

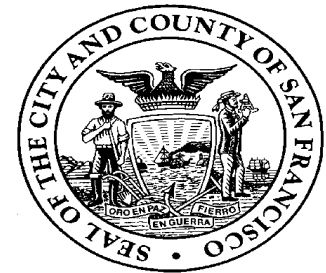
Food Security in San Francisco

Presentation to: HIV Health Services Planning Council

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Food *Insecurity* in San Francisco

- Food *Insecurity* exists when the ability to obtain and prepare nutritious food is uncertain or not possible
- < 200% of poverty – highest risk for food insecurity
 - 1 in 4 San Franciscans
 - Federal poverty measures are not adjusted for local conditions
 - Every district in San Francisco has food insecure residents



Framework

Food Insecurity Results in Poor Health

- Poorer nutritional intake
 - Lower intake of relatively more expensive fruits and vegetables (fewer micronutrients)
 - Higher intake of less expensive fats & carbohydrates
- Eating behaviors that persist for decades after food insecurity experiences
 - Binge eating, food rationing, preferences for highly filling foods (high-fat, high-sugar) to “feel full”
- Extreme anxiety & distress: less bandwidth for coping with other household needs
- Higher health care costs

Framework

Nutrition Critical for Healthy Development & Aging

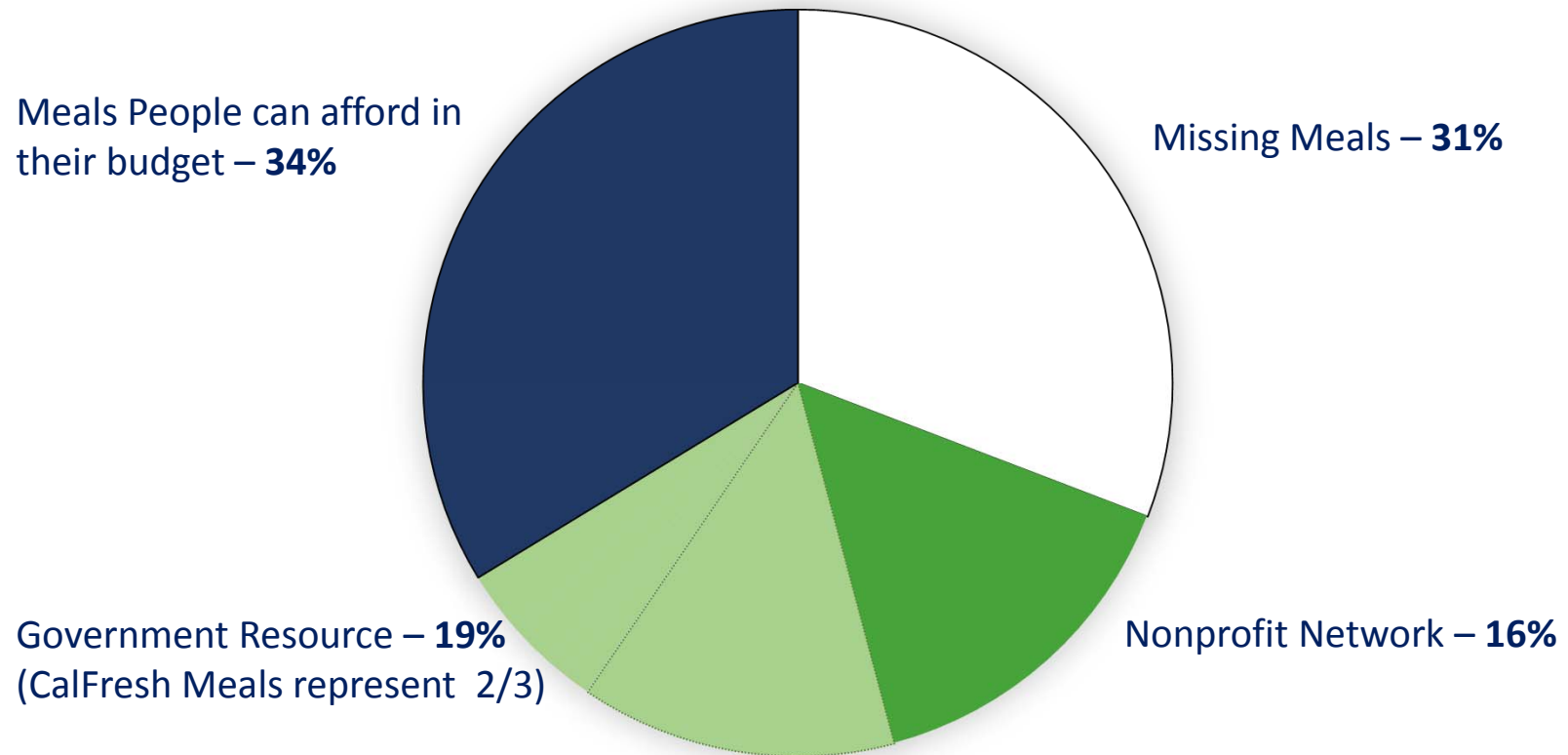
- Children
 - Decreased intellectual & emotional development
 - Poorer physical health: more hospitalizations (decreased employment capacity for caregivers)
- Pregnant mothers
 - Smaller, sicker babies
- Adults & Seniors
 - Obesity
 - Diabetes & poor diabetes control
 - Mental illness and exacerbations of serious mental illness
 - Decreased capacity to maintain independence with aging
- People living with HIV & AIDS
 - Increased HIV-related wasting
 - Inability to control virus levels, even when on effective anti-retroviral therapy

