




Food Insecurity and Hunger Among
Low- and Middle-Income Californians

**Key Findings from a Statewide Survey
Conducted in October 2023**

320-1118



Survey Specifics and Methodology

Dates	September 30-October 12, 2023
Survey Type	Online Survey
Research Population	Californians with Incomes Below 200% of the Federal Poverty Line
Total Interviews	1,000
Data Collection	 Online Interviews
Survey Tracking	2020 - 2022
Languages	English and Spanish

(Note: Not All Results Will Sum to 100% Due to Rounding)



Key Findings

1. Middle and low-income Californians continue to worry about running out of money to buy food and to actually experience running out of money to buy food.
2. Fewer than one in five are able to “always” get the food they need and high food prices pose a major challenge in getting the food they need and want.
3. Experiences with unfair treatment and language barriers continue to be a deterrent to using public benefits.
4. Cuts to benefits, including Cal-Fresh, WIC and P-EBT widely impact their ability to get the food they need and want.
5. More than half do not trust the drinking water in their home and a broad majority of CalFresh recipients use their benefits to purchase drinking water.
6. Two in five say that extreme weather made it harder for them to get food, with the increase in cost surrounding the event being the primary challenge.





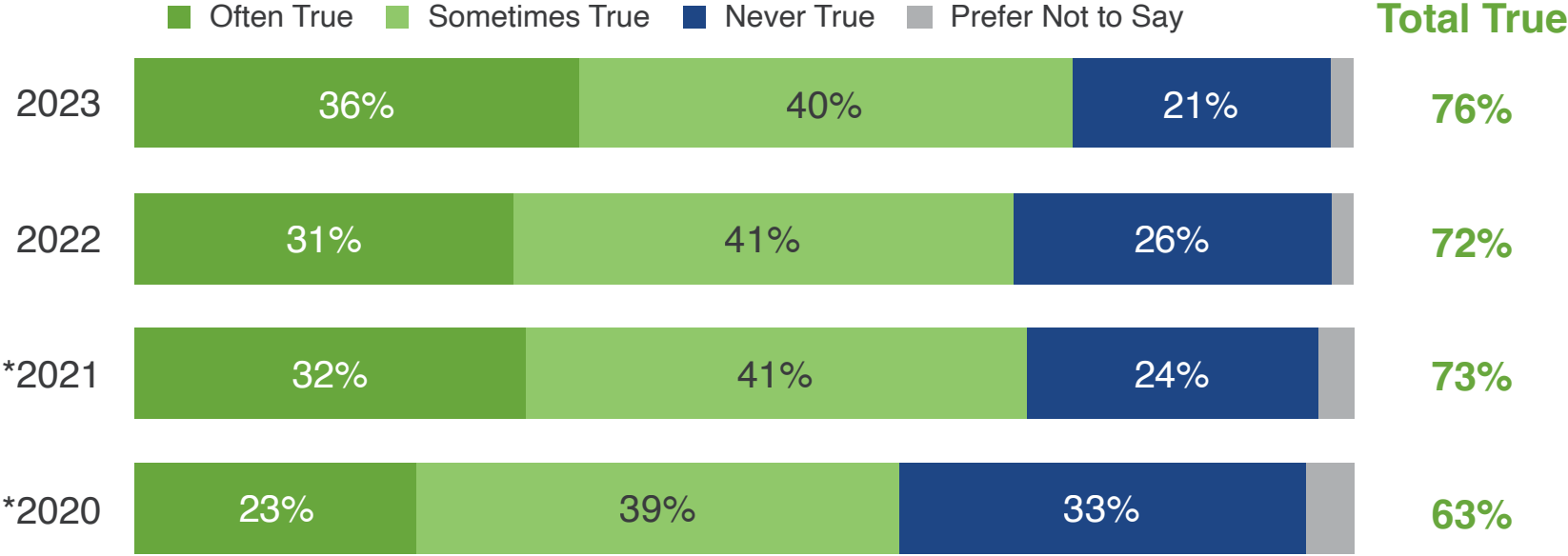
Experiences with Hunger



Californians increasingly worry about running out of money to buy food.

Within the past 12 months I worried whether food would run out before I got money to buy more.

Is this statement often true, sometimes true, or never true for your household?

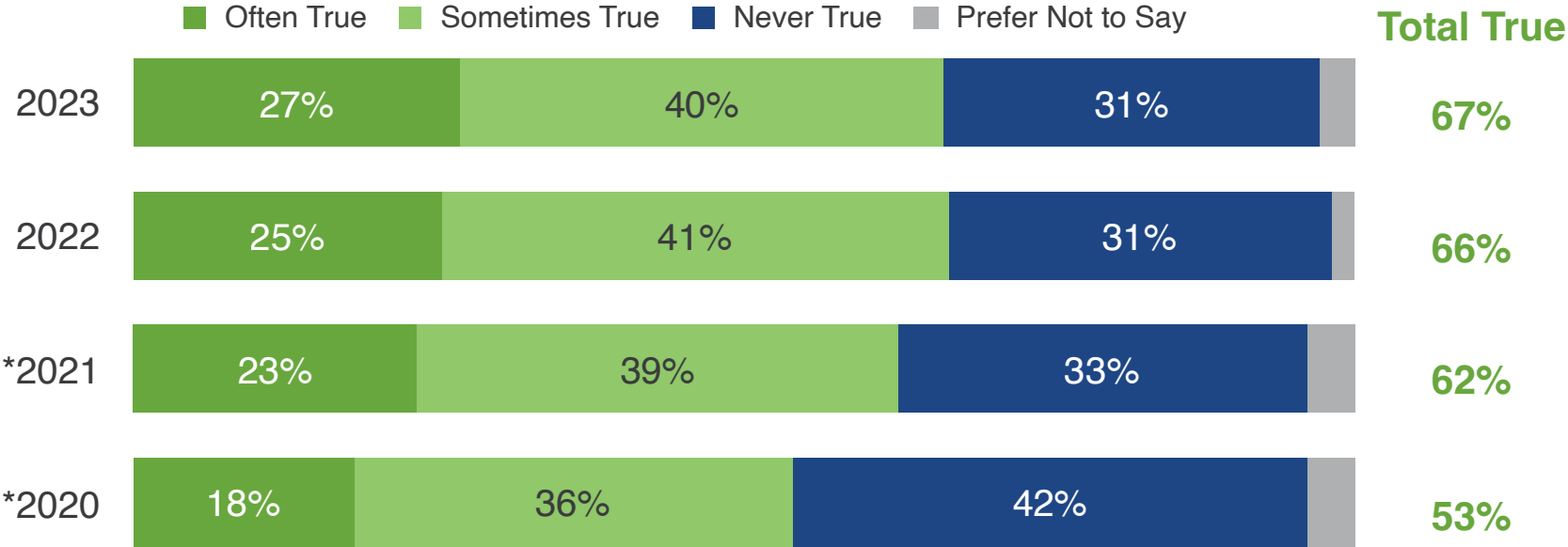


Q15. *Wording Slightly Different

Two thirds have run out of food before they had money to buy more.

Within the past 12 months the food I bought just didn't last and I didn't have money to get more.

Is this statement often true, sometimes true, or never true for your household?



Q16. **Wording Slightly Different*

Food Insecurity and Hunger among Low- and Middle-Income Californians | October 2023

Those with lower incomes worry more.

Total True

Demographic Group	Within the past 12 months I worried whether food would run out before I got money to buy more.	Within the past 12 months the food I bought just didn't last and I didn't have money to get more.
All Respondents	76%	67%
Gender		
Men	75%	65%
Women	77%	68%
Household Income		
<\$20,000	79%	67%
\$20,000-\$30,000	75%	67%
\$30,000-\$40,000	76%	71%
\$40,000-\$50,000	76%	71%
\$50,000+	71%	56%



Q15 & Q16.

Latinos were most likely to have these experiences.

Total True

Demographic Group	Within the past 12 months I worried whether food would run out before I got money to buy more.	Within the past 12 months the food I bought just didn't last and I didn't have money to get more.
Race/Ethnicity		
Whites	78%	66%
Latinos	80%	71%
African Americans	66%	64%
Asians/Pacific Islanders	61%	45%
All People of Color	76%	66%
Age		
18-29	78%	68%
30-39	78%	72%
40-49	78%	67%
50-64	77%	67%
65+	63%	48%



Q15 & Q16.

Renters experienced food insecurity at higher rates than homeowners.

Total True

Demographic Group	Within the past 12 months I worried whether food would run out before I got money to buy more.	Within the past 12 months the food I bought just didn't last and I didn't have money to get more.
Language of Interview		
English	76%	65%
Spanish	79%	77%
Region		
Los Angeles County	74%	60%
Counties Surrounding Los Angeles	72%	64%
Bay Area	75%	68%
San Diego	81%	69%
Sacramento/Rural North	84%	73%
Central Valley/Central Coast	83%	78%
Residence		
Homeowners	65%	54%
Renters	80%	71%
Live with Family	74%	64%



LGBTQ respondents were more likely to have these experiences.

Total True

Demographic Group	Within the past 12 months I worried whether food would run out before I got money to buy more.	Within the past 12 months the food I bought just didn't last and I didn't have money to get more.
Parents		
No Children	74%	63%
Ages 0-5	78%	73%
Ages 6-12 Years	78%	67%
Ages 13-18 Years	81%	75%
Ages 19 or Older	82%	69%
Single Parents		
Yes	78%	72%
No	76%	64%
LGBTQ+		
Yes	83%	71%
No	75%	66%
Country of Origin		
USA	76%	67%
Another country	77%	63%



Q15 & Q16.

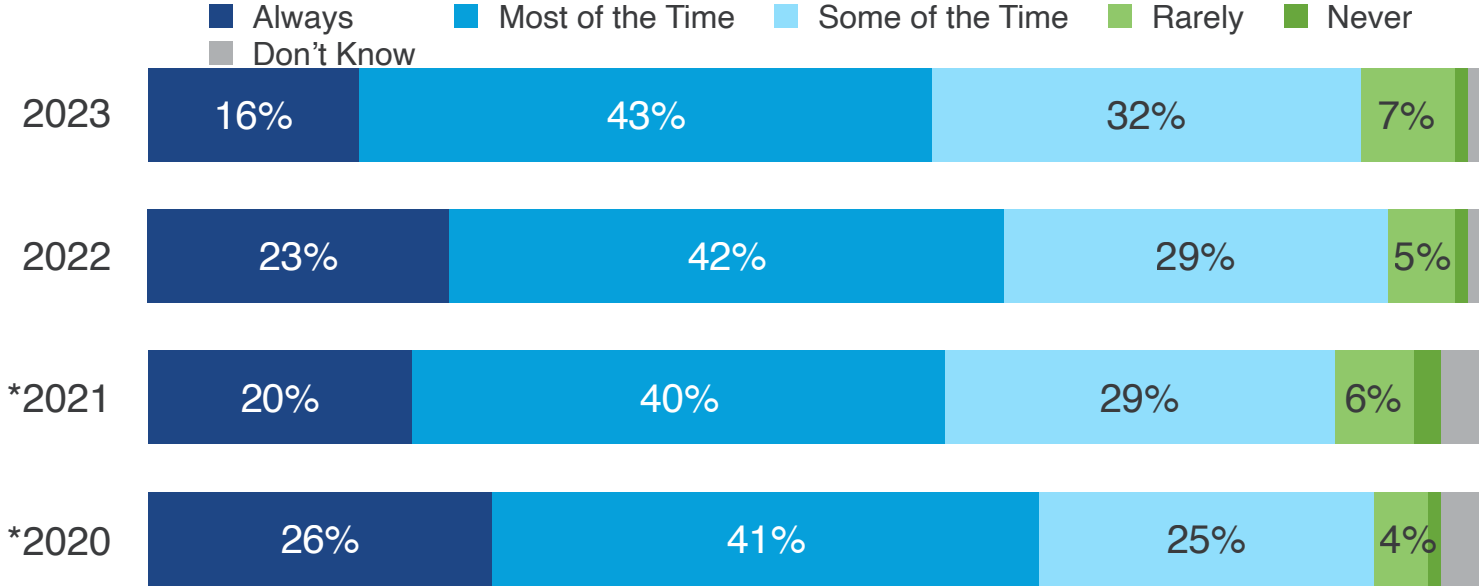
Those who use CalFresh and WIC are especially likely to worry and to run out of money.

Total True

Demographic Group	Within the past 12 months I worried whether food would run out before I got money to buy more.	Within the past 12 months the food I bought just didn't last and I didn't have money to get more.
Benefit		
CalFresh	84%	75%
WIC	81%	73%
No Benefit	63%	47%
Household Member Ever Incarcerated		
Total Self/Other Member of HH	84%	78%
Self	84%	78%
Other HH Member	83%	76%
No	74%	62%

Fewer than one in five is able to always purchase the food their household needs and wants.

In general, how often are you able to purchase the food your household needs and wants?

