meals exceeds \$320, she receives a special allowance of \$59 per month to cover all of her personal needs for the month. She also would be entitled to \$170 - \$195 in CalFresh each month **(\$6.50 a day)**.

From a strictly financial point of view (discounting other barriers to using the CalFresh benefit), at approximately \$6.50 a day, Yvette's CalFresh benefit can fairly adequately supplement her shelter meals. But that amount clearly is inadequate for Robert to purchase three healthy meals a day.



## FOOD CONSUMPTION

### **Key Challenge:**

#### **Nutrition education is needed**

- People who are homeless can exercise their consumption choices at restaurants they patronize through the Restaurant Meal Program, as well as with how they spend their CalFresh benefits on groceries (e.g. for fruit), and which on-site meals program offerings they select. Many would benefit from nutritional education.

### **Key Recommendations**

- Support educational efforts around healthy food choices, nutrition and how to find and access affordable healthy food outlets.
- Create and maintain a centralized city resource website for healthy food access and preparation in San Francisco. This should include locations of grocery stores, restaurants, healthy corner stores, and information on EBT and WIC acceptance.





SECTION II, PART 1

District Profiles

**DISTRICT 1****DEMOGRAPHIC INFORMATION**

<b>Population (Estimates)</b>	
Total	69,550
Households	28,910
Average household size	2.3 persons
% family households	51%
% households with children	24%
% households with single person	37%
Seniors	
60+	15,738
65+	11,230
% living alone	37%
Children (0-17)	9,916 (6th highest)

<b>Income and Poverty (Estimates)</b>	
Median Income by Household	\$74,668 (5th highest)
Per Capita Income	\$41,444 (7th highest)
All residents below 200% of poverty level*	24.6%
Residents below 100% of poverty level**	10%
Homeless	
Total sheltered and unsheltered	364
Total unsheltered	321
Seniors (65+) below 200% of poverty level <sup>9</sup>	34.2%

<b>Employment</b>	
Employed residents	43,770
Unemployment rate	7%

<b>Housing (Estimates)</b>	
# of Housing Units	31,380
Units lacking complete kitchens***	355 (2nd lowest)

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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 1****PROGRAMS AND SERVICE COVERAGE (continued from previous page)**

<b>Food Resources</b>	
CalFresh	
All individuals receiving	1,958 (4% of all cases Citywide); 8th highest
Seniors (60+)	328
Children (0-17)	680
Women, Infants, and Children (WIC)	660 (8th 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.

<b>Food Access</b>	
School Meals (daily)*	(Total enrollment: 5,313 in 7 schools)
# eligible for free or reduced priced meals	2,705 (50.9% of enrolled)
# eating school lunch	1,317 (25% of enrolled)
# eating school breakfast	255 (5% of enrolled)
Summer Lunch for Children	
# of sites (SFUSD/DCYF)	2/3
# of children/day (average SFUSD/DCYF)	72/250
# days open (average SFUSD/DCYF)	11/43 days
On-site Lunch (City funded)	
# of meals/day; 5 days/week	
For Seniors	276 (3rd highest)
For Young Disabled Adults (18-59)	11 (3rd highest)
Home-delivered Meals (City funded)	
# of meals/day; 6 days/week	
For Seniors	261 (6th highest)
For Young Disabled Adults (18-59)	6 (8th highest)
Food Pantries	
Weekly food pantries	2 pantries
Residents served	1,610 (2.3% of residents), ranked last
Free Dining Rooms	0

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

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**DISTRICT 1**

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

Shelter Meals funded by HSA (approximately 2 meals/day; 7 days/week)	0
Retail	
Supermarkets (total number)	8
- Number that accept CalFresh EBT	6 (75%)
- Number that accept WIC	2 (25%)
Grocery Stores (total number)	5
- Number that accept CalFresh EBT	4 (75%)
- Number that accept WIC	0

**Key Challenges and Recommendations**

 **FOOD RESOURCES**

**Challenges key to this District**

The median household income of District 1 residents is \$74,668, compared to the City’s median of \$71,416. Nonetheless, the income and non-cash resources available for District 1 residents to use on food are low. About one quarter of District 1 residents live on income below 200% of the poverty level (over 17,000 residents living in over 7,000 households), and therefore are at risk of food insecurity.

Approximately 10% (6,955 people; 2,891 households) live on incomes below 100% of the poverty level. Although it is not possible to ascertain how many District 1 residents are eligible for the CalFresh program, at least 5,842 appear qualified based on income and age, not accounting for other disqualifiers.<sup>ii</sup> However, there are only 2,000 people receiving CalFresh benefits in the District. CalFresh EBT is accepted at 75% of the District’s supermarkets and grocery stores.

About 660 people in the District receive Women, Children, and Infants (WIC) benefits, yet only 2 of the 7 supermarkets and none of the grocery stores in the District accept WIC benefits.

<sup>ii</sup> Not accounting for other disqualifiers such as receipt of SSI benefits by people under 65 years of age, minimally 6,995 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 1,153 seniors, aged 65 or over (low-income seniors without Social Security to draw from, receive SSI, rendering them ineligible for CalFresh benefits).

## DISTRICT 1

**FOOD RESOURCES****Recommendations key to this District**

- Increase enrollment in CalFresh.
- 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 25% of District 1 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 2.3% of the population.

One-half of the approximately 5,300 students attending schools in District 1 are eligible for free or reduced meals. Approximately 1,300 students are eating lunch while 255 are eating breakfast. This presents an opportunity for feeding an additional almost 4,000 students at lunch and over 5,000 at breakfast. Children’s food security suffers when school is out for the summer. In 2012, only 322 children ate at summer lunch programs in District 1. There are approximately 55 weekdays during summer break; however, summer lunches are available in this District on average between 11 days (SFUSD) and 43 days (DCYF) of the summer break.

The seniors at risk of food insecurity in District 1 (seniors living below 200% of poverty) require 11,510 meals a day, but only 1,665 are provided by City and nonprofit agencies, including CalFresh, leaving up to 9,545 daily to be funded for this most vulnerable population (the third highest in the city).<sup>9</sup>

Food services for individuals who are homeless are practically nonexistent in District 1. There are no shelter meals, nor free dining rooms. There are only national chain restaurants in the Richmond district that accept CalFresh EBT benefits, while there are 290 CalFresh recipients who qualify for the program.<sup>31</sup> This adds to the inaccessibility of healthy prepared meals for people who are homeless or otherwise unable to cook.

Congregate meal programs for Young Adults (18-59) with Disabilities serve 11 meals a day on average, 15% of the City’s total, and home-delivered meal programs provide 6 meals a day for this population (about 2% of the City’s total).

There are four community gardens in District 1.<sup>42</sup>

## DISTRICT 1

## FOOD ACCESS

**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.
- 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 meals breakfast and lunch programs.
- Develop a plan to expand summer lunch and afterschool meal programs.



## FOOD CONSUMPTION

**Challenges key to this District**

- Although only 355 (1%) housing units counted through the Census do not have complete kitchens, this figure may underrepresent additional secondary units.

**Recommendations key to this District**

- 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 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.

**Needs of Vulnerable Subpopulations in this District**

- **Seniors and Disabled Adults:** 34.2% of seniors 65 and older have incomes below 200% of poverty and live with the threat of hunger. Additionally, 37% of seniors aged 60 and older live alone.
- **Children and Families:** 24% of the households in this District have children, higher than the Citywide 18%. With about 13% of all youth living in households below 100% of poverty, and many more living in households below 200% of poverty, additional food programs for children and families are needed, especially during the summer months when school is not in session.
- **People Who are Homeless:** 88% of the 364 people who are homeless in the District are unsheltered, meaning they have no access to shelter meals or cooking facilities. There is no free dining room in this District.



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**DISTRICT 2****DEMOGRAPHIC INFORMATION**

<b>Population (Estimates)</b>	
Total	69,610
Households	38,430
Average household size	1.8 persons
% family households	32%
% households with children	10% (9th highest)
% households with single person	49% (tied for 2nd highest)
<b>Seniors</b>	
60+	12,386
65+	9,324
% living alone	55% (3rd highest)
Children (0-17)	6,708

<b>Income and Poverty (Estimates)</b>	
Median Income by Household	\$105,509 (highest)
Per Capita Income	\$91,083 (highest )
All residents below 200% of poverty level*	12.9% (lowest)
Residents below 100% of poverty level**	6% (lowest)
<b>Homeless</b>	
Total sheltered and unsheltered	24 (10th highest)
Total unsheltered	24 (10th highest)
Seniors (65+) below 200% of poverty level <sup>9</sup>	20.9% (lowest)

<b>Employment</b>	
Employed residents	40,620
Unemployment rate	5% (lowest)

<b>Housing (Estimates)</b>	
# of Housing Units	42,590
Units lacking complete kitchens***	918

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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 2****PROGRAMS AND SERVICE COVERAGE (continued from previous page)**

<b>Food Resources</b>	
CalFresh	
All individuals receiving	469 (1% of all cases Citywide), lowest
Seniors (60+)	108 (lowest)
Children (0-17)	93 (lowest)
Women, Infants, and Children (WIC) All individuals receiving	595 (2nd lowest)

\*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.

<b>Food Access</b>	
School Meals (daily)*	(Total enrollment: 6,437 in 9 schools)
# eligible for free or reduced priced meals	3,820 (59.3% of enrolled)
# eating school lunch	2,024 (31.4% of enrolled)
# eating school breakfast	490 (8% of enrolled)
Summer Lunch for Children	
# of sites (SFUSD/DCYF)	5/2
# of children/day (average SFUSD/DCYF)	399/133
# days open (average SFUSD/DCYF)	20/30 days
On-site Lunch (City funded) # of meals/day; 5 days/week	
For Seniors	84 (lowest)
For Young Disabled Adults (18-59)	0 (tied for lowest with 4 other Districts)
Home-delivered Meals (City funded) # of meals/day; 6 days/week	
For Seniors	122 (lowest)
For Young Disabled Adults (18-59)	2 (lowest)
Food Pantries	
Weekly food pantries	6
Residents served	2,017 (3% of residents)
Free Dining Rooms	0

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

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**DISTRICT 2**

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

Shelter Meals funded by HSA (approximately 2 meals/day; 7 days/week)	0
Retail	
Supermarkets (total number)	8
- Number that accept CalFresh EBT	5 (63%)
- Number that accept WIC	1 (12%)
Grocery Stores (total number)	5
- Number that accept CalFresh EBT	0
- Number that accept WIC	0

**Key Challenges and Recommendations**

 **FOOD RESOURCES**

**Challenges key to this District**

District 2 residents have the highest median income by household (\$105,509) and individual (\$91,082) - 148% of the City median household income of (\$71,416). Still, almost 9,000 people (12.9% of the District’s residents) are at risk for food insecurity based on income below 200% of the poverty level.

