



## San Diego Food Bank - Hunger Fact Sheet 2009

### Hunger and poverty in San Diego County:

Of San Diego County's 3.1 million residents, 480,000 people live at or near the federal poverty level.\* 181,000 are children under 12.\* These individuals, mostly children, face "food insecurity" which means that little or no food is available at home, and they will face times when they do not know where their next meal will come from. (\*2006 U.S. Census Data)

### About the San Diego Food Bank:

The San Diego Food Bank (SDFB) feeds over 300,000 people per month in partnership with 380 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 SDFB's 380 nonprofit partners collect food from its 65,000 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 SDFB and its nonprofit partners provide food to communities throughout the county's 4,500 square mile radius.

In the financial year 2008-2009, the SDFB distributed 11.3 million pounds of food – the equivalent of 8.75 million meals.

### Demand for food is soaring:

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

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

- In 2008 the SDFB fed 200,000 per month. This year the SDFB is feeding 304,000 per month.
- Comparing the first two quarters of 2008 with the same period in 2009, the SDFB's distribution increased by 202% in Imperial Beach, 144% in La Mesa, 86% in Vista, 80% in Spring Valley and 39% in the City of San Diego.
- From Jan. 2008 to June 2009 the SDFB's Emergency Food Program, for families in immediate need, increased from 37,374 participants to 75,594, a rise of 102%.

### How you can help:

There are many ways you can help the SDFB.

- **Donate food:** Host a food drive at your school, business or church.
- **Donate time:** The SDFB relies on volunteers to sort and package tons of food everyday. Individuals and groups can volunteer at the SDFB'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/support](http://www.sandiegofoodbank.org/support)

### Most needed food items:

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