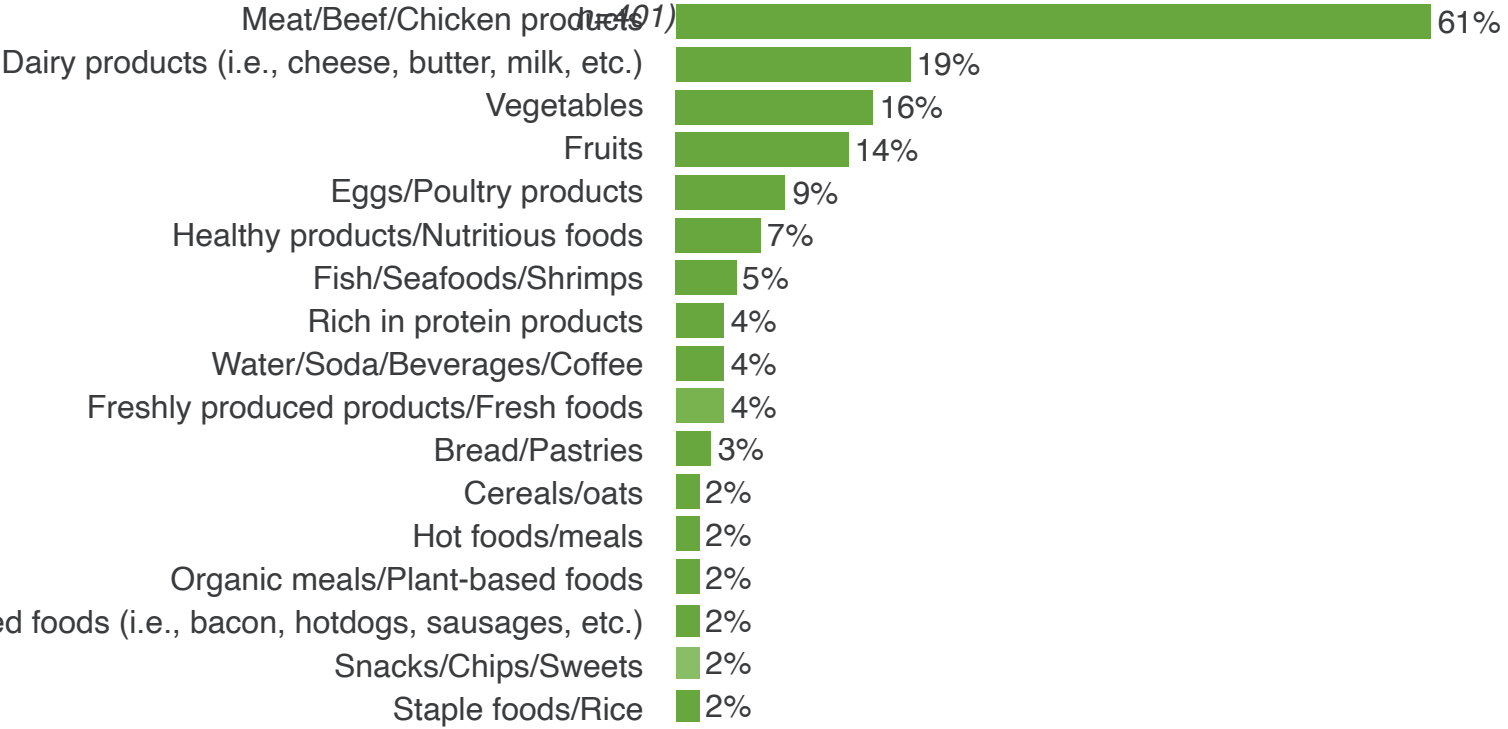


Q17. *Wording Slightly Different

Meat products are, by far, the foods hardest for people to afford.

Which foods are hardest for you to afford?

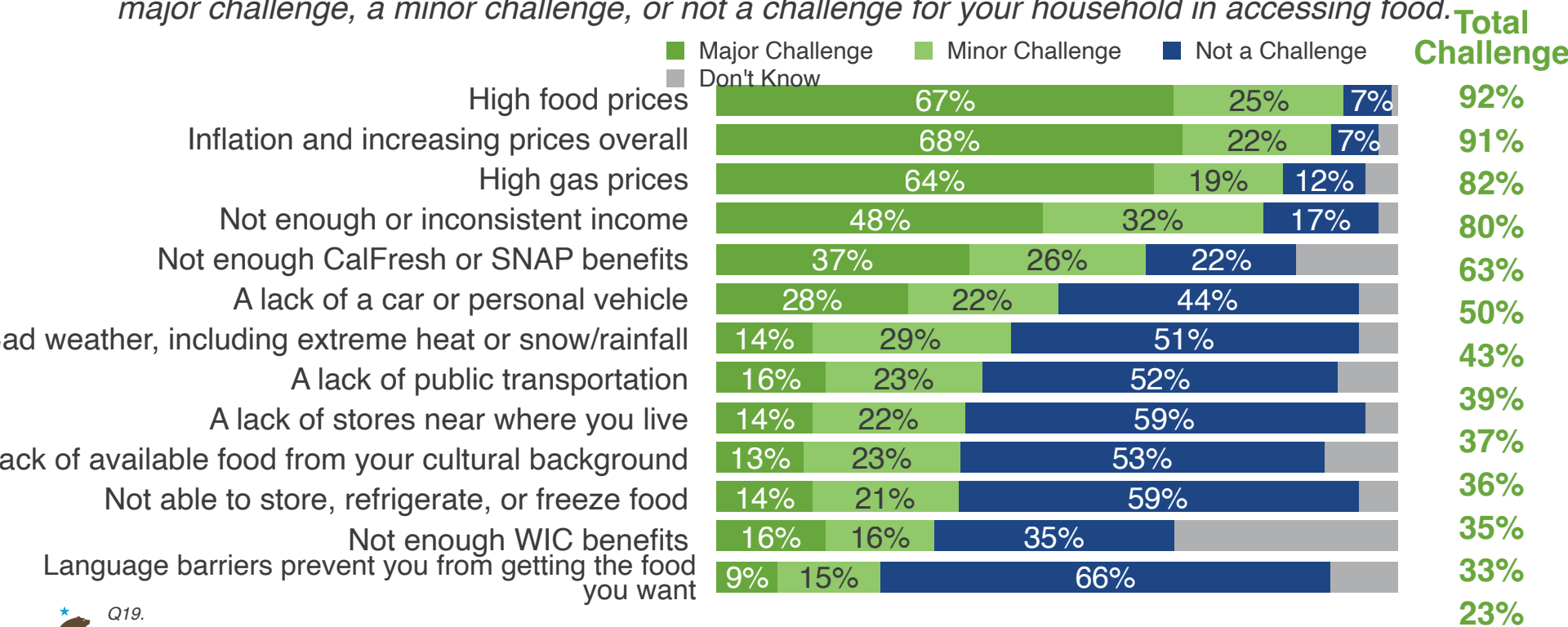
(Open-ended, Responses 2% and Above Shown; Asked of Respondents Who Can Pay for Food Some of the Time/Rarely/Never,



Q18.

High food prices and inflation are the top challenges in getting enough food.

Here is a list of barriers some people may experience in getting enough food. Please indicate if this is a major challenge, a minor challenge, or not a challenge for your household in accessing food.



Q19.

Not enough CalFresh benefits has increased the most as a challenge.

Total Challenge

Barrier	*2020	*2021	2022	*2023	Difference (2022-2023)
*Not enough CalFresh or SNAP benefits	--	56%	55%	63%	+8%
Not enough or inconsistent income	66%	71%	75%	80%	+5%
A lack of a car or personal vehicle	40%	53%	47%	50%	+3%
A lack of public transportation	36%	44%	36%	39%	+3%
A lack of stores near where you live	36%	44%	34%	37%	+3%
High food prices	79%	82%	91%	92%	+1%
Inflation and increasing prices overall	--	--	90%	91%	+1%
*A lack of available food from your cultural background	--	33%	35%	36%	+1%
*Not enough WIC benefits	--	36%	33%	33%	0%
Not able to store, refrigerate, or freeze food	--	46%	37%	35%	-2%
*Language or cultural barriers preventing you from getting the food you want	26%	33%	26%	23%	-3%
High gas prices	--	--	85%	82%	-3%



accessing food. *Slight Difference in Wording In Previous Survey

Food Insecurity and Hunger among Low- and Middle-Income Californians | October 2023

Challenges with getting food vary by race and ethnicity, although high prices is the biggest one across the board.

Total Challenge by Race/Ethnicity

Barrier	All Resp.	Whites	Latinos	African Americans	Asians/Pacific Islanders	All People of Color
High food prices	92%	95%	93%	84%	91%	90%
Inflation and increasing prices overall	91%	93%	92%	83%	81%	89%
High gas prices	82%	80%	88%	72%	83%	84%
Not enough or inconsistent income	80%	83%	85%	64%	69%	78%
Not enough CalFresh or SNAP benefits	63%	66%	65%	65%	45%	62%
A lack of a car or personal vehicle	50%	46%	55%	44%	50%	52%
Bad weather, including extreme heat or snow/rainfall	43%	41%	47%	41%	35%	45%
A lack of public transportation	39%	34%	43%	40%	40%	42%
A lack of stores near where you live	37%	30%	40%	43%	42%	41%
A lack of available food from your cultural background	36%	20%	44%	51%	46%	45%
Not able to store, refrigerate, or freeze food	35%	30%	38%	38%	38%	38%
Not enough WIC benefits	33%	23%	43%	31%	30%	38%
Language barriers prevent you from getting the food you want	23%	10%	31%	36%	26%	31%

Q19. Here is a list of barriers some people may experience in getting enough food. Please indicate if this is a major challenge, a minor challenge, or not a challenge for your household in your area.

page 10 of 14

Those under age 50 experience many of the challenges at higher rates.

Total Challenge by Age

Barrier	All Resp.	18-49	50-64	65+
High food prices	92%	91%	93%	96%
Inflation and increasing prices overall	91%	90%	92%	91%
High gas prices	82%	85%	79%	68%
Not enough or inconsistent income	80%	81%	80%	72%
Not enough CalFresh or SNAP benefits	63%	64%	69%	48%
A lack of a car or personal vehicle	50%	53%	43%	37%
Bad weather, including extreme heat or snow/rainfall	43%	46%	38%	30%
A lack of public transportation	39%	44%	31%	23%
A lack of stores near where you live	37%	40%	31%	22%
A lack of available food from your cultural background	36%	40%	27%	26%
Not able to store, refrigerate, or freeze food	35%	39%	26%	24%
Not enough WIC benefits	33%	38%	21%	13%
Language barriers prevent you from getting the food you want	23%	29%	11%	5%

Q19. Here is a list of barriers some people may experience in getting enough food. Please indicate if this is a major challenge, a minor challenge, or not a challenge for your household in accessing food.



Parents experience greater challenges than non-parents.

Total Challenge by Parents

Barrier	All Resp.	No Children	Ages 0-5 Years	Ages 6-12 Years	Ages 13-18 Years	Ages 19 or Older
High food prices	92%	91%	88%	94%	96%	91%
Inflation and increasing prices overall	91%	90%	94%	91%	94%	90%
High gas prices	82%	77%	90%	89%	92%	78%
Not enough or inconsistent income	80%	77%	83%	85%	89%	80%
Not enough CalFresh or SNAP benefits	63%	59%	66%	67%	69%	71%
A lack of a car or personal vehicle	50%	48%	50%	55%	54%	46%
Bad weather, including extreme heat or snow/rainfall	43%	39%	48%	48%	47%	44%
A lack of public transportation	39%	36%	41%	44%	43%	42%
A lack of stores near where you live	37%	33%	40%	43%	41%	33%
A lack of available food from your cultural background	36%	30%	46%	43%	42%	34%
Not able to store, refrigerate, or freeze food	35%	35%	43%	38%	33%	32%
Not enough WIC benefits	33%	23%	57%	43%	43%	34%
Language barriers prevent you from getting the food you want	23%	20%	28%	27%	25%	25%

Q19. Here is a list of barriers some people may experience in getting enough food. Please indicate if this is a major challenge, a minor challenge, or not a challenge for your household in accessing food.

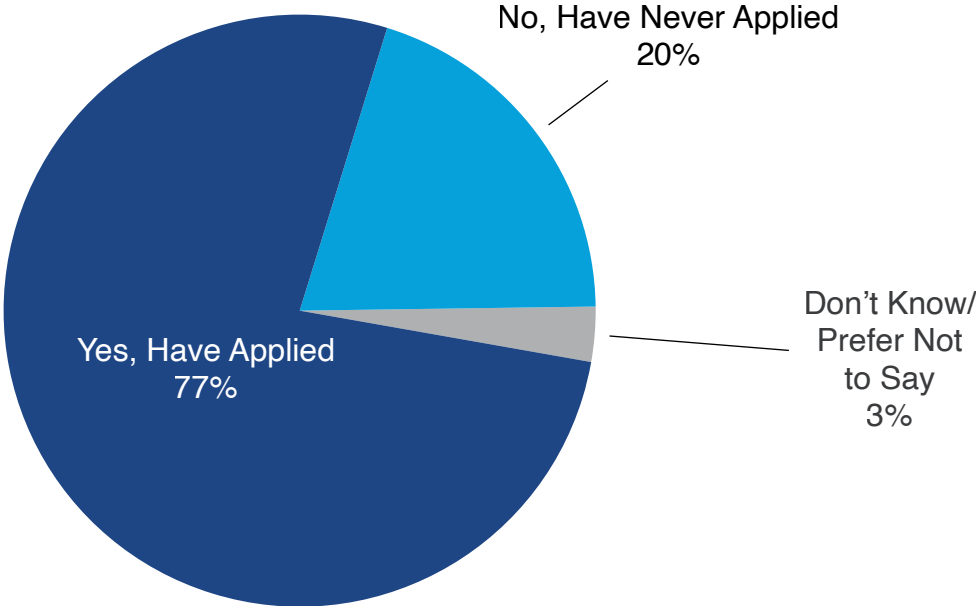


Experiences with Public Benefits



More than three-quarters of respondents have applied for public benefits.