Costs passed on to CCSF agencies:

- DPH
- SFGH
- Laguna Honda
- SFUSD
- SFPD
- DAAS
- HSA

Framework

San Francisco's "Missing Meals"



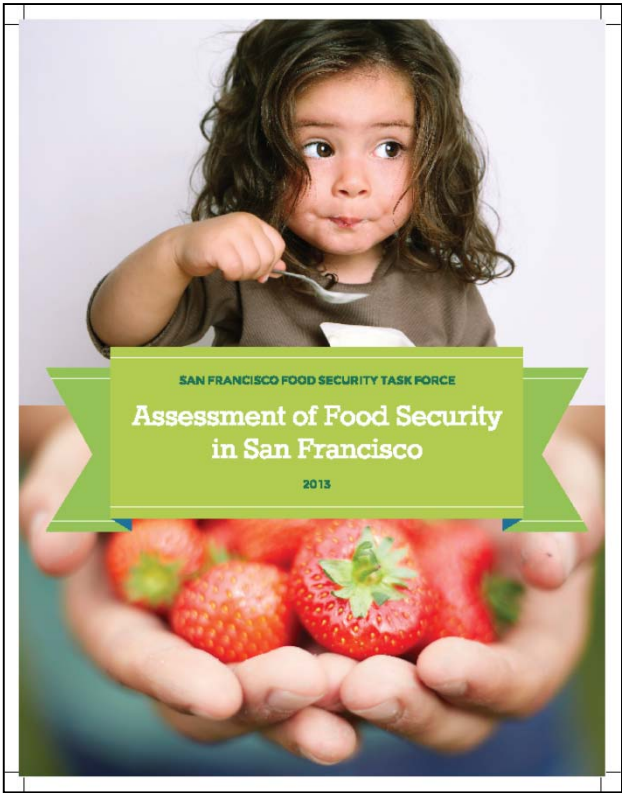
Total Missing Meals = Over 74 Million/Year

Stanford Center on Poverty and Inequality (2013) for the San Francisco and Marin Food Banks

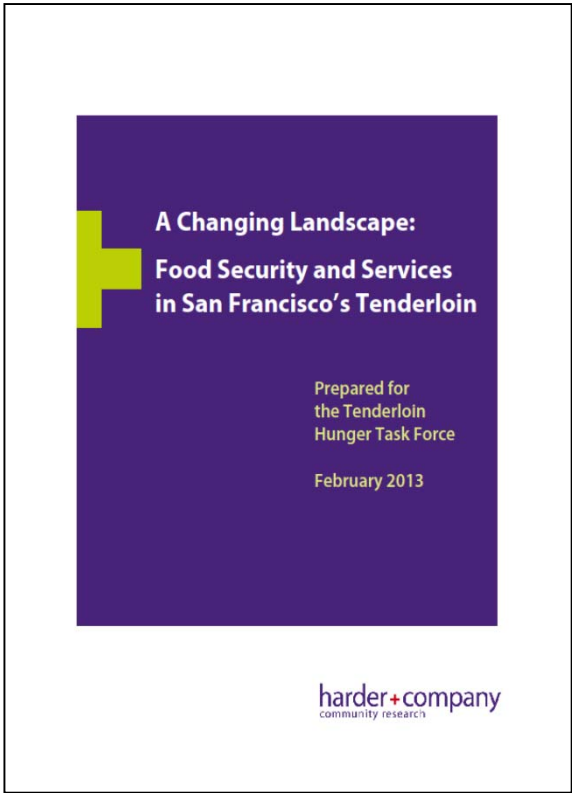
Scope

Understanding Food Security in San Francisco

Food Security Task Force



Tenderloin Hunger Task Force



Food Security Rests on Three Pillars

- **Food Resources**



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

- **Food Access**



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

- **Food Consumption**



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

Framework



Food Resources

- Income insufficient
 - High-cost of living in SF – poverty definition not indexed
 - More than 1 in 4 lives below 200% poverty (\$40K for a family of 3)
- CalFresh highly effective but under-enrolled
 - State: CA ranked last in U.S. for participation
 - SF: ~ 51K individuals; estimated 50% of eligible are enrolled
 - Benefit not adjusted (now-\$1.40/meal)
- Many San Franciscans are ineligible for CalFresh
 - 45K SSI recipients: low-income seniors, disabled adults – current SSI/SSP grants to individuals ~90% of FPL (\$889/mo)
 - Undocumented residents
 - Gross income > 130% FPL (\$25K for family of 3)



