



## San Diego Food Bank - Hunger Fact Sheet 2010

### Hunger and poverty in San Diego County:

Of San Diego County's 3.1 million residents, 483,000 people live at or near the federal poverty level.\* 273,000 are children.\* These individuals, the majority of whom are children, face "food insecurity" which means that little or no food is available at home, and they will face times when they will not know where their next meal will come from. (\*U.S. Census Bureau. American Community Survey, 2008. Compiled by SANDAG, January 2010.)

### About the San Diego Food Bank:

The San Diego Food Bank feeds over 342,000 people per month in partnership with over 350 nonprofit community partners including: food pantries, soup kitchens, shelters, low-income daycare centers, senior centers, churches, schools, and day centers for the elderly and disabled.

The Food Bank's nonprofit partners collect food from its 72,000 sq. ft. warehouse in Miramar and distribute the food directly to people in need in their local communities. By acting as a central distribution point and through its own direct distributions, the Food Bank and its nonprofit partners provide food to communities throughout the county's 4,200 square mile radius.

In the fiscal year 2009 - 2010, the Food Bank distributed 15.3 million pounds of food – the equivalent of 12 million meals.

### Demand for food is soaring:

The prolonged economic downturn has deeply affected San Diego County. With an unemployment rate over 10%, continuing job layoffs, home foreclosures and high gas prices tens of thousands of additional families and fixed-income seniors are turning to the Food Bank to help put food on the table.

As the barometer of the county's economic health, the Food Bank's distribution increases illustrate the impact of the economy on local families.

In 2008, the Food Bank fed 200,000 per month. This increased by 52% to 304,000 per month in 2009. In 2010, the Food Bank is feeding over 342,000 people per month.

### How you can help:

There are many ways you can help the Food Bank.

Donate food – Host a food drive at your school, business or church.

Donate time – The Food Bank relies on volunteers to sort and package tons of food everyday. Individuals and groups can volunteer at the Food Bank's warehouse Tuesday through Saturday.

Donate money – Monetary donations help supplement the "lottery" of food drive donations. For every \$1 donated the SDFB can provide three meals. \$1 = 3 meals.

Visit [www.sandiegofoodbank.org/donate](http://www.sandiegofoodbank.org/donate)

### Most needed food items:

- canned meat & tuna
- canned soups
- canned fruits and vegetables
- canned beans
- dry cereal
- rice
- mac & cheese
- spaghetti