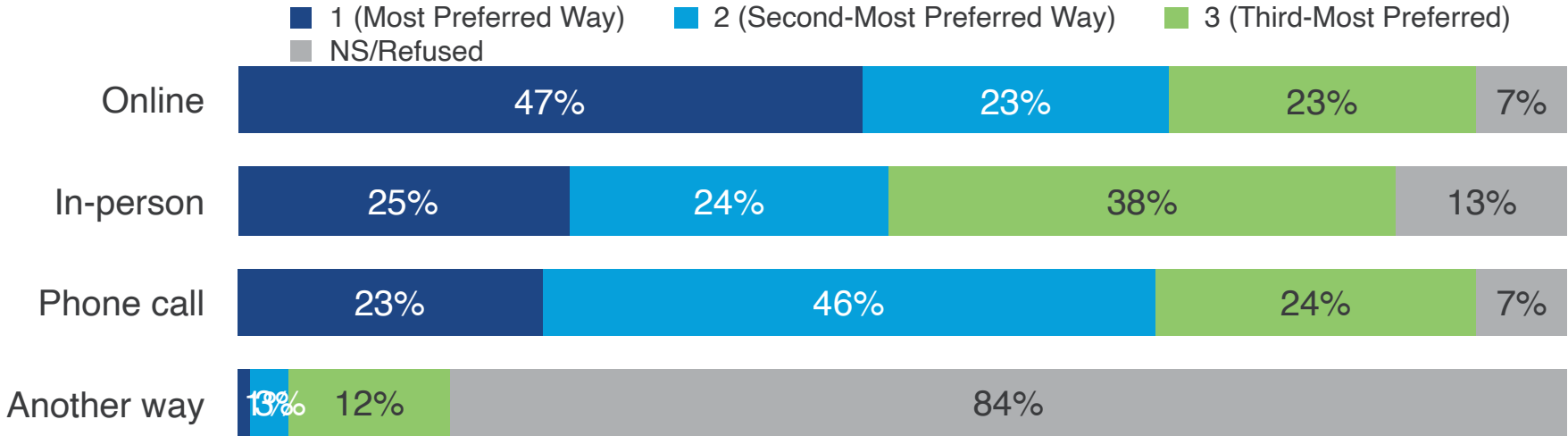
Regardless of whether you have received public benefits, have you ever applied for public benefits? Some examples of public benefits include unemployment benefits, CalFresh or food stamps, WIC, and Medi-Cal.



Q9.

Online is the most commonly preferred way to apply.

Please rank your preferred ways of connecting with public programs (for example, to apply, ask questions, or provide necessary information). Please select “1” for your most preferred way, “2” for the second-most preferred way and “3” for your third-most preferred way.

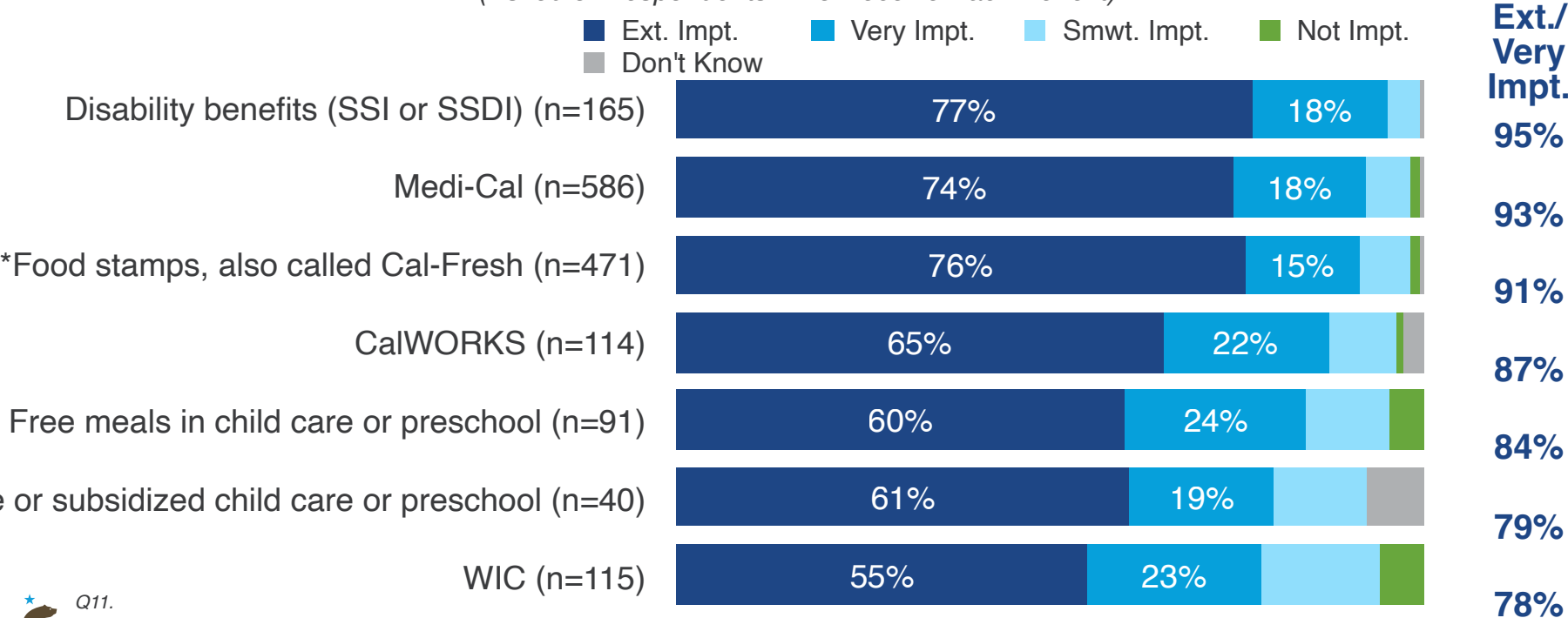


36% of Spanish speakers favor online and 31% favor in-

Disability benefits, Medi-Cal and CalFresh ranked very highly in importance among those who receive them.

You previously indicated that your household currently receives the benefits listed below. Please indicate how important each benefit is to your household right now: extremely important, very important, somewhat important, or not important.

(Asked of Respondents Who Receive Each Benefit)



Q11.

Relative to last year, perception of benefits has shifted minorly.

Extremely/Very Important

Benefit	*2020	*2021	2022	2023	Difference (2022-2023)
*Free or subsidized child care or preschool (n=40)	57%	78%	72%	79%	+7%
WIC (n=115)	81%	88%	75%	78%	+3%
Free meals in child care or preschool (n=91)	--	82%	82%	84%	+2%
Disability benefits (SSI or SSDI) (n=165)	91%	91%	95%	95%	0%
CalWORKS (n=114)	82%	81%	88%	87%	-1%
Medi-Cal (n=586)	92%	86%	95%	93%	-2%
*Food stamps, also called Cal-Fresh (n=471)	90%	90%	95%	91%	-4%

Q11. You previously indicated that your household currently receives the benefits listed below. Please indicate how important each benefit is to your household right now: extremely important,

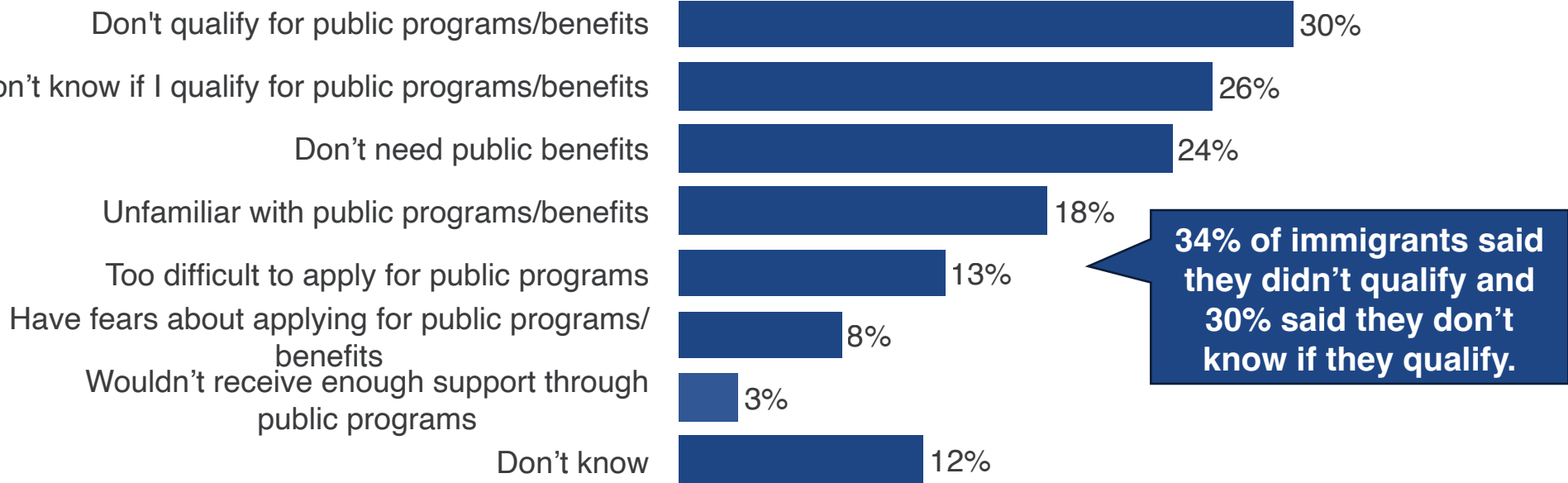
very important, somewhat important, or not important. *Wording Slightly Different, (Asked of Respondents Who Receive Benefits)



Those who do not receive benefits say they don't qualify, don't know if they qualify, or don't need them.

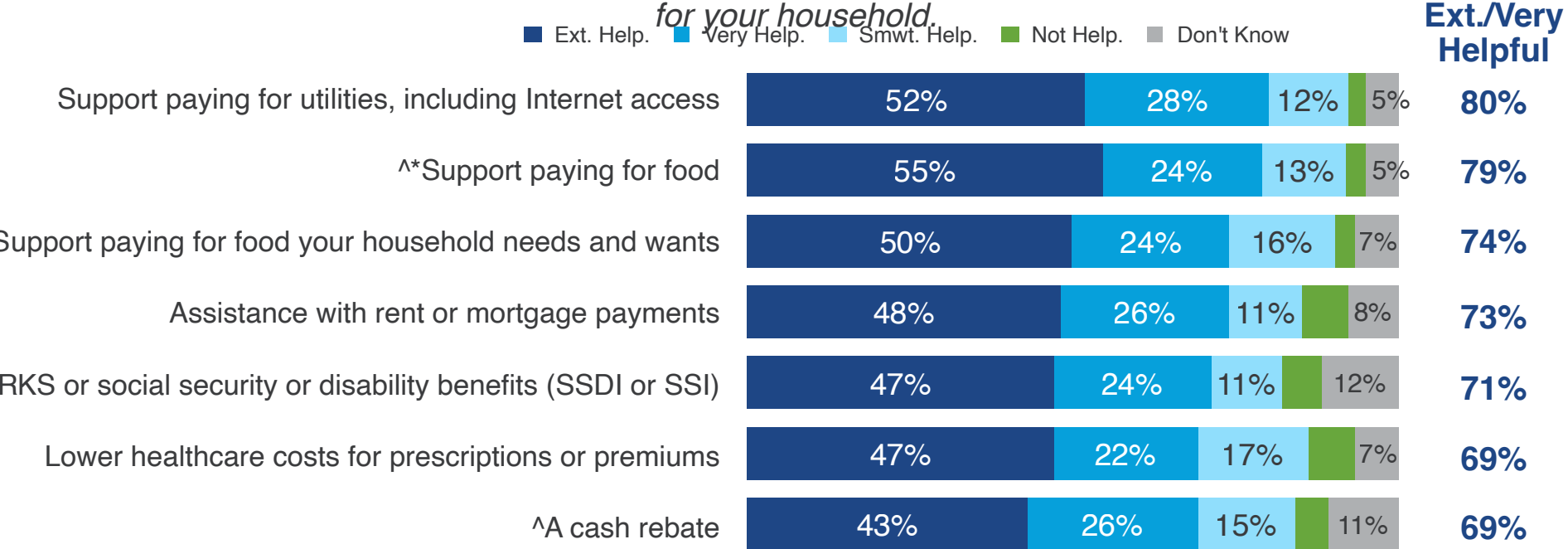
Previously you indicated that you do not receive public benefits. Which of the following reasons apply:
(Asked of Those Who Did Not Access Public Programs, n=207)

(Multiple Responses Accepted)



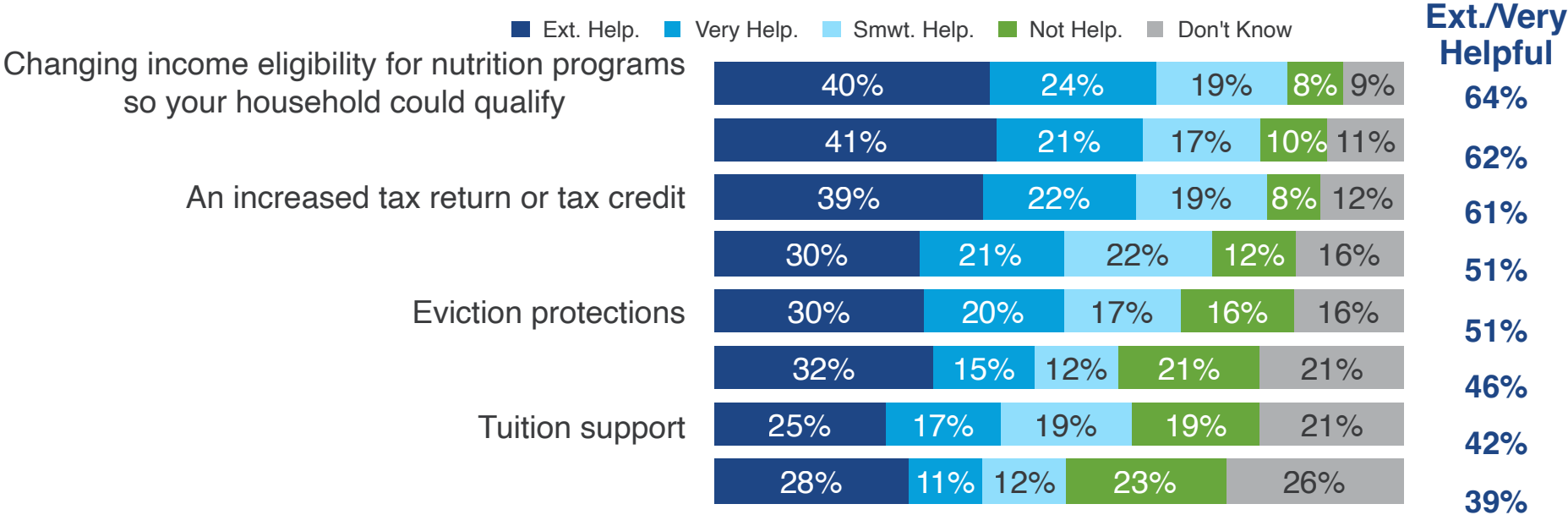
Respondents say support paying for utilities and paying for food would be most helpful.