Further, 6% of District 2 residents live below 100% of the poverty level (approximately 4,100 residents). Although it is not possible to ascertain how many District 2 residents are eligible for CalFresh benefits, at least 3,700 appear qualified based on income and age, not accounting for other disqualifiers.<sup>iii</sup> There are only 470 people receiving CalFresh benefits in the District. Sixty-three percent of supermarkets accept the CalFresh EBT card, but none of the District’s five grocery stores do.

While this District has almost 600 Women, Children, and Infant (WIC) beneficiaries, it should be noted that only one of the District’s eight supermarkets, and none of the grocery stores accepts WIC benefits.

<sup>iii</sup> Not accounting for other disqualifiers such as receipt of SSI benefits by people under 65 years of age, minimally 4,176 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 475 seniors, aged 65 or over (low-income seniors without Social Security to draw from, receive SSI, rendering them ineligible for CalFresh benefits).

## DISTRICT 2

## FOOD RESOURCES

**Recommendations key to this District**

- Increase enrollment in CalFresh.
- 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 25% of District 2 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 2.9% of the population.

About 60% of the over 6,400 students attending schools in District 2 qualify for free or reduced meals. About 2,000 students eat lunch each day, but only 490 eat breakfast, an opportunity to provide a nutritious lunch to 4,000 additional students and a nutritious breakfast to almost 6,000. Children’s food security suffers when school is out for the summer. In District 2, 322 children eat at summer lunch programs. There are approximately 55 weekdays during summer break; however, summer lunches are available in this District on average between 20 days (SFUSD) and 30 days (DCYF) of the summer break.

The seniors at risk of food insecurity in District 2 (seniors living below 200% of poverty) require 5,848 meals a day, but only 1,340 are provided by City and nonprofit agencies, including CalFresh, leaving up to 4,507 daily to be funded for this most vulnerable population. In planning for additional meals or groceries, attention should be paid to the fact that this District has the third highest number of seniors who live alone (55%).<sup>9</sup>

Food services for individuals who are homeless are practically nonexistent in District 2. There are no shelter meals, nor free dining rooms. There is one national chain restaurant in the Marina district that accepts CalFresh EBT benefits<sup>31</sup> adding to the inaccessibility of healthy prepared meals for people who are homeless or otherwise unable to cook.

There are no congregate meal programs for adults (18-59) with disabilities in District 2.

There are eight community gardens in District 2.<sup>42</sup>

**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.
- 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 meals breakfast and lunch programs.
- Develop a plan to expand summer lunch and afterschool meal programs.

## DISTRICT 2



## FOOD CONSUMPTION

**Challenges key to this District**

- Although 98% of housing units counted through the Census have complete kitchens, this figure may underrepresent additional secondary units.

**Recommendations key to this District**

- 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 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.

**Needs of Vulnerable Subpopulations in this District**

- **Seniors and Adults with Disabilities:** 20.9% of seniors 65 and older in District 2 have incomes of less than 200% of poverty and live with the threat of hunger. Additionally, 55% of the seniors aged 60 and older in District 2 live alone.
- **Children with Families:** 595 women and children receive WIC and only one supermarket in District 2 accepts WIC benefits.



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**DISTRICT 3****DEMOGRAPHIC INFORMATION**

<b>Population (Estimates)</b>	
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)
<b>Seniors</b>	
60+	18,811 (highest concentration)
65+	13,941 (highest)
% living alone	55% (4th highest)
Children (0-17)	5,414 (fewest children in any District)

<b>Income and Poverty (Estimates)</b>	
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)
<b>Homeless</b>	
Total sheltered and unsheltered	393 (4th highest)
Total unsheltered	363 (3rd highest)
Seniors (65+) below 200% of poverty level <sup>9</sup>	60% (2nd highest)

<b>Employment</b>	
Employed residents	40,870
Unemployment rate	9%

<b>Housing (Estimates)</b>	
# 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)**

<b>Food Resources</b>	
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.

<b>Food Access</b>	
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.<sup>iv</sup> 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.

<sup>iv</sup> 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).<sup>9</sup> 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%),<sup>9</sup> 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.<sup>31</sup>

**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.<sup>42</sup>

**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.

**DISTRICT 4****DEMOGRAPHIC INFORMATION**

<b>Population (Estimates)</b>	
Total	72,490
Households	25,970
Average household size	2.8 persons
% family households	64% (3rd highest)
% households with children	27% (4th highest)
% households with single person	22% (2nd lowest)
<b>Seniors</b>	
60+	16,246
65+	11,529
% living alone	26%
Children (0-17)	10,942 (3rd highest)

<b>Income and Poverty (Estimates)</b>	
Median Income by Household	\$77,376 (4th highest)
Per Capita Income	\$33,810 (7th highest)
All residents below 200% of poverty level*	21.3% (8th highest)
Residents below 100% of poverty level**	7% (2nd lowest)
<b>Homeless</b>	
Total sheltered and unsheltered	136
Total unsheltered	136
Seniors (65+) below 200% of poverty level <sup>9</sup>	27.4% (9th highest)

<b>Employment</b>	
Employed residents	37,360
Unemployment rate	8%

<b>Housing (Estimates)</b>	
# of Housing Units	27,470
Units lacking complete kitchens***	396 (9th 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 4****PROGRAMS AND SERVICE COVERAGE (continued from previous page)**

<b>Food Resources</b>	
CalFresh	
All individuals receiving	2,350 (4% of all cases Citywide)
Seniors (60+)	414
Children (0-17)	831
Women, Infants, and Children (WIC)	565 (fewest in the City)
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.

<b>Food Access</b>	
School Meals (daily)*	(Total enrollment: 7,114 in 10 schools)
# eligible for free or reduced priced meals	3,576 (50.3% of enrolled, 9th highest)
# eating school lunch	2,072 (29% of enrolled)
# eating school breakfast	434 (6% of enrolled)
Summer Lunch for Children	
# of sites (SFUSD/DCYF)	1/4
# of children/day (SFUSD/DCYF average)	183/422
# days open (average SFUSD/DCYF)	22/29 days
On-site Lunch (City funded)	
# of meals/day; 5 days/week	
For Seniors	223 (4th highest)
For Young Disabled Adults (18-59)	0 (tied for last in the City with 4 other Districts)
Home-delivered Meals (City funded)	
# of meals/day; 6 days/week	
For Seniors	247 (7th highest)
For Young Disabled Adults (18-59)	6.5 (7th highest)
Food Pantries	
Weekly food pantries	4
Residents served	3,918 (5.4% of residents)
Free Dining Rooms	1
Average number of free meals per day	Data not available

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

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**DISTRICT 4****PROGRAMS AND SERVICE COVERAGE (continued from previous page)**

Shelter Meals funded by HSA (approximately 2 meals/day; 7 days/week)	0
Retail	
Supermarkets (total number)	5
- Number that accept CalFresh EBT	5 (100%)
- Number that accept WIC	1 (20%)
Grocery Stores (total number)	5
- Number that accept CalFresh EBT	2 (40%)
- Number that accept WIC	0

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

The median household income in District 4 is the fourth highest in the City (\$77,376) as compared to the City median household income of \$71,416. More than one in five District residents (around 15,400 people) live at risk of food insecurity based on income below 200% of the poverty level.

Seven percent (5,073 residents) live below 100% of the poverty level. While it is not possible to ascertain precisely how many District 4 residents are eligible for the program, at least 4,085 appear qualified based on income and age, not accounting for other disqualifiers.<sup>v</sup> However, there are only 2,350 people receiving CalFresh benefits in the District.

**Recommendations key to this District**

- Increase enrollment in CalFresh.
- Develop a local food assistance supplement for food insecure San Franciscans beginning with SSI-recipients (like “Healthy SF” for health access).

<sup>v</sup>Not accounting for other disqualifiers such as receipt of SSI benefits by people under 65 years of age, minimally 5,073 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 4



## FOOD ACCESS

**Challenges key to this District**

Many families in the District are challenged to meet their nutritional needs. While 21.3% of District 4 residents live below 200% of poverty and are at risk for food insecurity, food pantries in the District serve only 5.4% of the population. District 4 has the third highest number of children (10,942), and the fourth highest percentage of households with children (27%).

One-half of the over 7,000 K-12 students attending schools in District 4 are qualified for free or reduced meals (3,576 students). About 2,000 students eat lunch but only 430 eat breakfast. Children's food security suffers when school is out for the summer. In District 4, 605 children eat at summer lunch programs. There are approximately 55 weekdays during summer break; summer lunches are available in this District on average between 22 days (SFUSD) and 29 days (DCYF) of the summer break.

The seniors living below 200% of poverty who are at risk of food insecurity in District 4 require 9,463 meals a day, but only 2,167 are provided by City and nonprofit agencies, including CalFresh, leaving up to 7,296 daily to be funded for this most vulnerable population.<sup>9</sup> Meal programs serve approximately 220 meals each day to seniors, while approximately 250 seniors receive home delivered meals.

Food services for individuals who are homeless consist of one free dining room, and no shelter meals.

Meal programs for adults (18-59) with disabilities serve 21 meals a day on average, while home delivered meals serve six.

There are three national chain restaurants in District 4 (2 in the Sunset and 1 in the Parkside district) that accept CalFresh EBT, while 371 residents of these neighborhoods are qualified to participate in restaurant meals.<sup>31</sup>

There are three community gardens in District 4.<sup>42</sup>

**Recommendations key to this District**

- Increase number and variety of CalFresh Restaurant Meal Program vendors accepting EBT, including local restaurants that bring cultural, nutritional and geographical choices to beneficiaries.
- 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 breakfast and lunch programs.
- Develop a plan to expand summer lunch and afterschool meal programs.

## DISTRICT 4



## FOOD CONSUMPTION

**Challenges key to this District**

- Although only 396 (2%) housing units counted through the Census do not have complete kitchens, this figure may underrepresent additional secondary units.

**Recommendations key to this District**

- 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 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.

**Needs of Vulnerable Subpopulations in this District**

- **Children and Families:** District 4 has the fourth highest percentage of households with children (27%), and third highest number of children (10,942). Children in this district would benefit from additional meal programs like summer lunch and after school meals.
- **People Who are Homeless:** District 4 has a low percentage of the City's homeless population, but 100% of those homeless are unsheltered, meaning that 136 residents have no access to shelter meals, or to cooking facilities. District 4 has one free dining room.
- **Seniors and Adults with Disabilities:** District 4 has the highest number of seniors (65+). These seniors may benefit from additional meal programs.



