



FOR IMMEDIATE RELEASE

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Hunger Free Seniors in El Cajon

SD Hunger Coalition partners with AARP and the County of San Diego

San Diego, January 27, 2020 – In June 2019, the State of California changed the law regarding individuals who receive Supplemental Security Income (SSI) and the SNAP/CalFresh federal food assistance program, permitting those recipients to receive CalFresh (formerly known as Food Stamps) for the first time since the 1970's. A large percentage of those recipients are senior citizens, a population that is at higher risk of food insecurity and the complications that result from malnutrition.

San Diego Hunger Coalition is partnering with AARP and the County of San Diego Health & Human Services Agency to implement the Hunger Coalition's innovative and successful CalFresh in a Day workshop in El Cajon. The goal is to enroll a substantial number of food insecure senior citizens in the CalFresh program by partnering with local organizations to bring a single day application-interview-approval process into the communities in which they live with people they trust. CalFresh provides monthly benefits that may be used to supplement a household's food budget. Over 250,000 San Diegans rely on this program to make ends meet, 1 in 4 households receiving CalFresh have senior citizens over the age of 60.

AARP provided the Hunger Coalition with a \$60,000 grant to fund CalFresh inreach in addition to using its brand recognition to reach as many senior citizens as possible. SNAP is a cornerstone of both AARP's and the Hunger Coalition's food insecurity interventions because it has a proven track record of success and is a dignified approach to ending hunger.

San Diego Hunger Coalition will host two CalFresh in a Day workshops in February in partnership with the El Cajon Library and the Salvation Army of El Cajon. **San Diego press are invited to attend the workshop held at the El Cajon Library** for interviews with social service employees and San Diego Hunger Coalition team members. Food insecure seniors who are applying for CalFresh will also be present for potential interview opportunities. These workshops are hosted in partnership with Home Start, one of our CalFresh application assistance partners.

CalFresh in a Day Workshop

El Cajon Library: Thursday February 6, 2020 from 1:30 pm – 4:00 pm
201 Douglas Avenue, El Cajon, CA 92020

About Food Insecurity and Seniors in San Diego

- 1 in 10 seniors experience food insecurity.
- 40% of seniors struggle to make ends meet.
- Seniors who are food insecure:
 - Represent 50% of older adults who are hospitalized.
 - Are 40% more likely to have congestive heart failure.
 - Have 2x the risk of suffering from depression.

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San Diego Hunger Coalition is available for interviews, information, and to facilitate connections with any of our over 100 local hunger relief partners. Please contact Joe Shumate, Communications Officer at 619.501.7917 ext. 106 or joseph@sdhunger.org to confirm your interest in attending a workshop for interviews and photo opportunities.