Here are several different types of assistance your household could potentially receive. Please indicate if this type of assistance would currently be extremely helpful, very helpful, somewhat helpful, or not helpful for your household.



 Q14. *^Not Part of Split Sample*
 Food Insecurity and Hunger among Low- and Middle-Income Californians | October 2023

Supports aimed at specific populations are helpful to those groups, but rank lower overall.



74% of those with a child under age 5 and 61% of single-parents say affordable childcare would be very helpful. In general, nearly all the supports were ranked higher by single-parents than by the average respondent.



*somewhat helpful, or not helpful for your household. *Not Part of Split Sample*

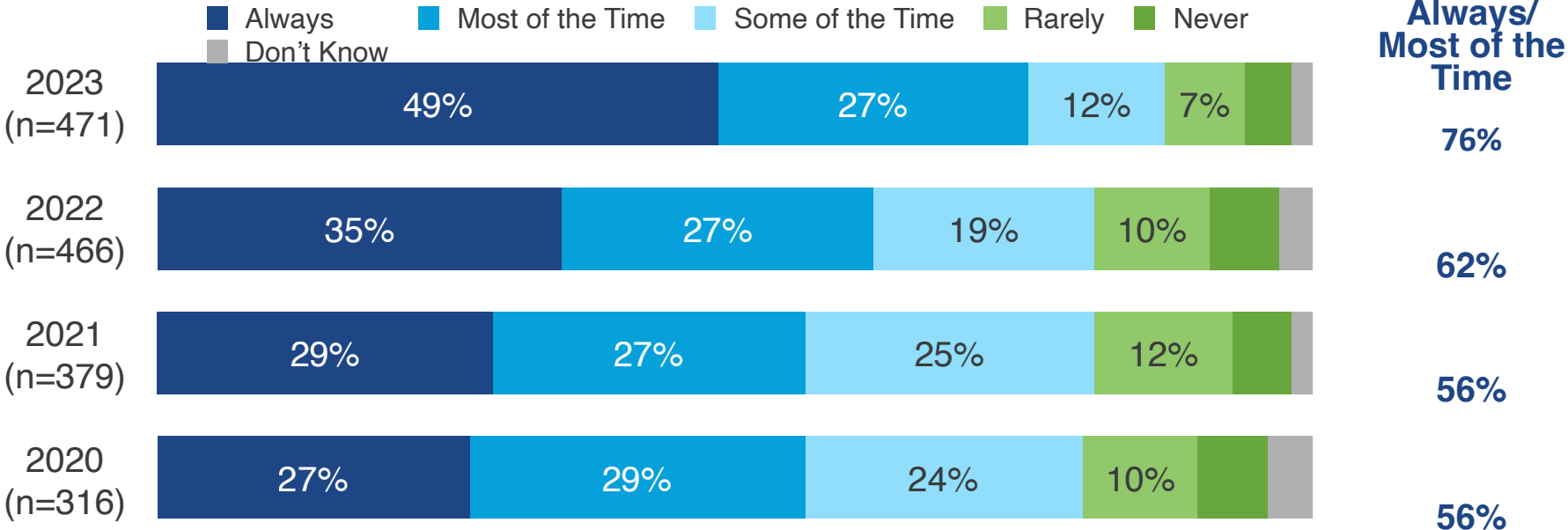


Experiences with CalFresh



Three-quarters say they run out of CalFresh benefits by the end of the month.

**How often do your CalFresh benefits run out before the end of the month?
(Asked of Those Who Use CalFresh, n=471)*

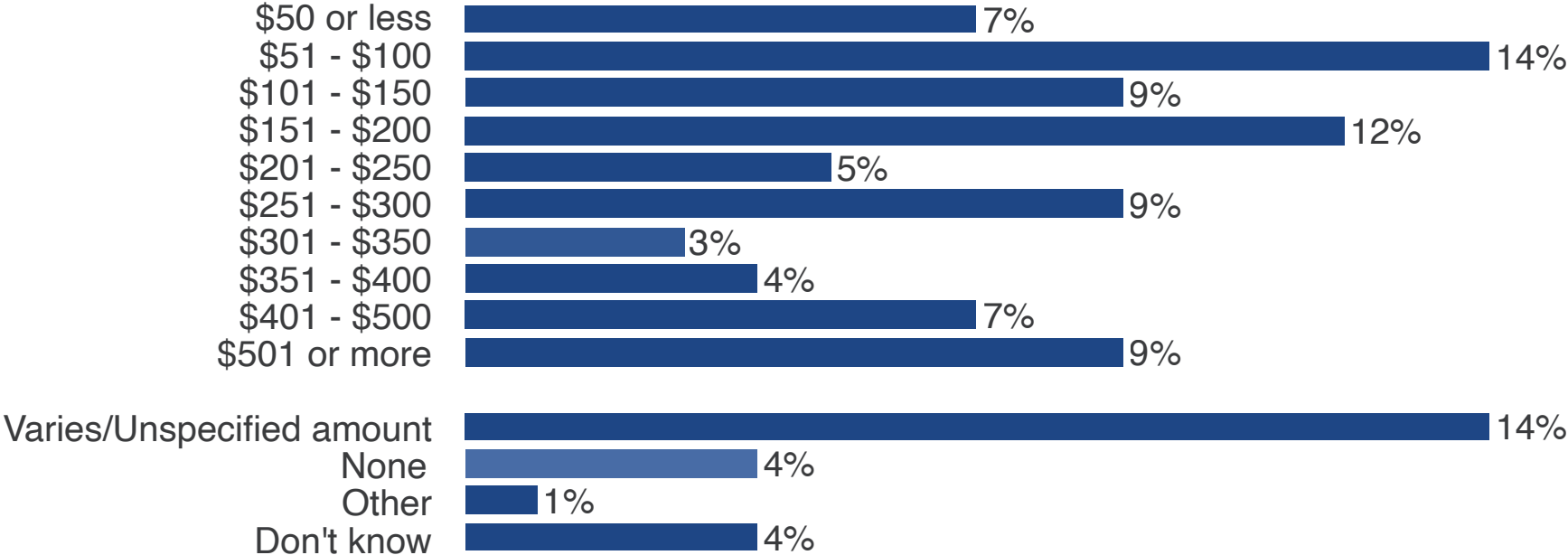


**Q30. *Wording Slightly Different*
 Food Insecurity and Hunger among Low- and Middle-Income Californians | October 2023

Respondents' needs for additional CalFresh funds range widely.

How much more CalFresh would you need each month to not run out of benefits?

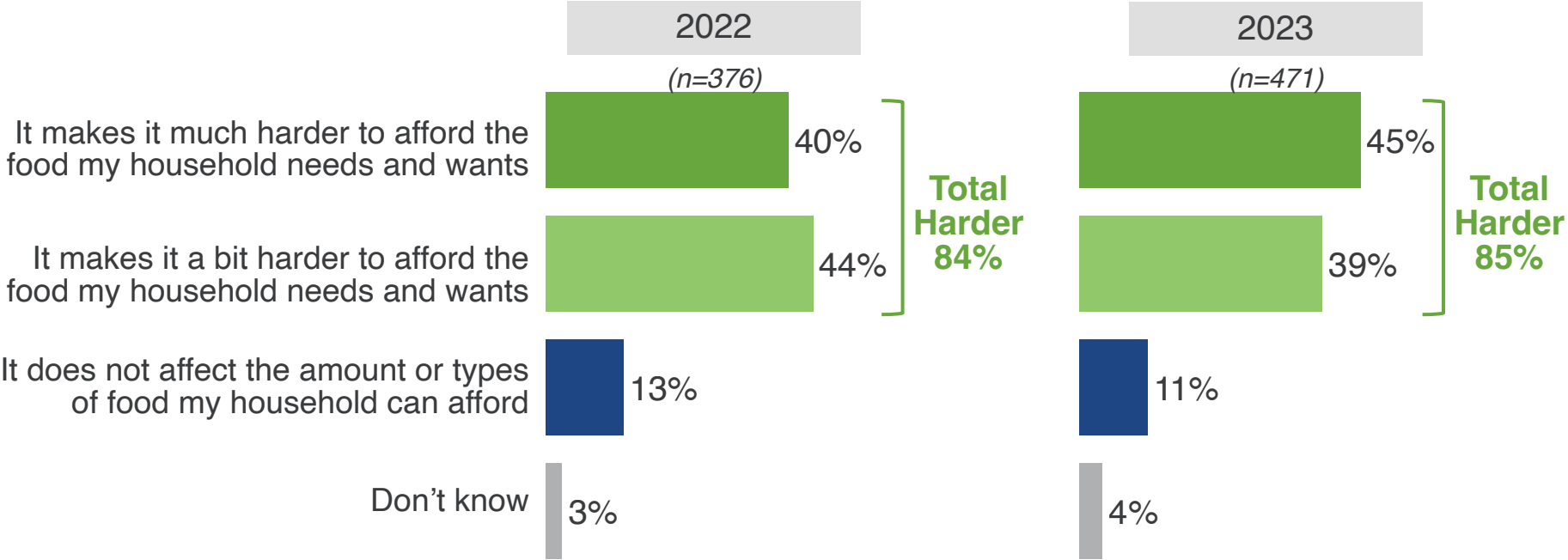
(Open-ended; Asked of Those Who Use CalFresh, n=471)



Q31.

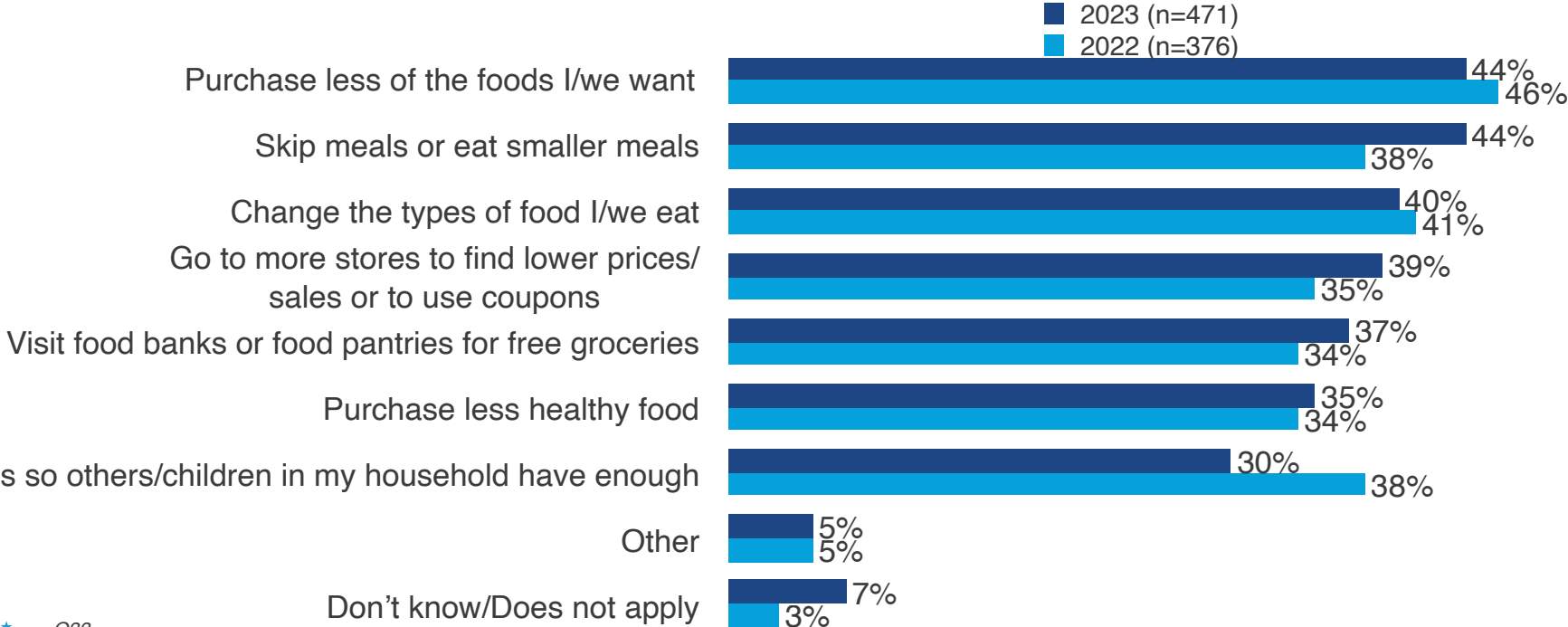
A broad majority continue to say it is harder to afford food when their CalFresh benefits run out.

*Which of the following describes your experience when your CalFresh benefits run out:
(Open-ended; Asked of Those Who Use CalFresh)*



Respondents most commonly purchase less food and skip meals in response to running out of benefits.

*Which of the following does your household do when your CalFresh benefits run out?
(Multiple Responses Accepted; Asked of Those Who Run Out of Benefits at Least Some of the Time)*



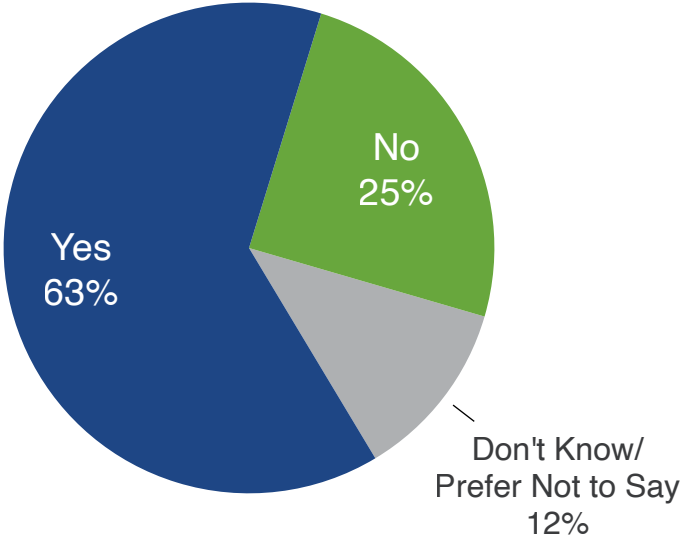
Q33.