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**DISTRICT 5****DEMOGRAPHIC INFORMATION**

<b>Population (Estimates)</b>	
Total	74,760 (4th highest)
Households	38,090
Average household size	1.9 persons
% family households	30%
% households with children	11%
% households with single person	49% (highest with District 2)
<b>Seniors</b>	
60+	13,469 (6th highest)
65+	9,897 (6th highest)
% living alone	56%
Children (0-17)	6,664 (10th highest)

<b>Income and Poverty (Estimates)</b>	
Median Income by Household	\$67,331 (8th highest)
Per Capita Income	\$49,776 (3rd highest)
All residents below 200% of poverty level*	28.5% (6th highest)
Residents below 100% of poverty level**	13% (4th highest)
<b>Homeless</b>	
Total sheltered and unsheltered	344 (6th highest)
Total unsheltered	284 (5th highest)
Seniors (65+) below 200% of poverty level <sup>9</sup>	48.6% (3rd highest)

<b>Employment</b>	
Employed residents	47,870
Unemployment rate	6% (5% is the lowest in the City)

<b>Housing (Estimates)</b>	
# of Housing Units	40,970
Units lacking complete kitchens***	1,068 (4th 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 5****PROGRAMS AND SERVICE COVERAGE (continued from previous page)**

<b>Food Resources</b>	
CalFresh	
All individuals receiving	3,014 (6% of all cases Citywide), 6th highest
Seniors (60+)	290
Children (0-17)	1,030
Women, Infants, and Children (WIC)	695 (7th 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.

<b>Food Access</b>	
School Meals (daily)*	(Total enrollment: 2,519 in 4 schools)
# eligible for free or reduced priced meals	1,220 (48.4% of enrolled, 2nd lowest)
# eating school lunch	983 (39% of enrolled)
# eating school breakfast	190 (7.5% of enrolled)
Summer Lunch for Children	
# of sites (SFUSD/DCYF)	2/9
# of children/day (average SFUSD/DCYF)	177/452
# days open (average SFUSD/DCYF)	2/45 days
On-site Lunch (City funded)	
# of meals/day; 5 days/week	
For Seniors	220 (5th highest)
For Young Disabled Adults (18-59)	7 (4th highest)
Home-delivered Meals (City funded)	
# of meals/day, 6 days/week	
For Seniors	394 (3rd highest)
For Young Disabled Adults (18-59)	23 (2nd highest)
Food Pantries	
Weekly food pantries	17
Residents served	8,537 (11.42% of residents), 6th highest
Free Dining Rooms	2
Average number of free meals/day	24

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

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**DISTRICT 5****PROGRAMS AND SERVICE COVERAGE (continued from previous page)**

Shelter Meals funded by HSA (approximately 2 meals/day; 7 days/week)	0
Retail	
Supermarkets (total number)	9
- Number that accept CalFresh EBT	7 (78%)
- Number that accept WIC	2 (22%)
Grocery Stores (total number)	16
- Number that accept CalFresh EBT	10 (63%)
- Number that accept WIC	0

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

The median household income in District 5 is \$67,331 compared to the City's median household income of \$71,416. About 21,300 of residents have incomes below 200% of the poverty level, making 28.5% of households in the District at risk of food insecurity.

District 5 has the fourth highest percentage of residents (13%) - about 9,700 people living below 100% of the poverty level. While it is not possible to ascertain precisely how many District 5 residents are eligible for the CalFresh program, at least 8,329 appear qualified based on income and age, not accounting for other disqualifiers.<sup>vi</sup> However, there are only 3,014 people receiving CalFresh benefits in the District, one-third of whom are children.

There are 695 WIC recipients living in the District. Only two of the nine supermarkets and none of the grocery stores in the District accept WIC benefits.

<sup>vi</sup> Not accounting for other disqualifiers such as receipt of SSI benefits by people under 65 years of age, minimally 9,700 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 1,371 seniors, aged 65 or over (low-income seniors without Social Security to draw from, receive SSI, rendering them ineligible for CalFresh benefits).

## DISTRICT 5

**FOOD RESOURCES****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.
- 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**

Nearly 28.6% of District 5 residents live below 200% of poverty and are at risk of food insecurity. Although these residents might benefit from additional nutritious food on a regular basis, the reach of food programs is eclipsed by the need.

Food pantries serve 11.42% of the population (almost 9% of the total number served citywide).

Nearly 50% of the 2,519 K-12 students attending schools in District 5 are qualified for free or reduced meals (1,220). Each day 983 students eat lunch at school, and 190 eat breakfast. Children’s food security suffers when school is out for the summer. In District 5, 629 children eat at summer lunch programs. There are approximately 55 weekdays during summer break. Summer lunches are available in District 5 on average 45 days of the summer break (DCYF); two of the sites serving 177 children were only open 2 days (SFUSD).

The total number of meals available in District 5 for seniors from all City and nonprofit sources is 4,243 daily. However, the 4,479 seniors in the District living below 200% of the poverty level require 14,442 meals per day, leaving 10,199 meals “missing” in the District for this most vulnerable population.<sup>9</sup> In planning for additional meals or groceries, attention should be paid to the fact that this District has the second highest number of seniors who live alone (56%).<sup>9</sup>

There are 284 homeless people residing in the District. Two churches serve a free lunch/brunch one day a week that averages about 24 free meals per day.

Adults (18-59) with disabilities in the District are served through an average of 30 meals per day, either on-site lunches (7 per day, 5 days per week) or home-delivered meals (23 per day, 6 days per week).

There are four national chain restaurants in the Western Addition that accept CalFresh benefits; however, no local, independent restaurants accept CalFresh, adding to the inaccessibility of healthy prepared meals to people who are homeless or otherwise unable to cook. There are 210 residents in the Western Addition qualified for the Restaurant Meal Program.<sup>31</sup>

## DISTRICT 5

**FOOD ACCESS**

There are eight community gardens in District 5.<sup>42</sup>

**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, 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 in which they live.
- 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 breakfast and lunch programs.
- Develop a plan to expand summer lunch and afterschool meal programs.

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

- 1,068 housing units in District 5 lack complete kitchens, severely compromising individuals' and families' abilities to prepare nutritious food.

**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 to reduce food waste.

## DISTRICT 5

**Needs of Vulnerable Subpopulations in this District**

- **Seniors and Adults with Disabilities:** Seniors, 60 years or older, comprise 18% of the District's population. One-half (48.6%) of all seniors live below 200% of the poverty level; almost 15% of seniors aged 65 or over are below 100% of poverty. District 5 has the third highest number of seniors at risk of hunger, behind Districts 6 and 3. 56% of seniors in this District live alone.
- **People Who are Homeless:** A full 82% of the District's homeless population is unsheltered (284 people), meaning that they have no access to shelter meals, or cooking facilities. District 5 has two free dining rooms serving on average 24 meals a day.
- **Children and Families:** There are almost 4,000 children aged 5-17 living in District 5, many of whom may benefit from the expansion of meal programs including after school meals and summer lunch.



**DISTRICT 6****DEMOGRAPHIC INFORMATION**

<b>Population (Estimates)</b>	
Total	70,790
Households	37,490
Average household size	1.7 persons
% family households	26%
% households with children	6%
% households with single person	47%
<b>Seniors</b>	
60+	11,040
65+	7,741
% living alone	62% (highest)
Children (0-17)	8,467 (7th highest)

<b>Income and Poverty (Estimates)</b>	
Median Income by Household	\$37,431 (lowest)
Per Capita Income	\$44,784 (6th highest)
All residents below 200% of poverty level*	46.4% (highest)
Residents below 100% of poverty level**	22% (highest)
<b>Homeless</b>	
Total sheltered and unsheltered	3,257 (highest)
Total unsheltered	1,364 (highest)
Seniors (65+) below 200% of poverty level <sup>9</sup>	71% (highest)

<b>Employment</b>	
Employed residents	27,550
Unemployment rate	8%

<b>Housing (Estimates)</b>	
# of Housing Units	42,600
Units lacking complete kitchens***	6,482 (2nd 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 6****PROGRAMS AND SERVICE COVERAGE (continued from previous page)**

<b>Food Resources</b>	
CalFresh	
All individuals receiving	7,002 (16% of cases Citywide), 2nd highest
Seniors (60+)	904 (highest)
Children (0-17)	2,280 (3rd highest)
Women, Infants and Children (WIC) All individuals receiving	882 (6th highest)

\*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.

<b>Food Access</b>	
School Meals (daily)*	(Total enrollment: 1,442 in 2 schools)
# eligible for free or reduced priced meals	1,132 (78.5% of enrolled), 3rd highest %
# eating school lunch	673 (47% of enrolled)
# eating school breakfast	171 (12% of enrolled)
Summer Lunch for Children	
# of sites (SFUSD/DCYF)	0/8
# of children/day (average SFUSD/DCYF)	0/469
# days open (average SFUSD/DCYF)	43 days (all DCYF sites; no SFUSD sites)
On-site Lunch (City funded)	
# of meals/day; 5 days/week	
For Seniors	887 (highest)
For Young Disabled Adults (18-59)	33 (highest)
Home-delivered Meals (City funded)	
# of meals/day; 6 days/week	
For Seniors	1,203 (highest)
For Young Disabled Adults (18-59)	175 (highest)
Food Pantries	
Weekly food pantries	54
Residents served	10,332 (14.6% of residents), 4th highest
Free Dining Rooms	7
Average number of free meals per day	5,387 (highest)

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

Continued on next page

**DISTRICT 6****PROGRAMS AND SERVICE COVERAGE (continued from previous page)**

Shelter Meals funded by HSA (approximately 2 meals/day; 7 days/week)	1,993
Retail	
Supermarkets (total number)	10
- Number that accept CalFresh EBT	9 (90%)
- Number that accept WIC	3 (30%)
Grocery Stores (total number)	22
- Number that accept CalFresh EBT	15 (68%)
- Number that accept WIC	4 (18%)

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

District 6 has the lowest median income by household and the highest rates of residents in poverty, yet a disproportionate number of District 6 residents are not receiving government benefits.

Over 45% of the residents in District 6 (32,846 people) are at risk for food insecurity based on an income less than 200% of the poverty level.

Over one in five District 6 residents (approximately 15,570 people) are at the highest risk for food insecurity based on income below 100% of the poverty level. While it is not possible to ascertain precisely how many District 6 residents are eligible for CalFresh, at least 12,334 are qualified based on income and age, not accounting for other disqualifiers.<sup>vii</sup> However, there are only 7,000 residents receiving CalFresh benefits.

District 6 has the 6th highest number of WIC recipients, with 882. Nine of 10 supermarkets and 68% of the 22 grocery stores accept CalFresh EBT cards; however, only 3 of the supermarkets and 18% of the grocery stores accept WIC benefits.

<sup>vii</sup> Not accounting for other disqualifiers such as receipt of SSI benefits by people under 65 years of age, minimally 15,570 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 3,236 seniors, aged 65 or over (low-income seniors without Social Security to draw from, receive SSI, rendering them ineligible for CalFresh benefits).

## DISTRICT 6

## FOOD RESOURCES

**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.
- 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**

Nonprofit service coverage is relatively good in District 6 compared to other Districts, but still food security is not being achieved. Nonprofit Tenderloin food providers are experiencing increasing demand for services between 5 and 10 percent, while at the same time, the agencies report greater challenges when it comes to obtaining grant funding and individual donations. There are many food pantries in District 6; however, while about half of the population may be food insecure, only 14.6% of the population is served by the pantries in the District.