Challenges



Food Access

- Demand strains or exceeds capacity in many programs
 - *Increasing # clients* - Nonprofit on-site meals
 - *Waitlists* - Home-delivered meals and groceries, food pantries
- Child nutrition programs: low participation, limited capacity
- Food retail
 - Too few food retail outlets sell *healthy* and *affordable* foods
 - CalFresh and WIC not accepted everywhere



Challenges



Food Consumption

- Lack of kitchens
 - Over 19K housing units lack complete kitchens (sink, stove, refrigerator)
 - Increases need for free on-site meal programs
- New survey of SRO residents (600+) –
 - High rates of food insecurity – 89%
 - Majority of respondents at high nutrition risk – 79%
 - Low use of community kitchens



Challenges



Improving food security

- Food Resources (*financial resources*)
 - State level advocacy to increase SSI/SSP grants
 - AB 474 (Brown and Thurmond) – first committee hearing tomorrow
 - Increase SSI/SSP grants to individuals by more than \$200/month (state portion)
 - Requires SSI/SSP grants in future years to equal 112 % of FPL
 - CalFresh outreach
 - EatSF – \$5 fruit and vegetable voucher (www.eatsfvoucher.org)



Solutions

SSI/SSP - Organizational Sign on letter

bit.ly/CA-4-SSI

We support **CA4SSI** and improving economic security for **SSI-SSP** beneficiaries

List in formation 11/14

California Statewide Organizational Endorsers

AllCare Alliance, CA Association of Food Banks, California Alliance for Retired Americans (CARA), California Church IMPACT, California Council of the Blind, California Food Policy Advocates, California Partnership, Californians for Disability Rights, CLUE: Clergy and Laity United for Economic Justice, Community Services Unlimited Inc., County Welfare Directors Association of CA, Courage Campaign, Food Chain Workers Alliance, Food for People, Inc., Housing California, Leichtag Foundation, Lutheran Office of Public Policy – California, Magnolia Women’s Recovery Center, National Association of Social Workers/CA Chapter, National Center for Lesbian Rights, National Senior Citizens Law Center, ProduceGood, Redwood Empire Food Bank, Resources for Independent Living, Service Center for Independent Life, St. Anthony Foundation, The Gubbio Project, Western Center on Law and Poverty

San Diego

Access to Independence, A New PATH (Parents for Addiction Treatment & Healing), Community Resource Center, Feeding America San Diego, Hunger Advocacy Network, Imperial Valley Food Bank, Jewish Family Service of San Diego, San Diego Hunger Coalition

Los Angeles / Southern California

ACLU of Southern California, Adams Vermont/Gardena CFMS, Communities Actively Living Independent & Free, Community Action Agency, Fair Trade LA, Feeding America Riverside-San Bernardino Counties, FIND Food Bank, Food Bank Coalition of San Luis Obispo County, Foodbank of Santa Barbara County, Food & Water Watch, Friends In Deed, Guerrilla Food Not

Sacramento / Northern California

2-1-1 Humboldt, California Emergency Foodlink, Cottage Housing Inc., Ford Street Project, Life Support Alliance, Mary Immaculate Residential Facility, Mendocino Food & Nutrition Program, Placer Food Bank, Sacramento Homeless Organizing Committee, Sacramento Regional Coalition to End Homelessness, The Resource Connection Food Bank, Yolo Healthy Aging Alliance, Yuba-Sutter Gleaners Food Bank, Inc.

Bay Area

ABD Productions, AIDS Housing Alliance/SF, Alameda County Community Food Bank, All Saints Episcopal Church, Asian Law Alliance, Bay Area Community Services, Berkeley Food Pantry, Berkeley Food Policy Council, Bethel Community



Improving food security

- Food Access (*food programs*)
 - Additional funding for nutrition - Department of Aging and Adult Services
 - Home delivered meals
 - Home delivered groceries – partner with IHSS, food pantries, & CBOs
 - Congregate lunch meals
 - **DAAS Integrated Intake line:** (415) 355-6700, Monday through Friday, 8 a.m. to 5 p.m., except holidays.
 - Partner with groups to increase funds for medically tailored meals for people with critical chronic diseases

Solutions



Improving food security

- Food Consumption (*cooking and kitchens*)
 - SF Food Security Task Force is developing recommendations from SRO Food Survey
 - Priorities of SRO residents
 - Additional funds to purchase healthy food
 - Full service grocery store closer
 - Additional food pantries
 - Free/low cost microwavable meals
 - Access to a kitchen or a better kitchen

Solutions

Questions

- *Do your clients experience food insecurity?*
- *What can the HIV Health Services Planning Council do to improve food security?*

Contact information

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Food Security Task Force Webpage -
www.sfdph.org/foodsecurity