Nearly two-thirds noticed a decrease in their benefits.

Here is some more information. During the COVID-19 pandemic the CalFresh recipients received additional benefits, called emergency allotments. Emergency allotments allowed CalFresh households to receive an additional \$95 in benefits or an additional benefit up to the maximum benefit for their household size, whichever value was greater. Emergency allotments ended in April 2023.

Did you notice a decrease in your CalFresh benefits after April 2023?

(Asked of Those Who Use CalFresh, n=471)



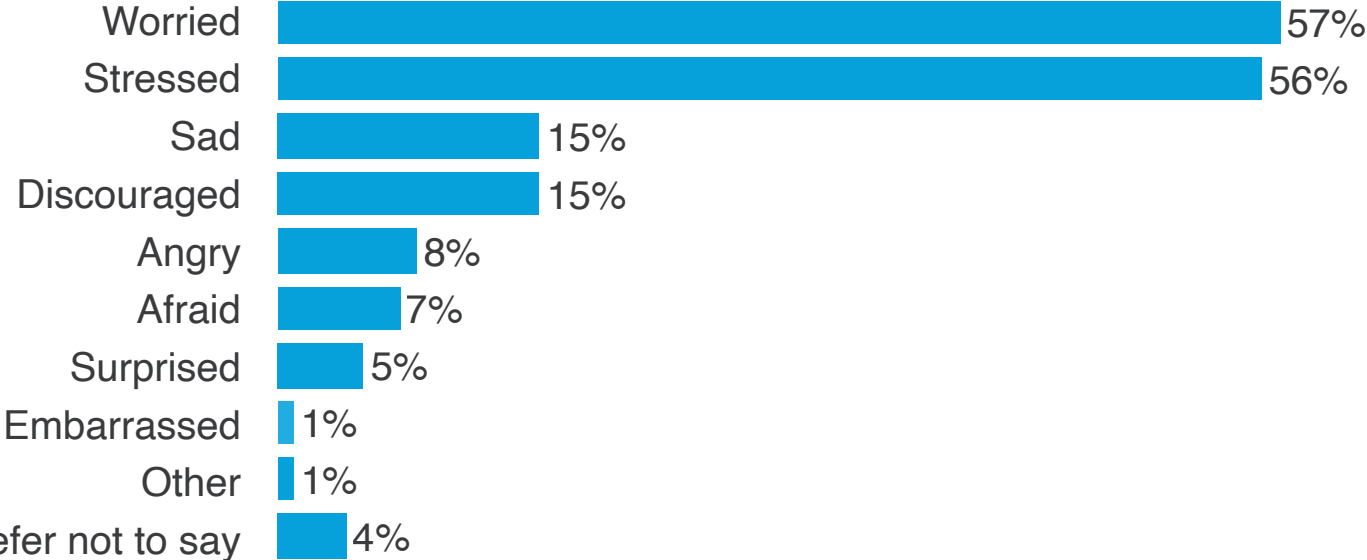
Those ages 50 and over were most likely to notice the change in their benefits.



The decrease in benefits made them feel worried and stressed.

Which of the following words best describe how the decrease in CalFresh benefits made you feel. Please select up to two.

(Asked of Those Who Use CalFresh and Noticed Decrease in Benefits After April 2023, n=299)

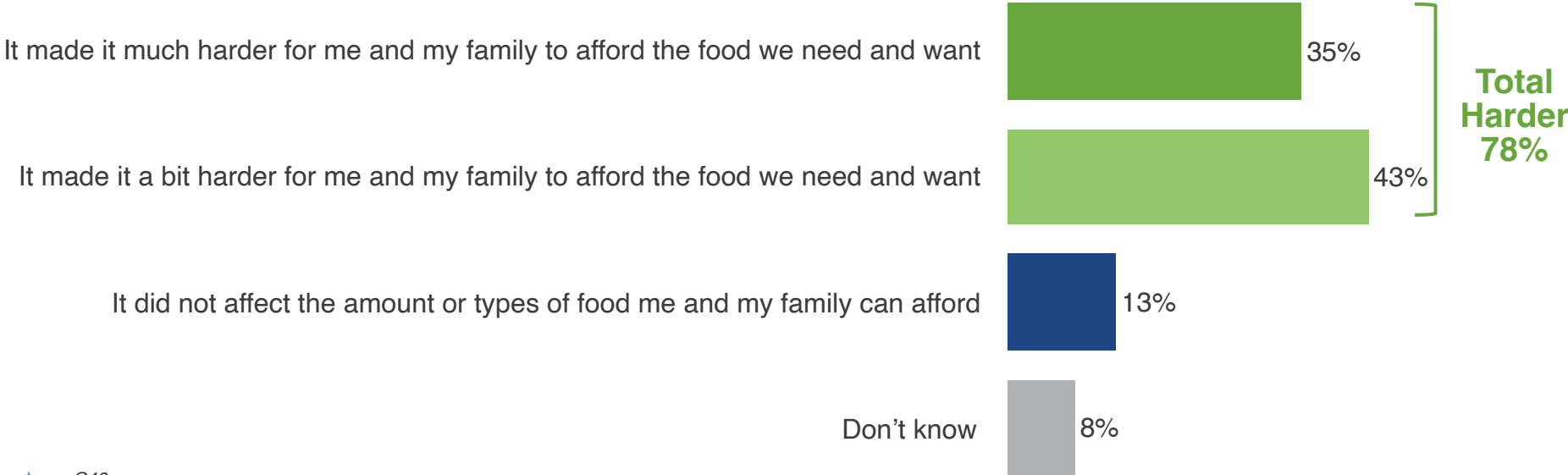


Q47.

More than three-quarters say the end of the emergency allotment makes it harder for them to afford food.

How did the end of the emergency allotment and reduced CalFresh benefits affect your ability to afford food:

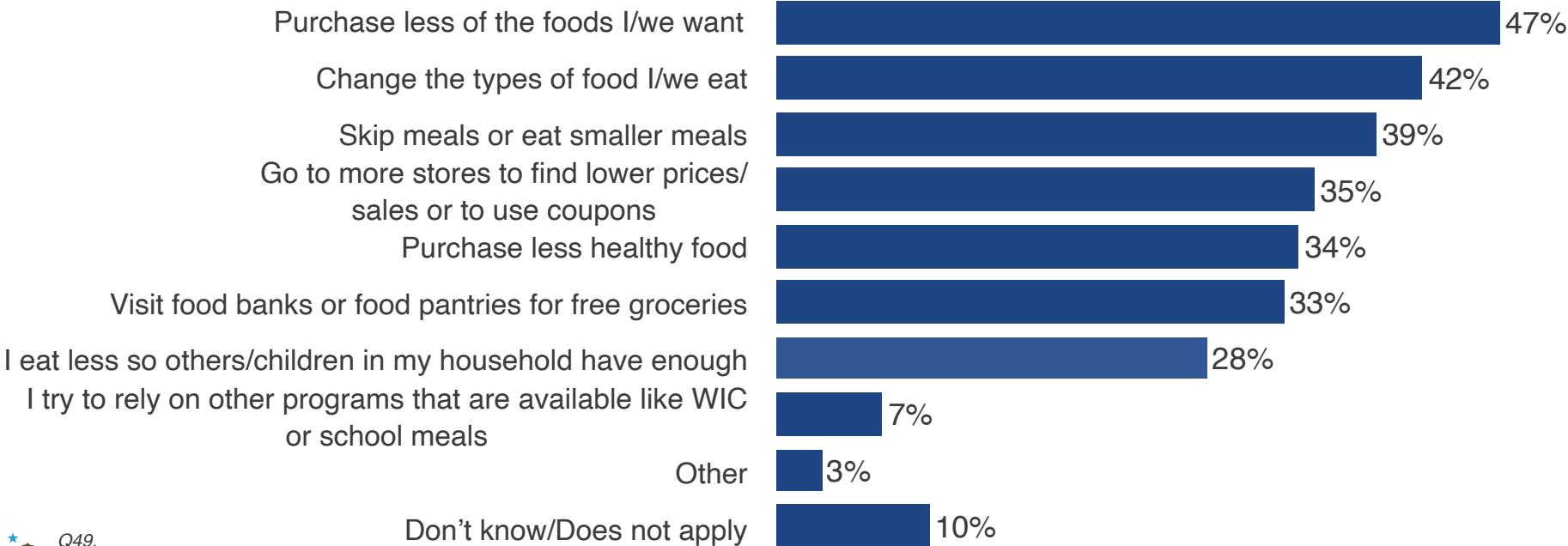
(Asked of Those Who Use CalFresh)



They primarily purchased less food and changed the food they eat in response.

Which of the following did you do to adapt to the end of the emergency allotment and reduced CalFresh benefits?

(Multiple Responses Accepted; Asked of Those Who Use CalFresh)



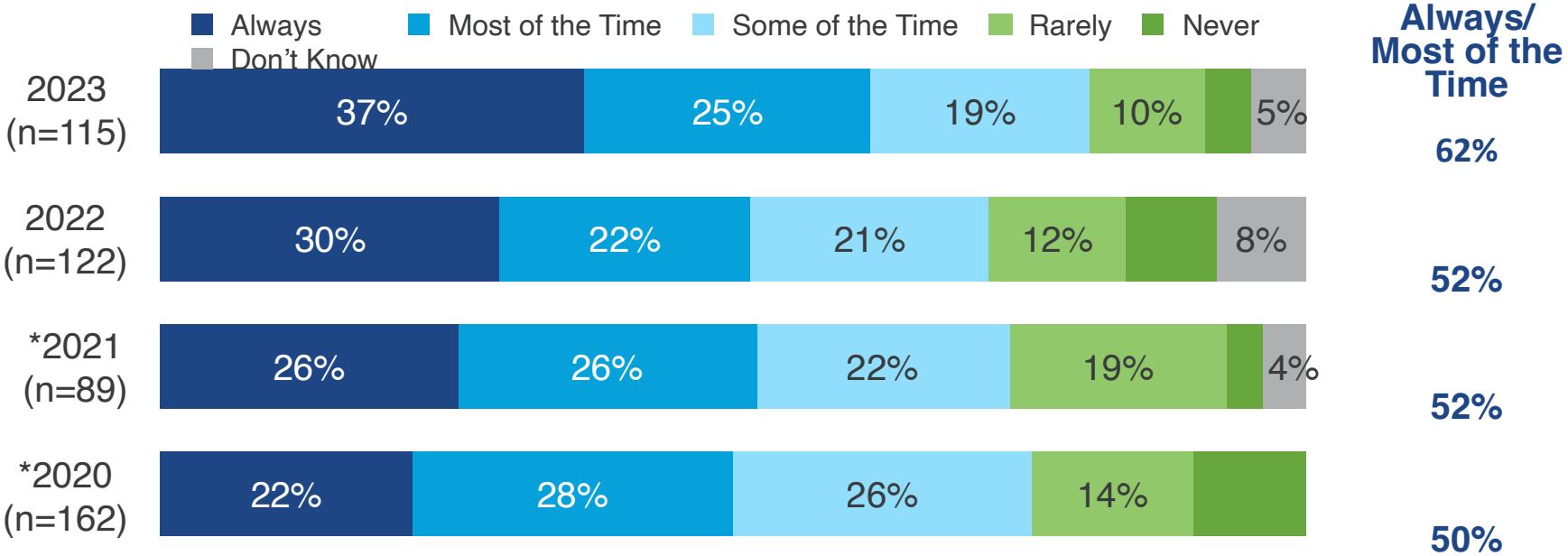


Experiences with WIC



Respondents increasingly say they run out of WIC benefits before the end of the month.

*How often do your WIC benefits run out before the end of the month?
(Asked of All Respondents Who Use WIC)*

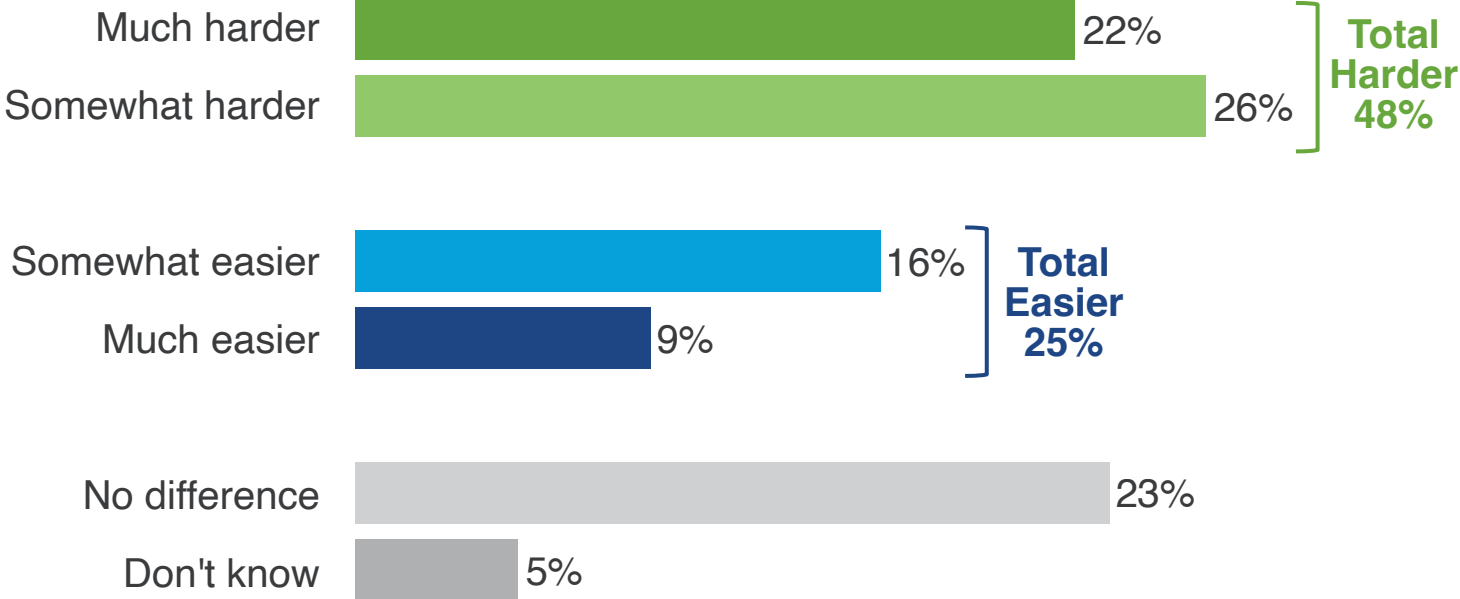


* Q38. *Wording Slightly Different; 2020 Data Recalculated to Remove Don't Know as It Included Broader Audience*

Requiring in-person renewal would make it harder for participants.