Of the 1,442 K-12 students enrolled in District 6 qualified for free or reduced meals, 673 students eat lunch daily and 190 eat breakfast. There is a significant opportunity to serve more students meals at school. Children’s food security suffers when school is out for the summer. In District 6, 4,69 children eat at the DCYF summer lunch program (no meals are served through the SFUSD summer lunch program). There are approximately 55 weekdays during summer break; summer lunches are available in this District on average 43 days (DCYF) of the summer break.

The total number of meals available to seniors in District 6 from City and nonprofit agencies, including CalFresh, is 11,765 daily. However, the 4,636 seniors in the District living below 200% of the poverty level require 16,484 meals per day, leaving 4,719 meals “missing” in the District for this most vulnerable population.<sup>9</sup> In planning for additional meals or groceries, attention should be paid to the fact that this District has the highest number of seniors who live alone (62%),<sup>9</sup> and, as noted in the Food Consumption section, 15% of the housing units do not have complete kitchens.

About 33 meals a day are available to adults (18-59) with disabilities through on-site, congregate meal programs, and 175 per day through home-delivered meals (both numbers are the highest in the City).

**DISTRICT 6****FOOD ACCESS**

Tenderloin residents face a number of barriers that affect access to healthy meals. These include a lack of grocery stores and other retail outlets that sell affordable and nutritious food. Additional challenges include serving diverse cultural and linguistic needs, and tailoring nutrition programs to the needs of particular populations. According to the San Francisco Department of Public Health Communities of Excellence Neighborhood Analysis,<sup>viii</sup> the index of unhealthy to healthy food sources is 97% to 3% in the Tenderloin and 92% to 8% in the South of Market neighborhood, and none of the food stores meet the Neighborhood Food Store Quality standards, a standard based on price, availability and quality of foods.<sup>44</sup> Many of the supermarkets in District 6 (such as Bristol Farms and Whole Foods Market) have high price points and thus are not affordable for residents in poverty. According to a report by the Tenderloin Healthy Corner Store Coalition, only 31% of the 640 Tenderloin residents surveyed buy their produce in the Tenderloin, and less than 25% buy their dairy, proteins or whole grains in the neighborhood. However, nearly 80% said they would buy their groceries at a corner store, and 87% at a full service market, if it sold what they needed and was affordable. The number one reason residents shop outside of the Tenderloin neighborhood for food is “it’s too expensive.”<sup>45</sup>

There is a high concentration of national chain restaurants as well as some locally owned restaurants that accept CalFresh EBT benefits in the District 6 and surrounding neighborhoods, improving the accessibility of prepared meals for people who are homeless or otherwise unable to cook.

There are 13 community gardens in District 6.<sup>42</sup>

**Recommendations key to this District**

- Increase the number of food retail stores selling healthy, affordable food.
- Incorporate affordability into the analysis of the “accessibility” of food at retail establishments.
- 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 variety of CalFresh Restaurant Meal Program vendors including focusing on restaurant menu offerings that bring affordable cultural and nutritional choices to beneficiaries.
- 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 breakfast and lunch programs.
- Develop a plan to expand summer lunch and afterschool meal programs.

<sup>viii</sup> The Feeling Good Project, Nutrition Services, San Francisco Department of Public Health, funded by the Network for a Healthy California, CPDH undertook a Community Assessment Project January 2012-November 2012. This is part of CX3, Communities of Excellence in Nutrition, Physical Activity and Obesity Prevention carried out throughout California by the Network for a Healthy California. This work is focused on Census Tracts where at least one-half the residents have an income of 185% or less of the poverty level. In the Tenderloin there are six 2010 Census Tracts that meet this criteria and there are two in the South of Market neighborhood that meet the criteria.

## DISTRICT 6



## FOOD CONSUMPTION

**Challenges key to this District**

- District 6 has some of the least expensive housing stock in San Francisco and many units are Single Room Occupancy Hotels (SROs) without kitchen facilities. This is indicated by the almost 6,500 housing units in District 6 that lack complete kitchens representing 15% of all housing units. An additional barrier to food security in this District is that many residents have limited knowledge regarding how to prepare healthy meals, especially with inadequate cooking and storage facilities.

**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.

**Needs of Vulnerable Subpopulations in this District**

- **Seniors:** District 6 has the highest rate of seniors in poverty in the City. Additionally 62% of seniors over 60 years live alone. Of the 6,813 seniors for whom poverty status could be determined, a staggering 71% (almost 5,000 seniors) in the District are at risk for food insecurity based on an income of less than 200% of poverty. On-site meal programs for seniors are critical for food security and social support.
- **People Who are Homeless:** District 6 has the most sheltered and unsheltered homeless people in the City, with 42% (1,364 of 3,257) living on the streets. Unsheltered residents do not have access to shelter meals or facilities to cook and rely on prepared meals from free dining rooms. Free dining rooms provide 5,387 meals per day. However, many other residents also access free dining rooms including residents of shelters, residents of SROs without cooking facilities, and people who are unable to cook or afford meals.
- **Children and Families:** District 6 has the third highest number (2,280) of children receiving CalFresh and less than 475 children eating summer lunches. Children in this district would benefit from additional meal programs.

**DISTRICT 7****DEMOGRAPHIC INFORMATION**

<b>Population (Estimates)</b>	
Total	72,920
Households	27,890
Average household size	2.5 persons
% family households	58%
% households with children	23% (4th highest percentage)
% households with single person	26%
<b>Seniors</b>	
60+	15,997
65+	11,355
% living alone	32%
Children (0-17)	10,564 (5th highest)

<b>Income and Poverty (Estimates)</b>	
Median Income by Household	\$94,121 (3rd highest)
Per Capita Income	\$49,435 (4th highest)
All residents below 200% of poverty level*	18%
Residents below 100% of poverty level**	9%
<b>Homeless</b>	
Total sheltered and unsheltered	19 (lowest in the City)
Total unsheltered	19 (lowest in the City)
Seniors (65+) below 200% of poverty level <sup>9</sup>	24%

<b>Employment</b>	
Employed residents	37,460
Unemployment rate	5%

<b>Housing (Estimates)</b>	
# of Housing Units	29,620
Units lacking complete kitchens***	141

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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 7****PROGRAMS AND SERVICE COVERAGE (continued from previous page)**

<b>Food Resources</b>	
CalFresh	
All individuals receiving	1,314 (2% of all cases Citywide)
Seniors (60+)	225
Children (0-17)	417
Women, Infants and Children (WIC) All individuals receiving	1,156 (4th highest)

\*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.

<b>Food Access</b>	
School Meals (daily)*	(Total enrollment: 8,337 in 11 schools)
# eligible for free or reduced priced meals	3,702 (44% of enrolled)
# eating school lunch	2,371 (28%)
# eating school breakfast	581 (7%)
Summer Lunch for Children	
# of sites (SFUSD/DCYF)	2/4
# of children/day (average SFUSD/DCYF)	260/382
# days open (average SFUSD/DCYF)	14/37 days
On-site Lunch (City funded) # of meals/day; 5 days/week	
For Seniors	121 (2nd lowest)
For Young Disabled Adults (18-59)	0 (lowest with 4 other Districts)
Home-delivered Meals (City funded) # of meals/day; 6 days/week	
For Seniors	202 (9th highest)
For Young Disabled Adults (18-59)	5.57 (9th highest)
Food Pantries	
Weekly food pantries	3
Residents served	2,015 (2.76% of residents)
Free Dining Rooms	0

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

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## DISTRICT 7

### PROGRAMS AND SERVICE COVERAGE (continued from previous page)

Shelter Meals funded by HSA (approximately 2 meals/day; 7 days/week)	0
Retail	
Supermarkets (total number)	7
- Number that accept CalFresh EBT	7 (100%)
- Number that accept WIC	3 (43%)
Grocery Stores (total number)	7
- Number that accept CalFresh EBT	3 (43%)
- Number that accept WIC	0

## Key Challenges and Recommendations



### Challenges key to this District

The income available for District 7 residents to use on food is higher than most Districts. District 7 residents have the third highest median income by household in the City, 132% of the Citywide median household income.

Still, 13,344 people (18.3% of the District’s residents) are at risk for food insecurity based on income below 200% of the poverty level.

The income of 9% of residents in District 7 falls below 100% of the poverty level – an estimated 6,500 residents. While it is not possible to ascertain precisely how many District 7 residents are eligible for CalFresh, at least 5,912 appear qualified based on income and age, not accounting for other disqualifiers.<sup>ix</sup> However, there are only 1,315 people receiving CalFresh benefits in the District. District 7 has the fourth highest number of WIC recipients (1,156).

All of the District’s seven supermarkets accept CalFresh benefits. However, only 3 accept WIC benefits. None of the District’s seven grocery stores accept WIC benefits, and three accept CalFresh.

<sup>ix</sup> Not accounting for other disqualifiers such as receipt of SSI benefits by people under 65 years of age, minimally 6,562 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 650 seniors, aged 65 or over (low-income seniors without Social Security to draw from, receive SSI, rendering them ineligible for CalFresh benefits).

## DISTRICT 7

## FOOD RESOURCES

**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.
- 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**

Nearly 18.3% of District 7 live below 200% of poverty and are at risk for food insecurity. Although these residents might benefit from additional nutritious food on a regular basis, food pantries serve only 2.76% of the population.

Nearly 45% of the 8,337 K-12 students attending schools in District 7 qualify for free or reduced meals. About 2,370 students eat lunch and 580 eat breakfast daily, leaving an opportunity to serve more students healthy school meals. Children’s food security suffers when school is out for the summer. In District 7, 642 children eat at summer lunch programs each day. There are approximately 55 weekdays during summer break; summer lunches are available in this District on average between 14 days (SFUSD) and 37 days (DCYF) of the summer break.

The seniors living below 200% of poverty and at risk of food insecurity in District 7 require 8,165 meals a day, but only 1,045 are provided by City and nonprofit agencies, including CalFresh, leaving up to 7,140 daily to be funded for this most vulnerable population.<sup>9</sup>

There are no restaurants that accept CalFresh benefits in the District, adding to the inaccessibility of prepared meals to seniors who are unable to cook.<sup>31</sup>

Adults (18-59) with disabilities are served through an average of six home-delivered meals (3rd lowest in the City). There are no on-site, congregate meal programs for this population in District 7.

There are six community gardens in District 7.<sup>42</sup>

**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, including local restaurants that bring cultural, nutritional and geographical choices to beneficiaries.
- 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.

## DISTRICT 7

**FOOD ACCESS**

- Explore options to continue to increase participation in school breakfast and lunch programs.
- Develop a plan to expand summer lunch and afterschool meal programs.

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

- Although only 141 housing units counted through the Census do not have complete kitchens, this figure may underrepresent additional secondary units.

