

MARCH IS NATIONAL NUTRITION MONTH

Did you know that approximately 1 in 3 San Diegans experience nutrition insecurity? This number increased from 1 in 4 prior to the COVID-19 pandemic, according to the San Diego Hunger Coalition's "*The State of Nutrition Security in San Diego County*" report released in Oct. 2021.



Hunger disproportionately impacts Black people, Indigenous people, and people of color (BIPOC), children, older adults, and people with disabilities. Click here for the [Full Report](#).

Access to healthy food is a significant challenge in our community, but San Diego offers many great resources for food assistance resources across the county. Understanding and navigating these resources can feel confusing or frustrating. For a comprehensive *San Diego County Food Assistance Guide* [click here](#) or call 2-1-1 for assistance.

Below are a variety of resources available geared to older adults to access throughout the county:

- Aging & Independence Services and other community partners provide and empower proper nutrition in older adults. **Meals & Senior Dining Centers** provide adults 60 years and older with nutritious lunches Monday - Friday; for a list of available locations you can refer to the: [Senior Nutrition Centers List](#)
- **Home Delivered Meals** are also available for seniors 60 years and older who are not able to go out due to physical limitations. A registration will need to be completed with a provider that offers this service, please refer to this link for more information: [Home Delivered Meal Providers List](#)
- Other programs include the Senior Food Program from the San Diego Food Bank that provides **monthly supplemental food packages** to older adults who are income eligible. For a list of local distribution sites call the Food Bank at 1-866-350-FOOD (3663), call 2-1-1, or refer to: [Senior Food Program Distribution Sites](#)
- Did you know that SSI recipients are also now eligible to receive **CalFresh** benefits? For more information or to sign up you can call 2-1-1 or visit their website to access more resources: [Cal Fresh Information and Application](#)

Meeting an individual's nutritional needs is essential to the health and wellbeing of our community and to address the Social Determinants of Health. **Celebrate National Nutrition Month 2022 by eating right!** For more healthy tips refer to the [Healthy Tips/Handouts](#) accessible at no cost.