During the pandemic, the rules were changed so that WIC participants were allowed to enroll and to renew their benefits without having to go to an office in-person. Suppose the rules were to change back and people were required to go in-person to renew their WIC benefits. How would that affect you:

(Asked of All Respondents Who Use WIC, n=115)



Q39.

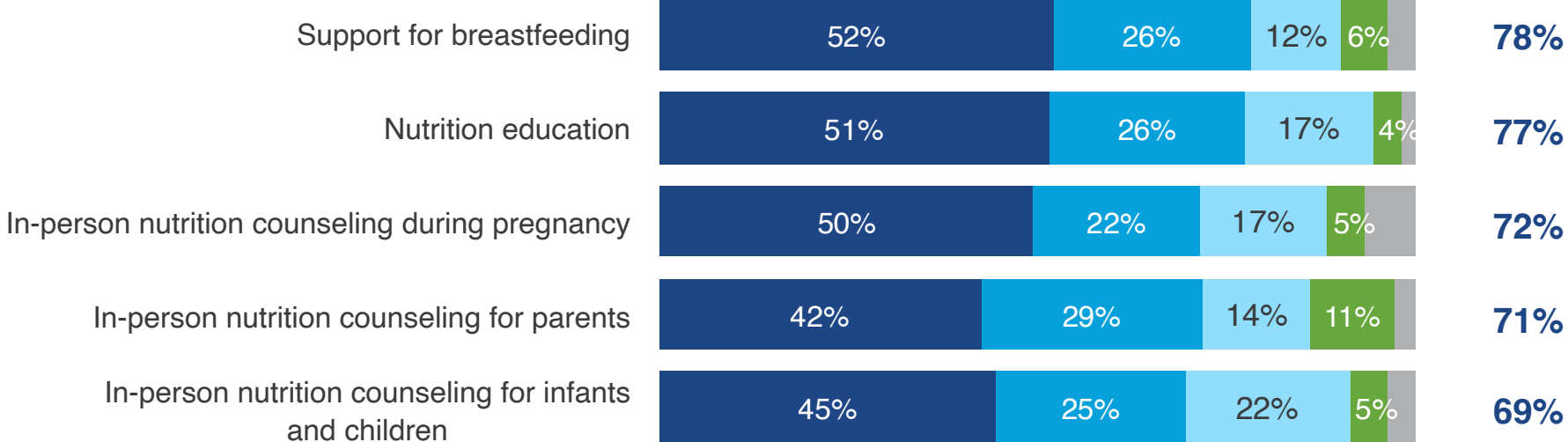
Respondents rank all of WIC's services very highly.

Here is a list of some WIC services. Please indicate how important you think the service is: extremely important, very important, somewhat important, or not important.

(Asked of All Respondents Who Use WIC, n=122)

■ Ext. Impt. ■ Very Impt. ■ Smwt. Impt. ■ Not Impt. ■ Don't Know

**Ext./
Very
Impt.**



Q40.

Breastfeeding support and nutrition counseling have increase in importance since last year.

Extremely/Very Important

WIC Service	2022	2023	Difference
Support for breastfeeding	68%	78%	+10%
In-person nutrition counseling for parents	61%	71%	+10%
In-person nutrition counseling during pregnancy	68%	72%	+4%
Nutrition education	74%	77%	+3%
In-person nutrition counseling for infants and children	68%	69%	+1%

Q40. Here is a list of some WIC services. Please indicate how important you think the service is: extremely important, very important, somewhat important, or not important.

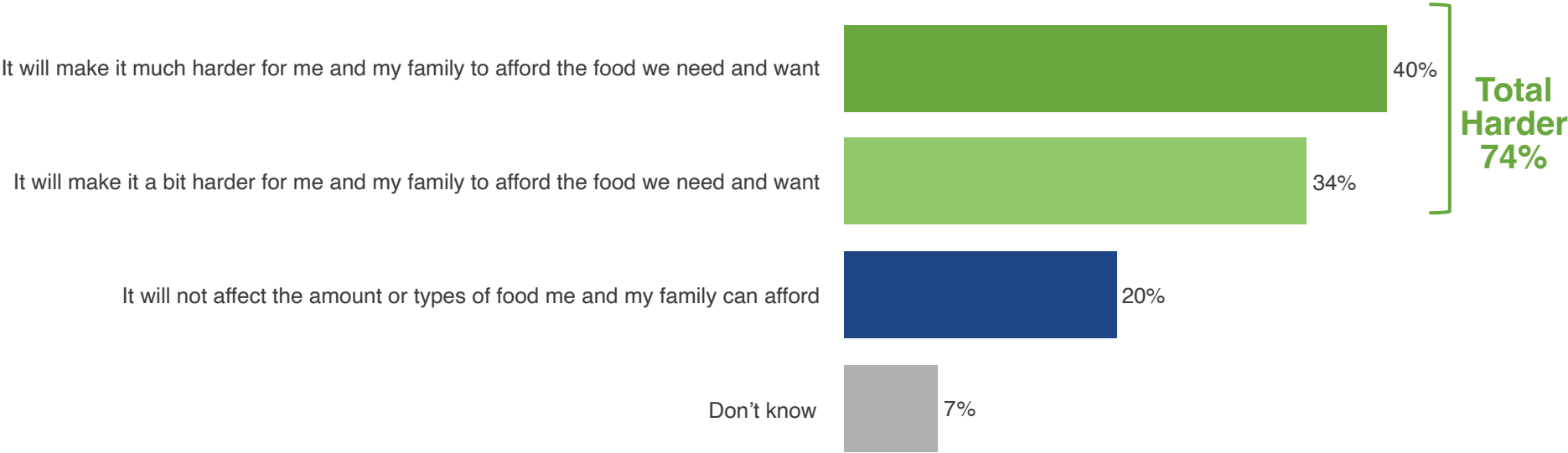
Asked of All Respondents Who Use WIC, n=122



Three-quarters say cutting produce benefits will make it harder to afford the food they need and want.

WIC funding may be cut in 2024. The monthly benefits for fruits and vegetables could decrease to \$9 per child and \$11 for people who are pregnant, postpartum, or breastfeeding. How would this change affect you?

(Asked of All Respondents Who Use WIC, n=115)



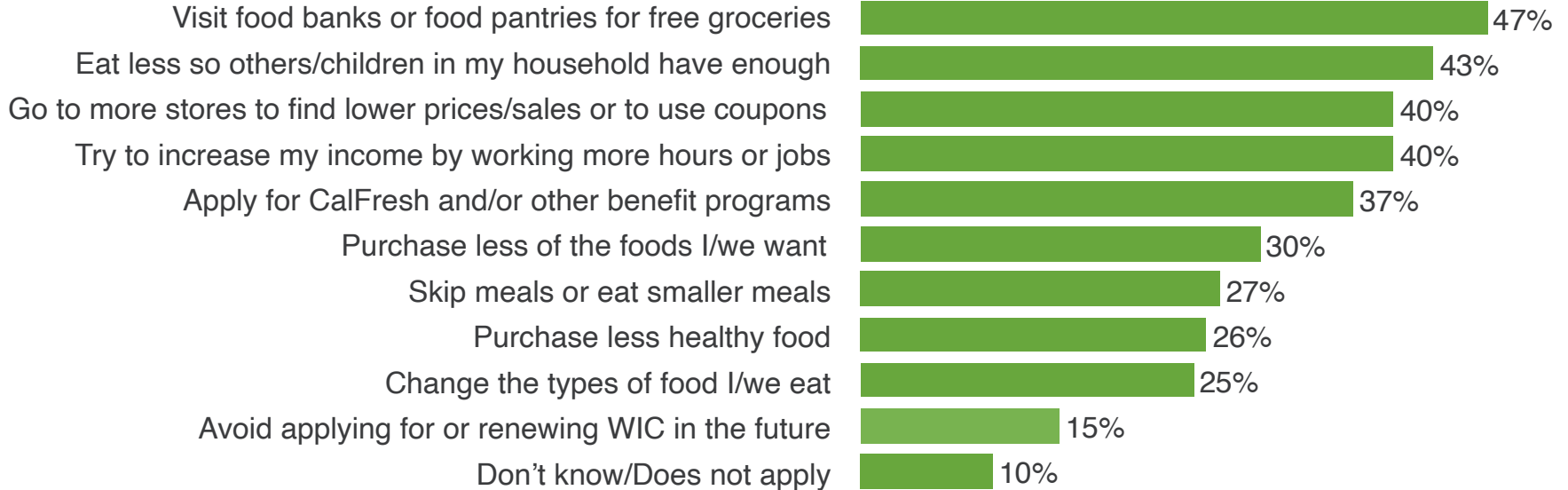
Q41.

If they were placed on a WIC waitlist they would rely on food banks and eat less.

If funding for WIC is cut, it may mean that some people who currently receive benefits could be placed on a waitlist

and have to wait to receive benefits even though they are eligible. If you were placed on a waitlist to receive WIC benefits, which of the following would you do:

(Multiple Responses Accepted; Asked of All Respondents Who Use WIC, n=115)

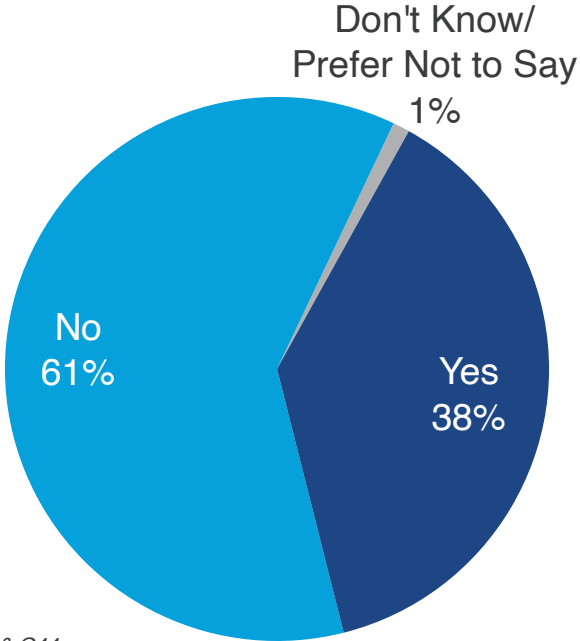


Q42.

A majority of those who use formula say it has been easy to find in the past 6 months.

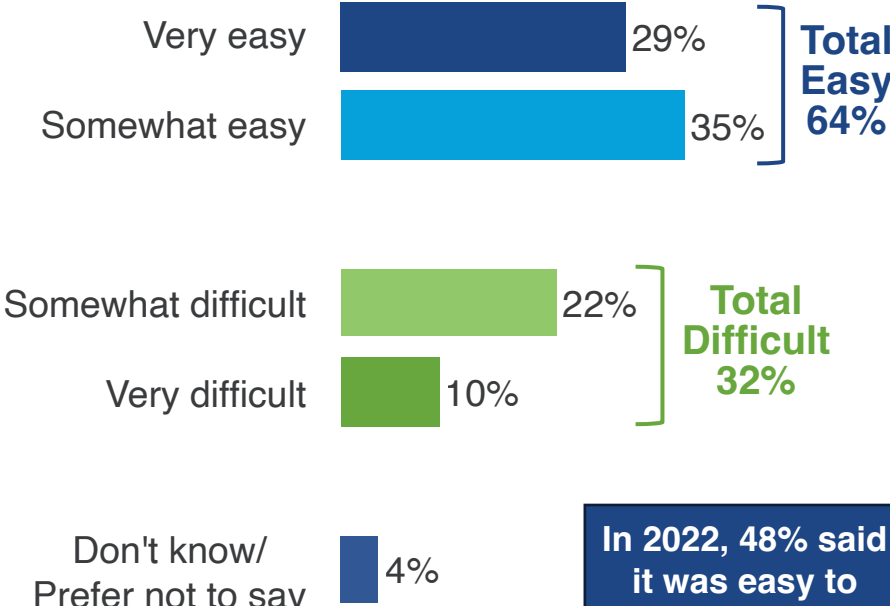
Is there a child in your household who has used baby formula in the past 6 months?

(Asked of Parents With a Child Under Age 6, n=171)



In the last 6 months, how easy or difficult has it been to find your child's preferred baby formula?

(Asked of Parents Who Use Formula, n=65)



In 2022, 48% said it was easy to find formula.



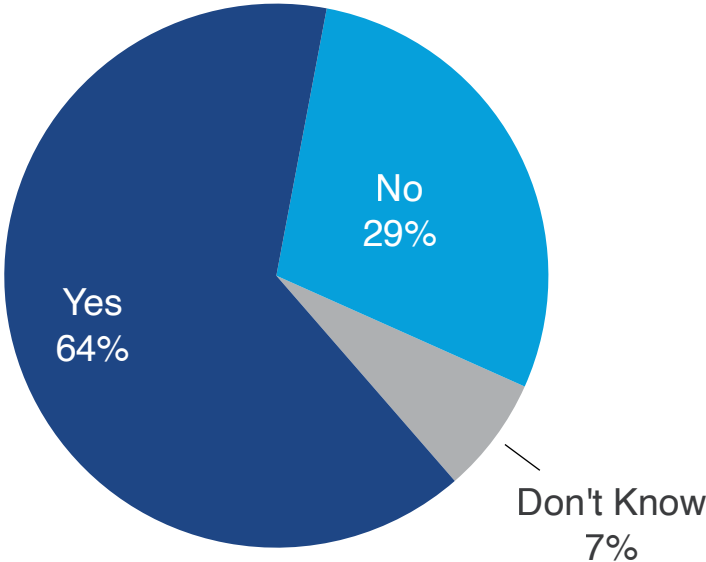
Experiences with P-EBT



Two-thirds say their child has received P-EBT.