**Recommendations key to this District**

- 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 locations of grocery stores, healthy corner stores, and information on CalFresh and WIC acceptance.
- Support educational efforts around healthy food choices, healthy food preparation, nutrition, and how to find/access affordable healthy food outlets.

**Needs of Subpopulations Key to this District**

- **Children and Families:** 23% of the households in District 7 have children, compared to the citywide 18%. District 7 has the 5th highest number of children (10,564). Children in this district would benefit from additional meal programs.
- **Seniors and Adults with Disabilities:** District 7 has almost 16,000 seniors and around 5,800 aged 75+ who may benefit from additional meal programs.

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**DISTRICT 8****DEMOGRAPHIC INFORMATION**

<b>Population (Estimates)</b>	
Total	75,500
Households	38,420
Average household size	1.9 persons
% family households	33% (8th highest)
% households with children	13%
% households with single person	41%
<b>Seniors</b>	
60+	11,039
65+	7,173
% living alone	49%
Children (0-17)	7,110 (8th highest)

<b>Income and Poverty (Estimates)</b>	
Median Income by Household	\$95,930 (2nd highest)
Per Capita Income	\$67,964 (2nd highest)
All residents below 200% of poverty level*	17% (2nd lowest)
Residents below 100% of poverty level**	8%
<b>Homeless</b>	
Total sheltered and unsheltered	163 (7th highest)
Total unsheltered	163 (7th highest)
Seniors (65+) below 200% of poverty level <sup>9</sup>	29%

<b>Employment</b>	
Employed residents	46,760
Unemployment rate	6%

<b>Housing (Estimates)</b>	
# of Housing Units	41,210
Units lacking complete kitchens***	525

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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 8****PROGRAMS AND SERVICE COVERAGE (continued from previous page)**

<b>Food Resources</b>	
CalFresh	
All individuals receiving	1,197 (3% of all cases Citywide); 10th highest
Seniors (60+)	190
Children (0-17)	294
Women, Infants, and Children (WIC)	604 (9th 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.

<b>Food Access</b>	
School Meals (daily)*	(Total enrollment: 6,382 in 14 schools)
# eligible for free or reduced priced meals	3,319 (52% of enrolled)
# eating school lunch	1,913 (30% of enrolled)
# eating school breakfast	575 (9% of enrolled)
Summer Lunch for Children	
# of sites (SFUSD/DCYF)	3/2
# of children/day (average SFUSD/DCYF)	323/162
# days open (average SFUSD/DCYF)	17/49 days
On-site Lunch (City funded)	
# of meals/day; 5 days/week	
For Seniors	173 (8th highest)
For Young Disabled Adults (18-59)	3 (6th highest)
Home-delivered Meals (City funded)	
# of meals/day; 6 days/week	
For Seniors	180 (2nd lowest)
For Young Disabled Adults (18-59)	8 (5th highest)
Food Pantries	
Weekly food pantries	18
Residents served	6,615 (8.76% of residents)
Free Dining Rooms	0

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

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**DISTRICT 8**

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

Shelter Meals funded by HSA (approximately 2 meals/day; 7 days/week)	0
Retail	
Supermarkets (total number)	6
- Number that accept CalFresh EBT	5 (83%)
- Number that accept WIC	2 (33%)
Grocery Stores (total number)	7
- Number that accept CalFresh EBT	2 (29%)
- Number that accept WIC	0

**Key Challenges and Recommendations**



**FOOD RESOURCES**

**Challenges key to this District**

The income available for District 8 residents to use on food is higher than most Districts. District 8 residents have the second highest median income by household in the City, 149% of the citywide median household income. Still, 12,500 people (17.1% of the District’s residents) are at risk for food insecurity based on income below 200% of the poverty level.

The income of 8% of residents in District 8 falls below 100% of the poverty level – 6,040 residents. While it is not possible to ascertain precisely how many District 8 residents are eligible for CalFresh, at least 5,292 appear qualified based on income and age, not accounting for other disqualifiers.<sup>x</sup> However, there are only 1,200 people receiving CalFresh benefits in the District.

**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.
- 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).

<sup>x</sup> Not accounting for other disqualifiers such as receipt of SSI benefits by people under 65 years of age, minimally 6,040 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 748 seniors, aged 65 or over (low-income seniors without Social Security to draw from, receive SSI, rendering them ineligible for CalFresh benefits).

## DISTRICT 8



## FOOD ACCESS

**Challenges key to this District**

Nearly 17% of District 8 residents live below 200% of poverty and are at risk for food insecurity. Although these residents might benefit from additional nutritious food on a regular basis, food pantries serve only 8.76% of the population.

Just over 52% of the 6,382 K-12 students attending schools in District 8 qualify for free or reduced meals. On average, 1,930 students in District 8 schools eat lunch and 575 eat breakfast daily, leaving an opportunity to serve more students healthy school meals. Children's food security suffers when school is out for the summer. In District 8, 485 eat at summer lunch programs. There are approximately 55 weekdays during summer break; summer lunches are available in this District on average between 17 (SFUSD) and 49 (DCYF) days of the summer break.

The seniors living below 200% of poverty and at risk of food insecurity in District 8 require 6,165 meals a day, but only 1,464 are provided by City and nonprofit agencies, including CalFresh, leaving up to 4,701 daily to be funded for this most vulnerable population. In planning to meet the food security of seniors, it should be noted that 49% of the seniors in District 8 live alone.<sup>9</sup>

Food services for individuals who are homeless are practically nonexistent in District 8. There are no shelter meals, nor free dining rooms.

On average, a total only of three on-site congregate meals per day, and just over eight home-delivered meals daily are available for adults (18-59) with disabilities in the District.

There is one national chain restaurant in the Market/Castro neighborhood that accepts CalFresh benefits, adding to the inaccessibility of prepared meals to people who are homeless or otherwise unable to cook.<sup>31</sup>

There are nine community gardens in District 8.<sup>42</sup>

**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, including those whose offerings bring cultural, nutritional and geographical choices to beneficiaries.
- 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 breakfast and lunch programs.
- Develop a plan to expand summer lunch and afterschool meal programs.

## DISTRICT 8



## FOOD CONSUMPTION

**Challenges key to this District**

- Although only 525 housing units counted through the Census do not have complete kitchens, this figure may underrepresent additional secondary units.

**Recommendations key to this District**

- 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.

**Needs of Vulnerable Subpopulations in this District**

- **People Who are Homeless:** District 8 has a low percentage of the City's homeless population, but 100% of those homeless are unsheltered, meaning that 163 residents have no access to shelter meals, or to cooking facilities. District 8 has no free dining room.
- **Seniors and Adults with Disabilities:** In District 8, on-site meal programs serve an average of 173 seniors. There are over 3,000 seniors in District 8 over the age of 75 who may benefit from additional meal programs.
- **Children and Families:** In District 8, 605 mothers and children receive WIC benefits but only one-third of the supermarkets and none of the grocery stores accept WIC.

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**DISTRICT 9****DEMOGRAPHIC INFORMATION**

<b>Population (Estimates)</b>	
Total	76,720
Households	26,880
Average household size	2.8 persons
% family households	52%
% households with children	28%
% households with single person	30%
<b>Seniors</b>	
60+	12,584
65+	8,716
% living alone	30%
Children (0-17)	10,578 (4th highest)

<b>Income and Poverty (Estimates)</b>	
Median Income by Household	\$67,989 (7th highest)
Per Capita Income	\$33,703 (9th highest)
All residents below 200% of poverty level*	31% (4th highest)
Residents below 100% of poverty level**	11%
<b>Homeless</b>	
Total sheltered and unsheltered	571 (3rd highest)
Total unsheltered	247 (6th highest)
Seniors (65+) below 200% of poverty level <sup>9</sup>	38%

<b>Employment</b>	
Employed residents	47,820
Unemployment rate	7%

<b>Housing (Estimates)</b>	
# of Housing Units	28,680
Units lacking complete kitchens***	1,766

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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 9****PROGRAMS AND SERVICE COVERAGE (continued from previous page)**

<b>Food Resources</b>	
CalFresh	
All individuals receiving	4,649 (8% of all cases Citywide), 4th highest
Seniors (60+)	395
Children (0-17)	2,240 (4th highest)
Women, Infants and Children (WIC)	2,511 (3rd 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.

<b>Food Access</b>	
School Meals (daily)*	(Total enrollment: 5,557 in 12 schools)
# eligible for free or reduced priced meals	4,445 (80% of enrolled)
# eating school lunch	2,867 (52% of enrolled)
# eating school breakfast	702 (13% of enrolled)
Summer Lunch for Children	
# of sites (SFUSD/DCYF)	8/10
# of children/day (average SFUSD/DCYF)	767/463
# days open (average SFUSD/DCYF)	22/36 days
On-site Lunch (City funded)	
# of meals/day; 5 days/week	
For Seniors	156 (9th highest)
For Young Disabled Adults (18-59)	0 (tied for last with 4 other Districts)
Home-delivered Meals (City funded)	
# of meals/day; 6 days/week	
For Seniors	227 (8th in the City)
For Young Disabled Adults (18-59)	8 (6th in the City)
Food Pantries	
Weekly food pantries	28
Residents served	18,063 (23.54% of residents), 2nd highest
Free Dining Rooms	Data not available

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

Continued on next page

## DISTRICT 9

### PROGRAMS AND SERVICE COVERAGE (continued from previous page)

Shelter Meals funded by HSA (approximately 2 meals per day; 7 days/week)	101
Retail	
Supermarkets (total number)	8
- Number that accept CalFresh EBT	8 (100%)
- Number that accept WIC	3 (37%)
Grocery Stores (total number)	15
- Number that accept CalFresh EBT	14 (93%)
- Number that accept WIC	1 (7%)

## Key Challenges and Recommendations



### Challenges key to this District

District 9 residents have the seventh highest median income by household in the City - about \$68,000 compared to the City’s median household income of \$71,416.

About 31% of District 9 residents (approximately 23,500) have incomes of less than 200% of poverty and are at risk for food insecurity. The income of 11% of residents in District 9 falls below 100% of the poverty level – around 8,400 residents. While it is not possible to ascertain precisely how many District 9 residents are eligible for CalFresh, at least 7,711 appear qualified based on income and age, not accounting for other disqualifiers.<sup>xi</sup> However, there are only 4,650 people receiving CalFresh benefits in the District. District 9 has the third largest number of WIC recipients in the City.

Impressively, all of the District’s eight supermarkets, and 93% of its 15 grocery stores accept CalFresh EBT benefits. However, only three of the supermarkets and one of the grocery stores accept WIC benefits.

<sup>xi</sup> Not accounting for other disqualifiers such as receipt of SSI benefits by people under 65 years of age, minimally 8,439 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 728 seniors, aged 65 or over (low-income seniors without Social Security to draw from, receive SSI, rendering them ineligible for CalFresh benefits).

## DISTRICT 9

## FOOD RESOURCES

**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.
- 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**

Food pantry access is the second highest in the City - while 31% of District 9 residents are at risk for food insecurity, food pantries serve 23.54% of the population.