Have your children received Pandemic EBT (P-EBT) benefits during the coronavirus pandemic?

(Asked of Parents/Guardians of a Child Under 19, n=440)

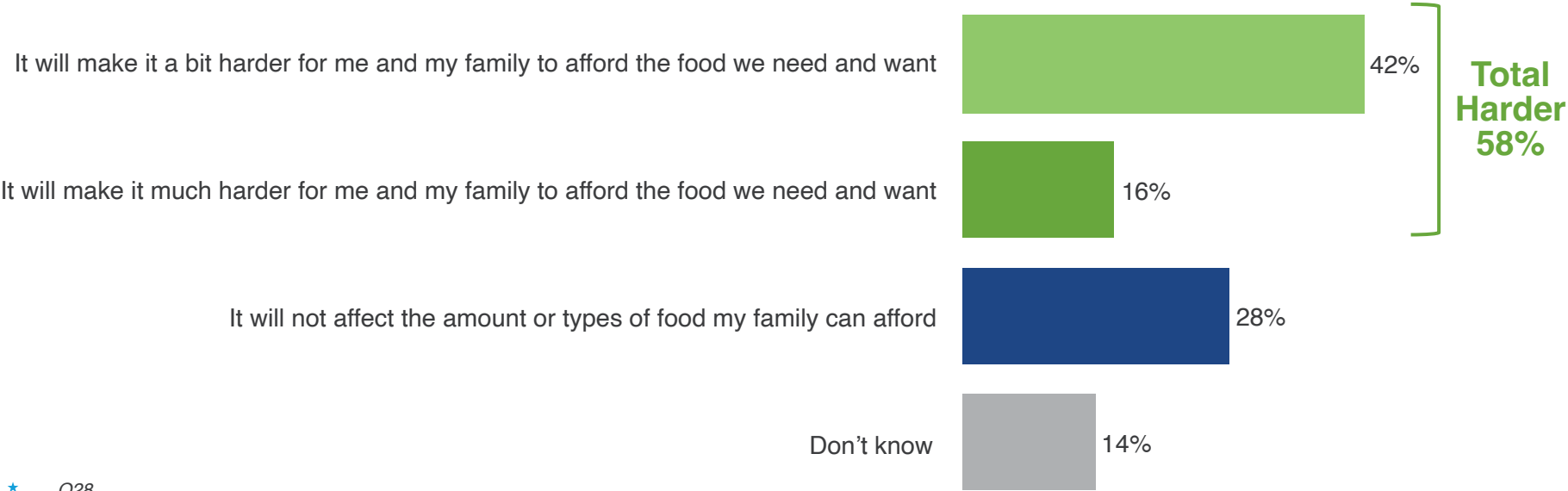


Q27.

A majority of those with a child under age 6 say that the transition to Summer EBT will make it harder to afford food they need.

The P-EBT program will come to an end in the future. It may be partially replaced by a program called Summer EBT starting in 2024. Summer EBT will not provide benefits for children under age 6. How will this change affect your family:

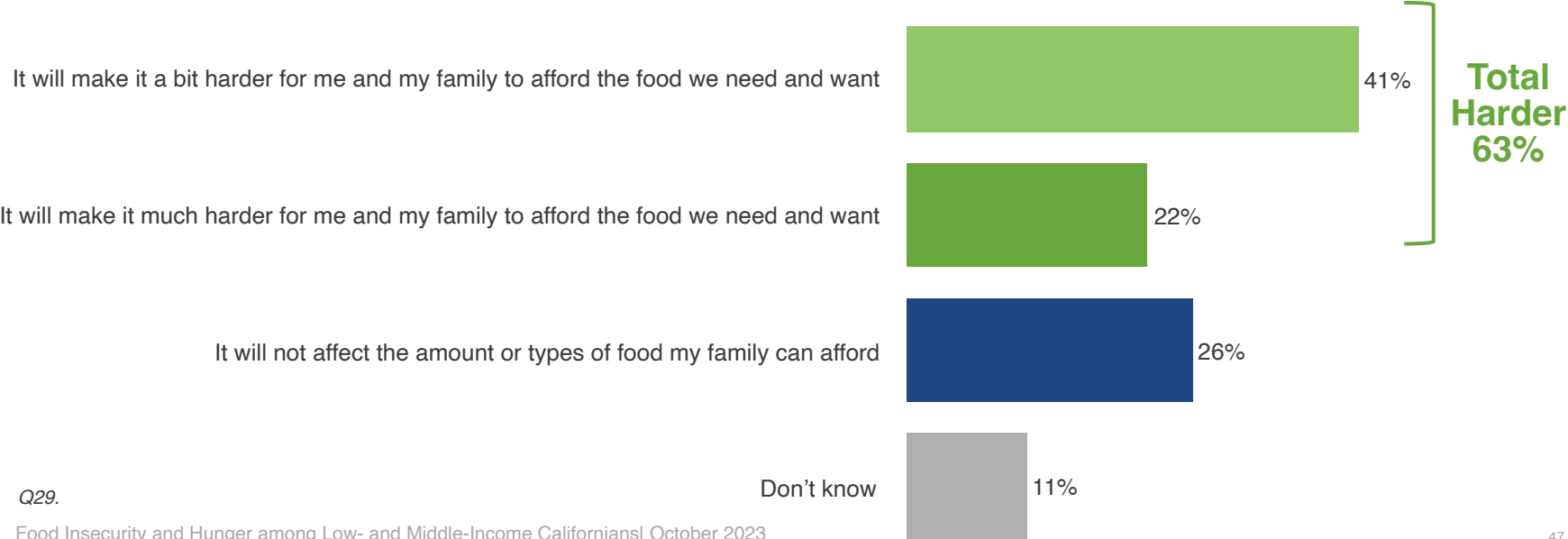
(Asked of Parents/Guardians Who Received P-EBT and Have Child Under Age 6, n=107)



A majority with school-age children also say the Summer EBT will make it harder to afford food.

The P-EBT program will come to an end in the future. It may be partially replaced by a program called Summer EBT starting in 2024. P-EBT benefits for the summer were generally more than \$300. Summer EBT will provide \$120 in benefits. How will this change affect your family:

(Asked of Parents/Guardians Who Received P-EBT with a Child Age 6-18, n=242)



Q29.



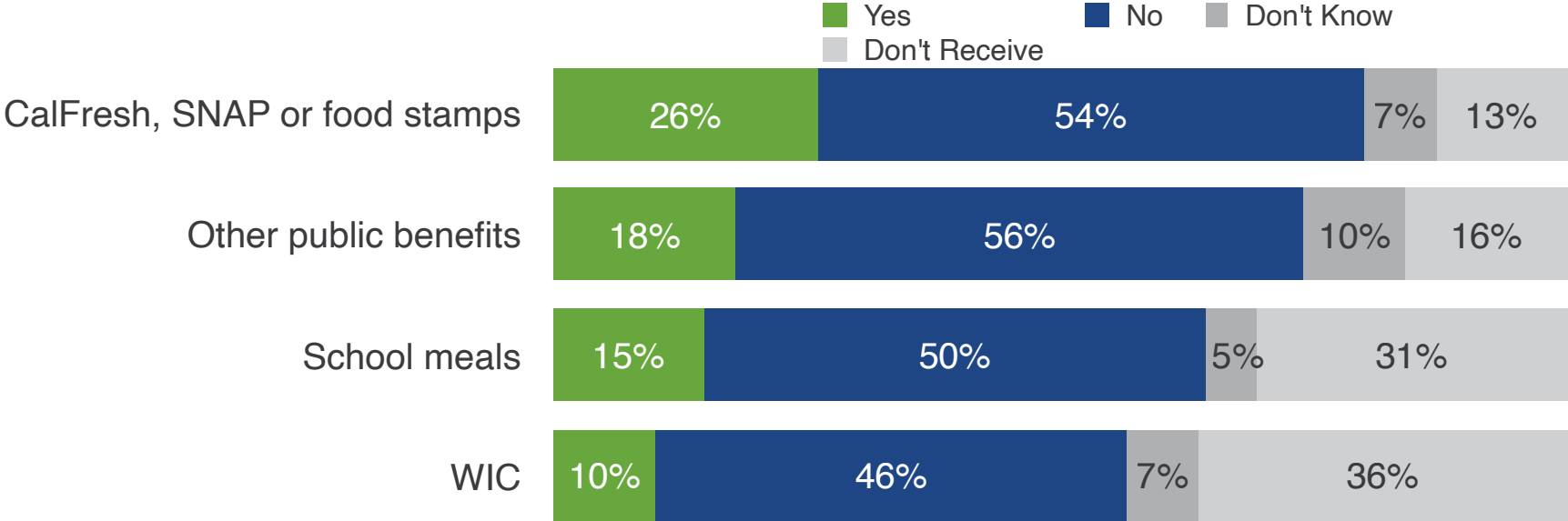
Experiences with Unfair Treatment



A quarter have experienced unfair treatment when applying for CalFresh.

Have you ever experienced discrimination or bias when applying for or participating in any of the following programs:

(Asked of Those Who Ever Applied for Benefits, n=767)



Q20.

They most commonly report receiving poor service.

**When applying for or participating in a public program, did you experience any of the following?
(Multiple Responses Accepted; Asked of People Who Experienced Discrimination/Bias)*

Experience	2021 (n=296)	2022 (n=289)	2023 (n=268)
You received poor service	31%	44%	44%
Staff acted as if they were better than you	25%	29%	35%
Staff acted as if you did not deserve or need help	NA	29%	35%
You were not treated with courtesy	30%	34%	33%
Staff acted as if they thought you were not smart	27%	29%	33%
You were not treated with respect	27%	33%	32%
Staff acted as if they thought you were being dishonest	24%	28%	25%
Staff acted as if they were afraid of you	16%	12%	10%
You were called names or insulted	10%	7%	6%
You were threatened or harassed	5%	3%	3%
None of the above	24%	16%	26%



Q21. Please select all that apply. *Wording Slightly Different

One-third say the experiences were motivated because of their race or ethnicity.

**What do you think was the main reason for these experiences?*

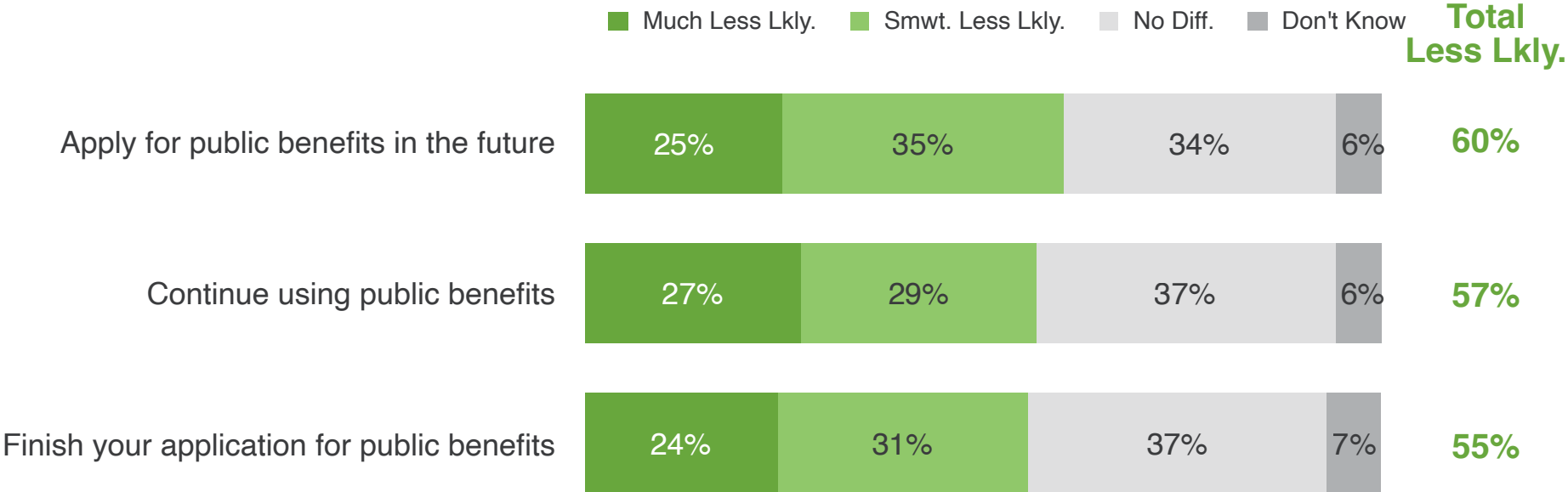
(Multiple Responses Accepted; Asked of People Who Experienced Discrimination/Bias)

Reason	2021 (n=296)	2022 (n=289)	2022 (n=268)
Your race or ethnicity	35%	36%	32%
Your level of education or income	16%	22%	24%
Your age	28%	30%	22%
*Your disability	17%	15%	18%
Your ancestry or national origins	20%	20%	17%
Some other aspect of your physical appearance	15%	17%	15%
Your gender	21%	15%	15%
You are/were unhoused or experiencing homelessness	12%	9%	12%
Your religion	9%	11%	10%
Your sexual orientation	13%	10%	8%
Your native or preferred language	11%	9%	7%
You have a past criminal conviction	7%	7%	5%
Your immigration status	NA	1%	3%

A majority say they would be less likely to apply for, use, or finish an application based on these experiences.

Did your experience with discrimination or bias make you much less likely to do each of the following, somewhat less likely to do each of the following, or did it not make a difference?