Nearly 80% of the 5,557 K-12 students attending schools in District 9 qualify for free or reduced meals. On average, 2,867 students in District 9 schools eat lunch and 702 eat breakfast each day, leaving an opportunity to serve more students healthy school meals. Children’s food security suffers when school is out for the summer. In District 9, 1,230 eat at summer lunch programs. There are approximately 55 weekdays during summer break; summer lunches are available in this District on average between 22 days (SFUSD) and 36 days (DCYF) of the summer break.

The seniors at risk of food insecurity in District 9 require 9,971 meals a day, but only 3,122 are provided by City and nonprofit agencies, including CalFresh, leaving up to 6,849 daily to be funded for this most vulnerable population.<sup>9</sup>

Shelters provide 101 meals per day for the 324 homeless individuals residing in shelters in District 9.

Adults (18-59) with disabilities are served through an average of six home-delivered meals (3rd lowest in the City). There are no on-site, congregate meal programs for this population in District 9.

There is one national chain restaurant in District 9 that accepts CalFresh benefits, adding to the inaccessibility of prepared meals to people who are homeless or otherwise unable to cook.<sup>31</sup>

There are 15 community gardens in District 9.<sup>42</sup>

**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, including local restaurants that bring cultural, nutritional and geographical choices to beneficiaries.
- Develop ways to meet high demand for neighborhood-based food programs that are the most respectful and least disruptive for the clients and neighborhoods in which they live.



## DISTRICT 9

## FOOD ACCESS

- 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.
- Incorporate affordability into the analysis of the “accessibility” of food at retail establishments.
- Explore options to continue to increase participation in school meals breakfast and lunch programs.
- Develop a plan to expand summer lunch and afterschool meal programs.



## FOOD CONSUMPTION

## Challenges key to this District

- Over 6% of the housing units in District 9 do not have complete kitchens, compromising 1,766 household’s abilities to prepare nutritious food.

## 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.

## Needs of Vulnerable Subpopulations in this District

- **Seniors and Adults with Disabilities:** 38.1% of seniors living in the District have incomes below 200% of the poverty level, the 4th highest percentage in the City. Seniors in District 9 may benefit from additional meal programs.
- **Children and Families:** 36% of the households in this District have children, double the citywide average of 18%. 2,240 children receive CalFresh benefits, the fourth highest number in San Francisco. District 9 has over 7,000 children between 5-17 years that may benefit from additional meal programs during the summer and after school.
- **People Who are Homeless:** District 9 has the third largest number of homeless people, and sixth largest number of unsheltered homeless residents. A full 43% of the District’s homeless population is unsheltered, meaning that they have no access to shelter meals, or to cooking facilities.

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## DISTRICT 10

### DEMOGRAPHIC INFORMATION

<b>Population (Estimates)</b>	
Total	72,560
Households	22,910
Average household size	3.1 persons
% family households	65%
% households with children	36%
% households with single person	25%
<b>Seniors</b>	
60+	11,359
65+	7,764
% living alone	24%
Children (0-17)	16,327 (highest)

<b>Income and Poverty (Estimates)</b>	
Median Income by Household	\$55,487 (9th highest)
Per Capita Income	\$28,093 (2nd lowest)
All residents below 200% of poverty level*	39% (3rd highest)
Residents below 100% of poverty level**	17% (3rd highest)
<b>Homeless</b>	
Total sheltered and unsheltered	1,934 (2nd highest)
Total unsheltered	1,278 (2nd highest)
Seniors (65+) below 200% of poverty level <sup>9</sup>	35%

<b>Employment</b>	
Employed residents	34,000
Unemployment rate	11%

<b>Housing (Estimates)</b>	
# of Housing Units	24,950
Units lacking complete kitchens***	794 (6th 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 10****PROGRAMS AND SERVICE COVERAGE (continued from previous page)**

<b>Food Resources</b>	
CalFresh	
All individuals receiving	12,173 (20% of all cases Citywide), highest
Seniors (60+)	716
Children (0-17)	5,930 (highest, more than 2nd & 3rd highest combined)
Women, Infants and Children (WIC) All individuals receiving	3,667 (highest)

\*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.

<b>Food Access</b>	
School Meals (daily)*	(Total enrollment: 5,033 in 14 schools)
# eligible for free or reduced priced meals	3,765 (75% of enrolled)
# eating school lunch	2,544 (50% of enrolled), 2nd highest number
# eating school breakfast	851 (17% of enrolled), highest number
Summer Lunch for Children	
# of sites (SFUSD/DCYF)	8/25
# of children/day (average SFUSD/DCYF)	348/1,023
# days open (average SFUSD/DCYF)	17/42 days
On-site Lunch (City funded) # meals/day; 5 days/week	
For Seniors	215 (6th highest)
For Young Disabled Adults (18-59)	5 (5th highest)
Home-delivered Meals (City funded) # meals/day; 6 days/week	
For Seniors	452 (2nd highest)
For Young Disabled Adults (18-59)	15 (4th highest)
Food Pantries	
Weekly food pantries	38
Residents served	22,702 (31% of residents), highest
Free Dining Rooms	3

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

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**DISTRICT 10****PROGRAMS AND SERVICE COVERAGE (continued from previous page)**

Shelter Meals funded by HSA (approximately 2 meals per day; 7 days/week)	107
Retail	
Supermarkets (total number)	6
- Number that accept CalFresh EBT	5 (83%)
- Number that accept WIC	3 (50%)
Grocery Stores (total number)	9
- Number that accept CalFresh EBT	5 (56%)
- Number that accept WIC	2 (22%)

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

District 10 residents have the third lowest median household income in the City - about \$55,480 compared to the City's median household income of \$71,416. About 39% of District 10 residents (around 28,000 people) have incomes below 200% of poverty, and are at risk of food insecurity.

In District 10, around 12,300 residents live below 100% of the poverty level, while 12,173 individuals access CalFresh. Almost one-half of the CalFresh beneficiaries in this District are children, representing one of three children living in the District - the highest percentage of children on CalFresh in the City. However, only 56% of the grocery stores in the District accept CalFresh, although 83% of supermarkets do.

The District has the largest number of WIC recipients in the City. Only three of the District's supermarkets and two grocery stores accept WIC benefits.

**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.
- 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).

## DISTRICT 10



## FOOD ACCESS

**Challenges key to this District**

Nearly 40% of District 10 residents live below 200% of poverty and are at-risk of food insecurity. About thirty percent of District 10 residents are benefiting from additional nutritious food on a regular basis distributed at 38 food pantries.

Many of District 10's residents have little access to affordable, fresh, healthy food or a full service supermarket.<sup>28,47</sup>

Nearly 75% of the 5,013 K-12 students attending schools in District 10 are qualified for free or reduced meals (3,765 students). An average of 2,544 students in District 10 schools eat lunch and 851 eat breakfast each day, leaving an opportunity to serve more students healthy school meals. Children's food security suffers when school is out for the summer. In District 10, 1,371 children eat at summer lunch programs. There are approximately 55 weekdays during summer break; summer lunches are available on average in this District between 17 days (SFUSD) and 42 days (DCYF) of the summer break.

Seniors in District 10 living on a fixed income of up to \$1,862 per month (200% of the poverty level) are at high nutritional risk with only 20% accessing senior center lunch programs or receiving home-delivered meals. These seniors require 8,147 meals a day, and 6,255 are provided by City and nonprofit agencies, including CalFresh, leaving up to 1,892 daily to be funded for this most vulnerable population (the fewest needed in any District).<sup>9</sup>

Free dining rooms serve about 750 meals per day on average; shelters provide an additional 107 meals per day to shelter residents.

Adults (18-59) with disabilities are served through an average of five on-site congregate meals per day, and 15 home-delivered meals daily.

There are five restaurants that accept CalFresh benefits in the District 10, three of which are locally owned restaurants. However, there is a large number of residents qualified to participate in the Restaurant Meals program, leaving an opportunity for more restaurants to participate.<sup>31</sup>

District 10 has the highest number of community gardens at 29.<sup>42</sup>

## DISTRICT 10

**FOOD ACCESS****Recommendations key to this District:**

- Increase the number of food retail stores selling healthy, affordable food.
- 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, including local restaurants that bring cultural, nutritional and geographical choices to beneficiaries.
- Develop ways to meet high demand for neighborhood food programs that are the most respectful and least disruptive for the clients and neighborhoods in which they live.
- 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.
- Incorporate affordability into the analysis of the “accessibility” of food at retail establishments.
- Explore options to continue to increase participation in school breakfast and lunch programs.
- Develop a plan to expand summer lunch and afterschool meal programs.

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

- Just over 96% of the housing units in District 10 have complete kitchens supporting residents' abilities to cook more nutritious, culturally acceptable foods for themselves and their families. However, for the 794 households living in units without complete kitchens, their ability to prepare nutritious food is compromised.

**Recommendations key to this District**

- 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 10****Needs of Vulnerable Subpopulations in this District**

- **Seniors and Adults with Disabilities:** 35% of seniors live below 200% of poverty level - the 5th highest in the City, and 24% of seniors live alone. Seniors in this District may benefit from additional meal programs.
- **Children and Families:** 36% of the households in this District have children - the second highest in the City, and twice the citywide average of 18%. District 10 has the largest number of children receiving CalFresh benefits (30% of the children receiving CalFresh citywide).
- **People Who are Homeless:** District 10 has the 2nd highest number of unsheltered residents. Almost 30% of our City's unsheltered residents live in the District (1,278 without shelter). The District with the highest, District 6, has 1,364 unsheltered residents with access to seven free dining rooms providing 5,387 daily meals compared to District 10, with only three free dining rooms providing 763 daily meals. Additional free dining rooms would benefit residents of District 10 who do not have homes.



## DISTRICT 11

### DEMOGRAPHIC INFORMATION

<b>Population (Estimates)</b>	
Total	76,820
Households	20,970
Average household size	3.6 persons
% family households	74%
% households with children	37%
% households with single person	20%
<b>Seniors</b>	
60+	16,061
65+	11,172
% living alone	18%
Children (0-17)	14,834 (2nd highest)

<b>Income and Poverty (Estimates)</b>	
Median Income by Household	\$71,504 (6th highest)
Per Capita Income	\$26,053 (lowest)
All residents below 200% of poverty level*	30% (4th highest)
Residents below 100% of poverty level**	9%
<b>Homeless</b>	
Total sheltered and unsheltered	52
Total unsheltered	40
Seniors (65+) below 200% of poverty level <sup>9</sup>	33%

<b>Employment</b>	
Employed residents	40,550
Unemployment rate	9%

<b>Housing (Estimates)</b>	
# of Housing Units	22,010
Units lacking complete kitchens***	419

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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 11****PROGRAMS AND SERVICE COVERAGE (continued from previous page)**

<b>Food Resources</b>	
CalFresh	
All individuals receiving	6,561 (12% of all cases Citywide); 3rd highest
Seniors (60+)	806
Children (0-17)	3,197 (2nd highest)
Women, Infants, and Children (WIC) All individuals receiving	2,636 (2nd highest)

\*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.

<b>Food Access</b>	
School Meals (daily)*	(Total enrollment: 5,013 in 10 schools)
# eligible for free or reduced priced meals	3,665 (73% of enrolled)
# eating school lunch	2,456 (49% of enrolled)
# eating school breakfast	628 (13% of enrolled)
Summer Lunch for Children	
# of sites (SFUSD/DCYF)	4/10
# of children/day (average SFUSD/DCYF)	226/633
# days open (average SFUSD/DCYF)	16/38 days
On-site Lunch (City funded) # meals/day; 5 days/week	
For Seniors	179 (7th highest)
For Young Disabled Adults (18-59)	0 (tied for last with 4 other Districts)
Home-delivered Meals (City funded) # meals/day; 6 days/week	
For Seniors	293 (5th highest)
For Young Disabled Adults (18-59)	3.7 (2nd lowest)
Food Pantries	
Weekly food pantries	11
Residents served	11,723 (15% of residents)
Free Dining Rooms	0

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

Continued on next page

**DISTRICT 11**

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

Shelter Meals funded by HSA (approximately 2 meals/day; 7 days/week)	0
Retail	
Supermarkets (total number)	5
- Number that accept CalFresh EBT	5 (100%)
- Number that accept WIC	1 (20%)
Grocery Stores (total number)	3
- Number that accept CalFresh EBT	2 (67%)
- Number that accept WIC	2 (67%)

**Key Challenges and Recommendations**



**Challenges key to this District**

District 11 residents’ median income by household is the same as the City’s median - \$71,500. The District has the fifth highest percentage of residents at risk for food insecurity based on income - 30.2% of residents (about 23,200 people) have incomes below 200% of the poverty level.

In District 11, about 6,900 (9%) residents live below 100% of the poverty level, with 6,561 individuals, almost half of whom are children, accessing CalFresh. That is an excellent ratio as compares to other Districts in the City. Also, 100% of the District’s five supermarkets accept CalFresh benefits, and two of three grocery stores do.

The District has the second highest number of WIC recipients in the City. Only one supermarket (but two of the three grocery stores) accepts WIC benefits.

**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.
- 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).

## DISTRICT 11



## FOOD ACCESS

**Challenges key to this District**

Almost 30% of residents in District 11 are living below 200% of poverty and are at risk of food insecurity. Less than 16% of the residents in District 11 are accessing one or more of the 11 food pantries.

Almost 73% of the 5,013 K-12 students attending schools in District 11 qualify for free or reduced meals (3,665 students). An average of 2,456 students in District 11 schools eat lunch and 628 eat breakfast daily, leaving an opportunity to serve more students healthy school meals. Children's food security suffers when school is out for the summer. In District 11, 859 children eat at summer lunch programs each day. There are approximately 55 weekdays during summer break; summer lunches are available in this District on average between 16 days (SFUSD) and 38 days (DCYF) of the summer break.

Many of District 11 residents have little access to affordable, fresh, healthy food or a full service supermarket.<sup>28</sup>

Seniors in District 11 living on a fixed income of up to \$1,862 per month (200% of the poverty level) are at high nutritional risk and require 11,194 meals per day; 3,929 are provided by City and nonprofit agencies, including CalFresh, leaving up to 7,265 daily to be funded for this most vulnerable population.<sup>9</sup>

Adults (18-59) with disabilities are served through only three home-delivered meals daily; there are no congregate meals served for this population.

There are no free dining rooms available in District 11. There are only two national chain restaurants in the Ingleside/Excelsior district that accept CalFresh benefits,<sup>31</sup> adding to the inaccessibility of prepared meals to people such as seniors who are unable to cook.

There are six community gardens in District 11.<sup>42</sup>

**Recommendations key to this District:**

- Increase the number of food retail stores selling healthy, affordable food.
- Increase number and variety of CalFresh Restaurant Meal Program vendors, including local restaurants that bring cultural, nutritional and geographical choices to beneficiaries.
- Develop ways to meet high demand for neighborhood food programs that are the most respectful and least disruptive for the clients and neighborhoods in which they live.
- 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.
- Incorporate affordability into the analysis of the "accessibility" of food at retail establishments.
- Explore options to continue to increase participation in school breakfast and lunch programs.
- Develop a plan to expand summer lunch and afterschool meal programs.

## DISTRICT 11



## FOOD CONSUMPTION

**Challenges key to this District**

- There are 419 households in District 11 living in units without complete kitchens whose ability to prepare nutritious food is compromised.

**Recommendations key to this District**

- 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.

**Needs of Vulnerable Subpopulations in this District**

- **Seniors and Adults with Disabilities:** 35% of seniors live below 200% of poverty level - the 5th highest in the City. Seniors in District 9 may benefit from additional meal programs.
- **Children and Families:** District 11 has the highest percentage of households with children - 37%, over twice the Citywide 18%. 3,197 children in this District receive CalFresh benefits (second highest in the City), nearly 17% of the children receiving CalFresh citywide. Children in this district may benefit from additional meal programs during the summer and after school.



**SECTION II, PART 2**

**Data Report**

Category	Value
Category 1	Value 1
Category 2	Value 2
Category 3	Value 3
Category 4	Value 4
Category 5	Value 5
Category 6	Value 6
Category 7	Value 7
Category 8	Value 8
Category 9	Value 9
Category 10	Value 10
Category 11	Value 11
Category 12	Value 12
Category 13	Value 13
Category 14	Value 14
Category 15	Value 15
Category 16	Value 16
Category 17	Value 17
Category 18	Value 18
Category 19	Value 19
Category 20	Value 20
Category 21	Value 21
Category 22	Value 22
Category 23	Value 23
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Category 100	Value 100







**SCHOOL MEALS**

**WIC**

**CHILDREN**

	Supervisor	# of children 0-17 yrs.	# of children 0-4 yrs.	# of children 5-17 yrs.	WIC recipients	# of schools in SFUSD K-12	total enrollment in K-12 public schools	# of children qualified for free/reduced cost meals in District K-12 public schools	% of children qualified for free/reduced meals K-12 public schools	# of children eating lunch in District K-12 public schools	# of children eating breakfast in District K-12 public schools
<b>District 1</b>	Mar	9,916	3,314	6,602	660	7	5,313	2,705	50.9%	1,317	255
<b>District 2</b>	Farrell	6,708	2,862	3,846	595	9	6,437	3,820	59.3%	2,024	490
<b>District 3</b>	Chiu	5,414	1,686	3,728	1,043	9	3,045	2,549	83.7%	2,053	425
<b>District 4</b>	Tang	10,942	3,018	7,924	565	10	7,114	3,576	50.3%	2,072	434
<b>District 5</b>	Breed	6,664	2,668	3,996	695	4	2,519	1,220	48.4%	983	190
<b>District 6</b>	Kim	8,467	3,152	5,315	882	2	1,442	1,132	78.5%	673	171
<b>District 7</b>	Yee	10,564	3,145	7,419	1,156	11	8,337	3,702	44.4%	2,371	581
<b>District 8</b>	Weiner	7,110	3,130	3,980	604	14	6,382	3,319	52.0%	1,913	575
<b>District 9</b>	Campos	10,578	3,344	7,234	2,511	12	5,557	4,445	80.0%	2,867	702
<b>District 10</b>	Cohen	16,327	4,824	11,503	3,667	14	5,033	3,765	74.8%	2,544	851
<b>District 11</b>	Avalos	14,834	4,060	10,774	2,636	10	5,013	3,665	73.1%	2,456	628
<b>Unmapped</b>					611						
<b>Total SF</b>		<b>107,524</b>	<b>35,203</b>	<b>72,321</b>	<b>15,625</b>	<b>102</b>	<b>56,192</b>	<b>33,898</b>	<b>60.3%</b>	<b>21,273</b>	<b>5,302</b>
<b>SOURCE Endnote</b>		10	10	10	15	16	16	16	16	16	16











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## DATA AND SOURCES USED IN DISTRICT PROFILES

### DEMOGRAPHIC INFORMATION

DATA	SOURCE
<b>Population (Estimates)</b>	
Total population	Ojeda T. Socio-economic Profiles for 2012 Supervisorial Districts. San Francisco, CA; San Francisco Planning Department. 2012.
Households	
Average household size	Ojeda. 2012.
% family households	Ojeda. 2012.
% households with children	Ojeda. 2012.
% households with single person	Ojeda. 2012.
Seniors	
60+	San Francisco Department of Aging and Adult Services (DAAS). Summary of Nutritional Needs Assessment Findings. San Francisco, CA; 2012.
65+	DAAS. 2012.
85+	DAAS. 2012.
% living alone	DAAS. 2012.
Children (0-17)	United States Census Bureau, 2010 Census.
<b>Income and Poverty (Estimates)</b>	
Median Income by Household	Ojeda. 2012.
Per Capita Income	Ojeda. 2012.
All residents below 200% of poverty level	American Community Survey, Five Year Estimates, 2007-2011.
Residents below 100% of poverty level	Ojeda. 2012.
Homeless	
Total sheltered and unsheltered	Applied Survey Research. 2013 San Francisco Homeless Point-In-Time Count and Survey. Watsonville, CA: Applied Survey Research. 2013.
Total unsheltered	Applied Survey Research. 2013.
Seniors (65+) below 200% poverty level	DAAS. 2012.

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**DATA AND SOURCES USED IN DISTRICT PROFILES**

**DEMOGRAPHIC INFORMATION (continued from previous page)**

<b>DATA</b>	<b>SOURCE</b>
<b>Employment</b>	
Employed residents	Ojeda. 2012.
Unemployment rate	Ojeda. 2012.
<b>Housing (Estimates)</b>	
Number of housing units	Ojeda. 2012.
Units lacking full kitchens	Vaughn L. Analysis of American Community Survey 2011, Kitchen Facilities for All Housing Units (B25051), Oakland, CA; 2013.

**PROGRAMS AND SERVICE COVERAGE**

<b>DATA</b>	<b>SOURCE</b>
<b>Food Resources</b>	
CalFresh	
All (individuals receiving)	San Francisco Human Service Agency (HSA). San Francisco CalFresh Program Data from July 2013. San Francisco, CA; 2013.
Seniors (60+)	HSA. 2013.
Children (0-17)	HSA. 2013.
Women, Infants, and Children (WIC)	
All individuals receiving	San Francisco Department of Public Health, Nutrition Services. WIC Program Data from February, 2013. San Francisco, CA; 2013.

<b>Food Access</b>	
School Meals (daily)	
# eligible for free or reduced priced meals	San Francisco Unified School District (SFUSD). School Meal Program Data from 2011-12, San Francisco, CA; 2012.
# eating school lunch	SFUSD. 2011-12.
# eating school breakfast	SFUSD. 2011-12.
Summer Lunch for Children	
# of sites (SFUSD/DCYF)	Department of Children, Youth and Families (DCYF) and San Francisco Unified School District (SFUSD). Summer School 2012 Program Data. San Francisco, CA; 2012.
# of children/day (average SFUSD/DCYF)	DCYF & SFUSD. 2012.
# days open during summer (average SFUSD/DCYF)	DCYF & SFUSD. 2012.

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## DATA AND SOURCES USED IN DISTRICT PROFILES

### PROGRAMS & SERVICE COVERAGE (continued from previous page)

On-site Lunch (City funded) # of meals/day; 5 days/week	
For Seniors	DAAS. 2012.
For Young Disabled Adults (18-59)	DAAS. 2012.
Home-delivered Meals (City funded) # of meals/day; 6 days/week	
For Seniors	DAAS. 2012.
For Young Disabled Adults (18-59)	DAAS. 2012.
Food Pantries	
Weekly food pantries	San Francisco and Marin Food Banks. Food Pantry Data from December. 2012. San Francisco, CA; 2012.
Residents served	San Francisco and Marin Food Banks. 2012.
Free Dining Rooms	Bonini C. Dining Room Meals in San Francisco. San Francisco, CA: San Francisco Food Security Task Force. Compiled December 2012-February 2013.
Shelter Meals funded by HSA (average daily; approximately 2 meals per day; 7 days/week)	San Francisco Human Service Agency (HSA). HSA Funded Shelter Meals from 2012. San Francisco, CA; 2012.
Retail	
Supermarkets (total number)	San Francisco Department of Public Health (DPH). Food Market Store data; 2013
- Number that accept CalFresh EBT	DPH. 2013.
- Number that accept WIC	DPH. 2013.
Grocery Stores (total number)	DPH. 2013.
- Number that accept CalFresh EBT	DPH. 2013.
- Number that accept WIC	DPH. 2013.

**SECTION III**

**SAMPLE BUDGETS FOR LOW-INCOME FAMILIES**

**These budgets are referred to in Section I, Part 2B, Challenges and Opportunities or Vulnerable Sub-Populations, Children and Families**

**A. Budget for a family living at 200% of the Federal Poverty Guidelines**

**MONTHLY EXPENSES (1 parent, 2 school-age children)**

Rent (HUD FMR for 2 BR in SF = \$1,905) and Utilities	\$2,200
Health Care – Healthy San Francisco: Participant fee, POS fee x 3 visits; prescriptions x 3; 1 ER	\$73
MUNI (assumes two free youth passes)	\$64
Clothing	\$60
Supplies (school, hygiene, household)	\$50
Internet for computer; cable; cell phone	\$95
Savings/expenses for special event, appliance, furniture or emergency (additional transportation, field trip, ER, birthday/holiday)	\$50
Credit card interest	\$50
<b>TOTAL</b>	<b>\$2,642</b>

**MONTHLY INCOME/VALUE OF BENEFITS**

Wages	\$3,182
CalWORKS Income Benefits	Not eligible; income too high
CalFresh Benefits	Not eligible; income too high
Free or reduced school meals	Not eligible; income too high
<b>TOTAL</b>	<b>\$3,182</b>

Available for food:

- $\$3,182 - \$2,642 = \$540$  a month x 12 months = \$6,480/year for food
- Less \$1,611 for school-day breakfast and lunch (179 school days: \$1.50 for breakfast and \$3.00 for lunch x 2 students)
- $\$4,869 =$  balance to spend for 2,569 meals a year = \$1.90 a meal per person

The number of meals were calculated as follows:

179 school days – need to buy 1 meal per day x 3 people (dinner)	537
179 school days – need to buy 2 meals per day for 1 person (breakfast and lunch for parent)	358
186 nonschool day meals – need to buy 3 meals per day x 3 persons	1,674
<b>TOTAL</b>	<b>2,569 meals</b>

## SAMPLE BUDGETS FOR LOW-INCOME FAMILIES

### B. Budget for a family living at 100% of the Federal Poverty Level

#### MONTHLY EXPENSES (1 parent, 2 school-age children)

Rent and Utilities – HUD FMR for 2 BR	\$1,905
Health Care – Healthy San Francisco: Participant fee, POS fee x 3 visits; prescriptions x 3; 1 ER	\$73
MUNI (assumes two free youth passes)	\$64
Clothing	\$30
Supplies (school, hygiene, household)	\$40
Cell phone (no computer, no cable)	\$40
Savings/expenses for special event, appliance, furniture or emergency (additional transportation, field trip, ER, birthday/holiday)	\$40
Credit card interest	\$30

**TOTAL** **\$2,222**

#### MONTHLY INCOME/VALUE OF BENEFITS

Wages	\$1,591
CalWORKS Income Benefits	\$638

**TOTAL** **\$2,229**

CalFresh Benefits	Qualifies – valued below
Free or reduced school meals (during the school year and Summer)	Qualifies – valued below

Available for food:

- \$2,229 minus \$2,222 = \$7 a month = \$84
- Plus value of CalFresh at \$526 x 12 months = \$6,312
- \$84 + \$6,312 = \$6,396 = balance to spend for 2,479 meals a year\* = \$2.58 a meal per person

\*The number of meals were calculated as follows:

179 school days – need to buy 1 dinner meal per day x 3 people because children qualify for free lunch and breakfast at school. (A child's family income must fall below 130% of the federal poverty guidelines to qualify for free meals, or below 185% of the federal poverty guidelines to qualify for reduced-cost meals. Children in homes that receive CalFresh, California Work Opportunity and Responsibility to Kids (CalWORKS) assistance or Kinship Guardian Assistance Payments (KinGAP) are eligible regardless of household income.)	537
179 school days – need to buy 2 meals per day for 1 person (breakfast and lunch for parent)	358
45 nonschool Summer days (average number of DCYF Summer Lunch sites open during the summer) = need to buy 2 meals per day x 2 persons (kids eat lunch for free)	180

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**SAMPLE BUDGETS FOR LOW-INCOME FAMILIES**

Continued from previous page

45 nonschool Summer days = need to buy 3 meals per day x 1 person	135
186 -nonschool day meals minus 45 Summer Lunch days = 141 days need to buy 3 meals per day x 3 persons	1,269
<b>TOTAL</b>	<b>2,479 meals</b>

## GLOSSARY OF USEFUL TERMS

### **Acronyms of City Agencies:**

DAAS (San Francisco Department of Aging and Adult Services)

DCYF (Department of Children, Youth and their Families)

DPH (San Francisco Department of Public Health)

HSA (San Francisco Human Service Agency)

SFUSD (San Francisco Unified School District)

**Breakfast-after-the-Bell Programs:** these programs address child hunger by serving a nutritious breakfast after the starting bell through Second Chance Breakfast, Breakfast in the Classroom or Grab and Go.

**CalWorks (California Work Opportunity and Responsibility to Kids):** a welfare program that gives cash aid and services to eligible need Californians

**Care Not Cash:** a San Francisco ballot measure (Proposition N) approved by the voters in November 2002. It decreased funds given through General Assistance programs to homeless people in exchange for shelters/housing and other forms of services. Care Not Cash altered city welfare assistance to the approximately 3,000 homeless adults who received about \$395 a month to \$59 a month plus shelter. According to the measure, if the services/shelter are not available, a homeless person's aid would not be decreased.

**Complete Kitchen:** must contain a sink with a faucet; a stove or range; and a refrigerator.

**Congregate Meals:** refers to on-site meal programs for seniors and young adults (under 60 years of age) who are disabled funded by the San Francisco Human Service Agency's Department of Aging and Adult Services.

**EBT (Electronic Benefits Transfer):** EBT is an electronic system that allows a recipient to authorize transfer of their government benefits from a Federal account to a retailer account to pay for products received.

**Federal Poverty Guidelines:** The poverty "guidelines" issued by the U.S. Department of Health and Human Services annually, used for administrative purposes, including determining financial eligibility for certain federal programs. In 2013, the guidelines place the ceiling on income for a family of four at \$23,550. Given the high cost of living in San Francisco, individuals and families whose income is at or below 200% of the Federal Poverty Level are at risk for food insecurity. For a family of four in 2013, their income would be no more than \$47,100.

**Golden Advantage Nutrition Program:** a pilot program launched by California Departments of Aging, Public Health and Social Services in 2012 to respond to findings that senior participation in CalFresh is possibly as low as ten percent of eligibles. The program is designed to increase CalFresh participation among seniors by expanding targeted outreach (seniors 60-65 years)

## GLOSSARY OF USEFUL TERMS

in partnership with CBOs and by providing funds for low-income seniors so they can make a voluntary donation at congregate meals sites and for home delivered meals using EBT.

**Grocery Store:** Data for grocery stores was obtained from the Sustainable Community Index. Please see the information on classifications available at:  
<http://www.sustainablecommunitiesindex.org/indicators/view/116>

**Healthy Children Pantries:** a program of the San Francisco Food Bank, the Health Children Pantries provide low-income parents with fresh fruits and vegetables, protein-rich foods such as meat or eggs, and staples like rice and pasta that they can use to prepare nutritious meals for their families at home. These farmers' market-style pantries are located in public schools, giving parents easy access to nutritious food as they drop off or pick up their children.

**Healthy SF:** a program designed to make health care services accessible and affordable to uninsured San Francisco residents. It is operated by the San Francisco Department of Public Health. It provides a Medical Home and primary physician to each program participant, allowing a greater focus on preventive care, as well as specialty care, urgent and emergency care, laboratory, inpatient hospitalization, radiology, and pharmaceuticals.

**Homeless/Unsheltered:** people who are homeless and living in places not meant for human habitation (e.g. on the streets, in an abandoned building) are referred to as "unsheltered."

**On-site Meals:** refers to meal programs serving people in a congregate setting, such as in a Dining Room, irrespective of funding source or targeted diner.

**Restaurant Meal Program (RMP):** RMP is an optional program that California has made available to counties. Out of 58 counties in the state, six have opted to provide the benefit, including San Francisco, which was the first. RMP benefits are intended to promote food security by permitting elderly, disabled, and homeless individuals (who may have difficulty preparing or storing food) to use CalFresh benefits to purchase prepared meals. RMP vendors can be restaurants, corner stores with prepared food, or supermarkets with deli counters. Meal costs typically range from \$5 to \$8, and a seating area must be provided for patrons.

**Shelter Standards of Care:** The San Francisco Shelter Standards of Care are local legislation setting a minimum standard of care for city shelters covering issues related to health, safety and hygiene

**Supermarket:** Data for supermarkets was obtained from the Sustainable Community Index. Please see the information on classifications available at:  
<http://www.sustainablecommunitiesindex.org/indicators/view/116>

**Supplemental Security Income (SSI):** The SSI program is a federal program that pays benefits to disabled adults and children who have limited income and resources. SSI benefits are also payable to people 65 and older without disabilities who meet the financial limits. The program

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