(Asked of People Who Experienced Discrimination/Bias, n=268)

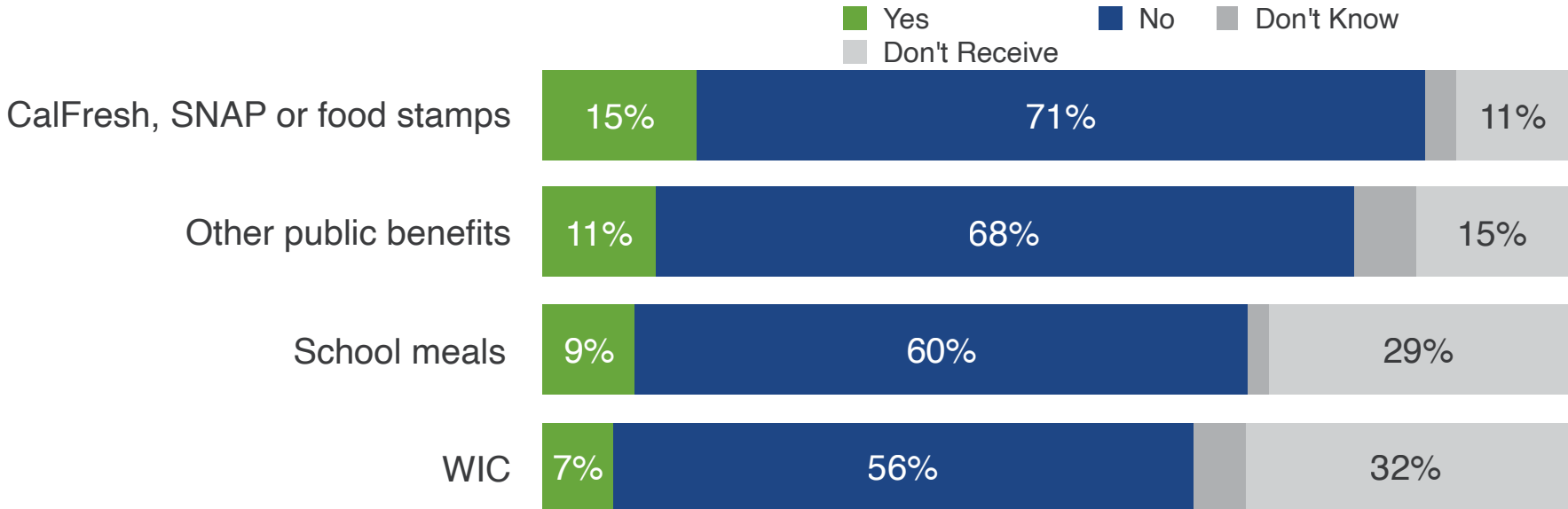


Q23.

More than one in ten experienced a language barrier with CalFresh.

Have you ever experienced a language barrier when applying for or participating in any of the following programs:

(Asked of Those Who Ever Applied for Public Benefits, n=767)



African American respondents reported having experienced more discrimination, bias or language barriers when applying to public benefit programs.

(Total “Yes” for any program)

Demographic Group	Have you ever experienced discrimination or bias when applying for or participating in any of the following programs.	Have you ever experienced a language barrier when applying for or participating in any of the following programs.
Race/Ethnicity		
Whites	27%	13%
Latinos	37%	25%
African Americans	51%	38%
Asians/Pacific Islanders	40%	24%
All People of Color	41%	28%
Gender		
Men	37%	25%
Women	33%	18%
LGBTQ+		
Yes	50%	40%
No	31%	18%



Q20 & Q24.

Those living in a household with someone previously incarcerated are more likely to experience discrimination, bias or a language barrier when applying for benefits.

(Total “Yes” for any program)

Demographic Group	Have you ever experienced discrimination or bias when applying for or participating in any of the following programs.	Have you ever experienced a language barrier when applying for or participating in any of the following programs.
Language of Interview		
English	35%	21%
Spanish	31%	29%
Country of Origin		
USA	36%	22%
Another country	30%	22%
Household Member Ever Incarcerated		
Total Self/Other Member of HH	42%	29%
Self	39%	25%
Other HH Member	49%	36%
No	32%	19%

They most commonly had to rely on family and friends as interpreters.

*Which of the following barriers did you experience? Please select all that apply.
(Multiple Responses Accepted; Asked of People Who Experienced Language Barriers)*

Barrier	2021 (n=265)	2022 (n=191)	2023 (n=167)
Having to rely on family or friends as interpreters	29%	28%	33%
Lack of program interpreters or translated materials	29%	31%	29%
Difficult to understand wording on materials	21%	21%	24%
Poor quality of interpreters or translated materials	20%	33%	23%
Not able to apply or receive help in your preferred language	21%	21%	22%
Small print on materials, including applications that are hard to read	22%	29%	18%
Staff were unclear when sharing information or providing instructions	20%	25%	18%
Staff were unclear when describing what personal information is needed to apply for a program/service	11%	17%	17%
Staff seemed unable or unwilling to help you in your preferred language	NA	5%	8%

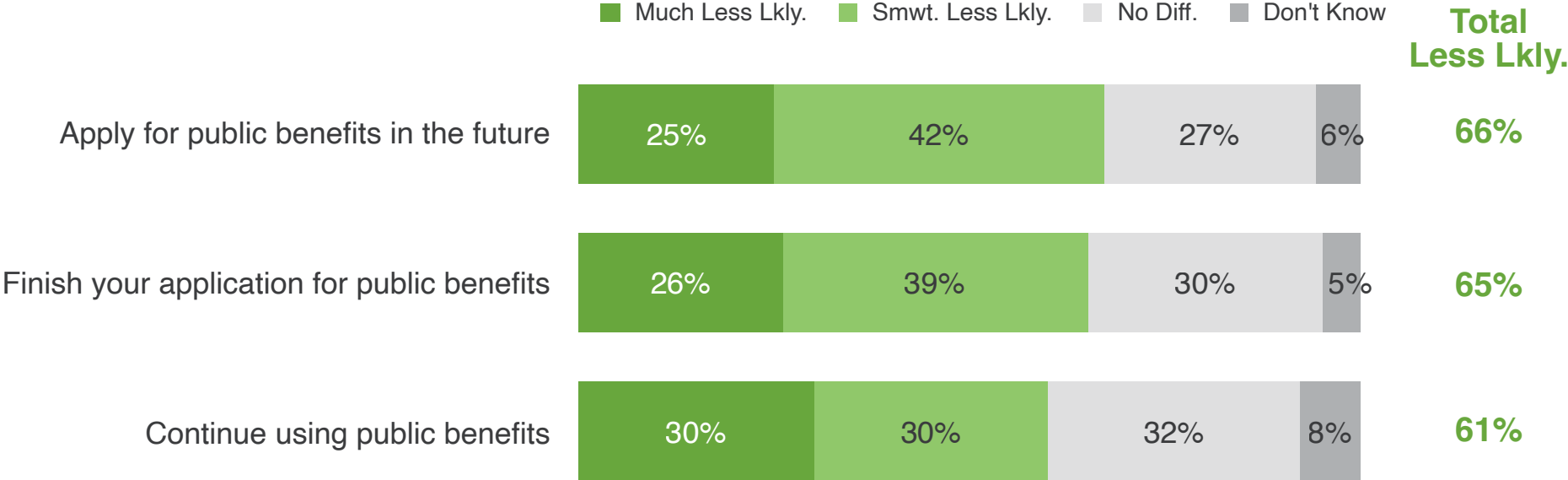


Q25.

More than three-in-five say these experiences affected the likelihood they would engage with public benefits.

Did your experience with these language barriers make you much less likely to do each of the following, somewhat less likely to do each of the following, or did it not make a difference?

(Asked of Those Who Experienced a Language Barrier, n=167)



Q26.

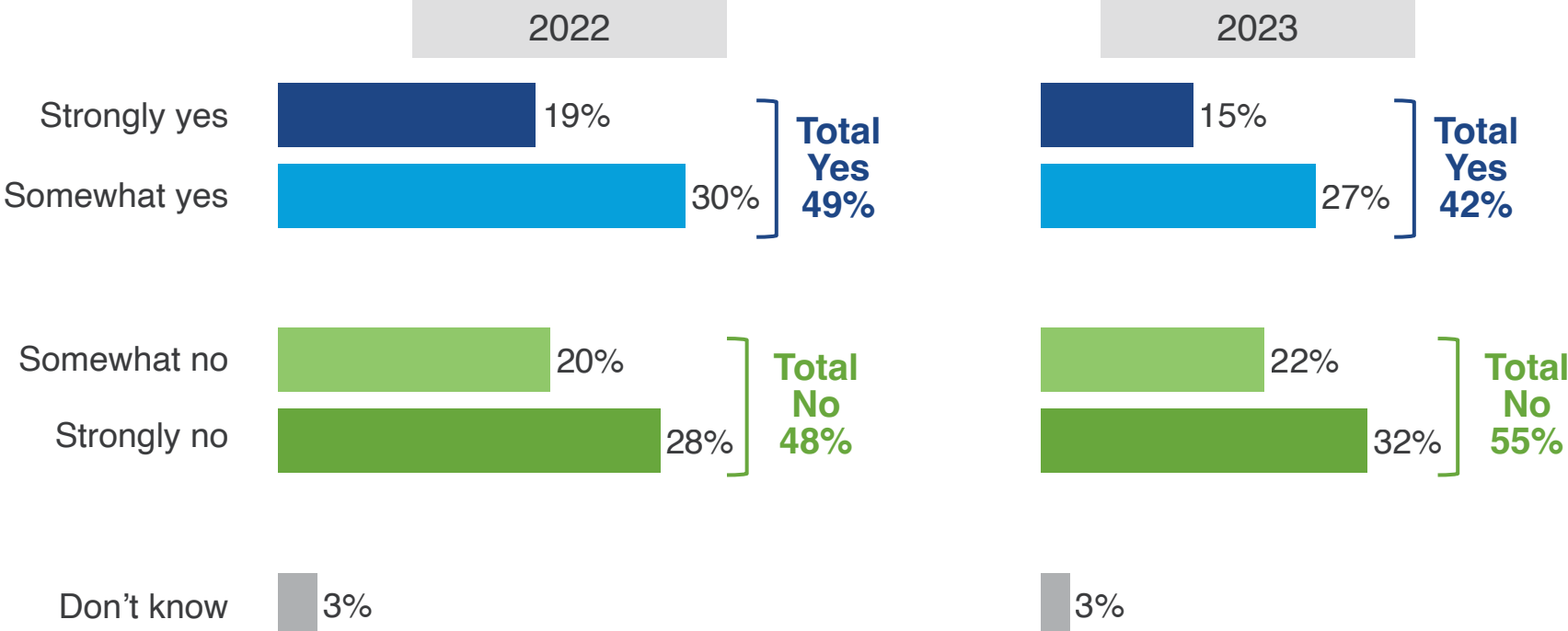


Access to Clean Drinking Water



A majority do not trust the safety of their tap water.

Overall, do you trust that the tap water in your home is safe to drink?



Q34.

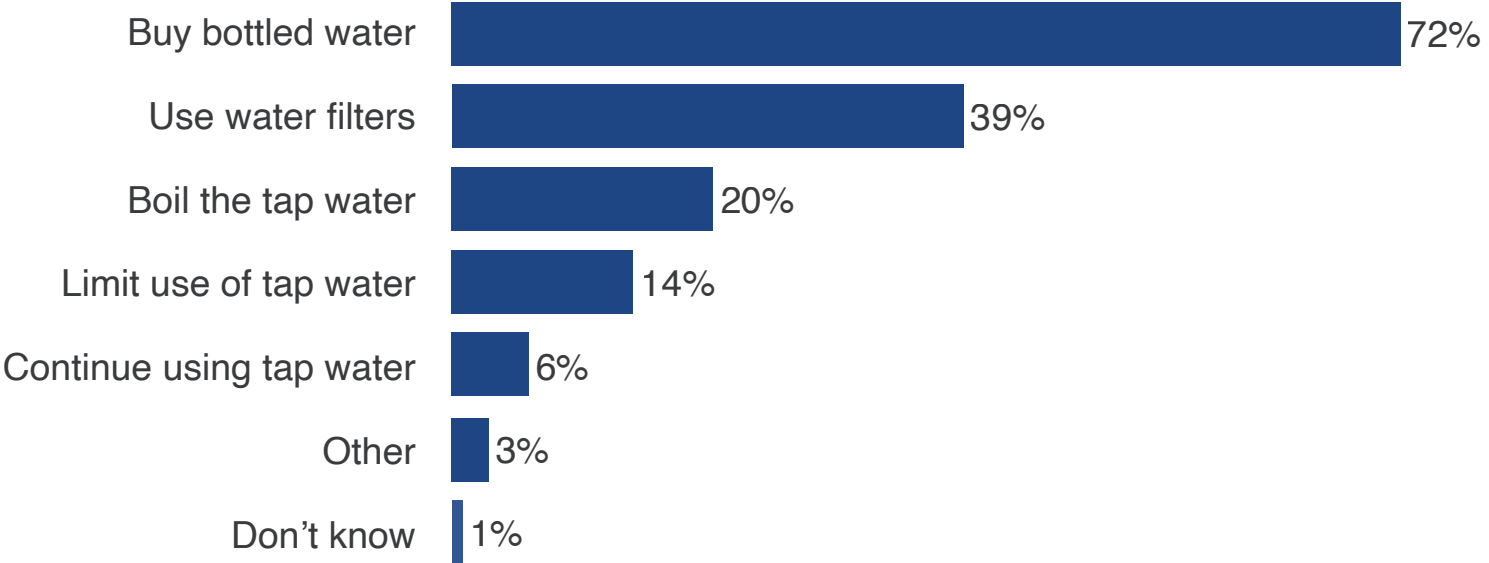
Those in the counties surrounding LA, the Central Valley and the Central Coast are most likely to distrust their tap water.

Overall, do you trust that the tap water in your home is safe to drink?

Demographic Group	Total Yes	Total No	Don't Know
All Respondents	42%	55%	3%
Region			
Los Angeles County	45%	52%	3%
Counties Surrounding Los Angeles	38%	60%	2%
Bay Area	48%	47%	5%
San Diego	43%	54%	3%
Sacramento/Rural North	49%	49%	3%
Central Valley/Central Coast	34%	64%	3%
Race/Ethnicity			
Whites	44%	54%	2%
Latinos	41%	56%	3%
African Americans	38%	58%	4%
Asians/Pacific Islanders	46%	48%	6%
All People of Color	42%	55%	4%

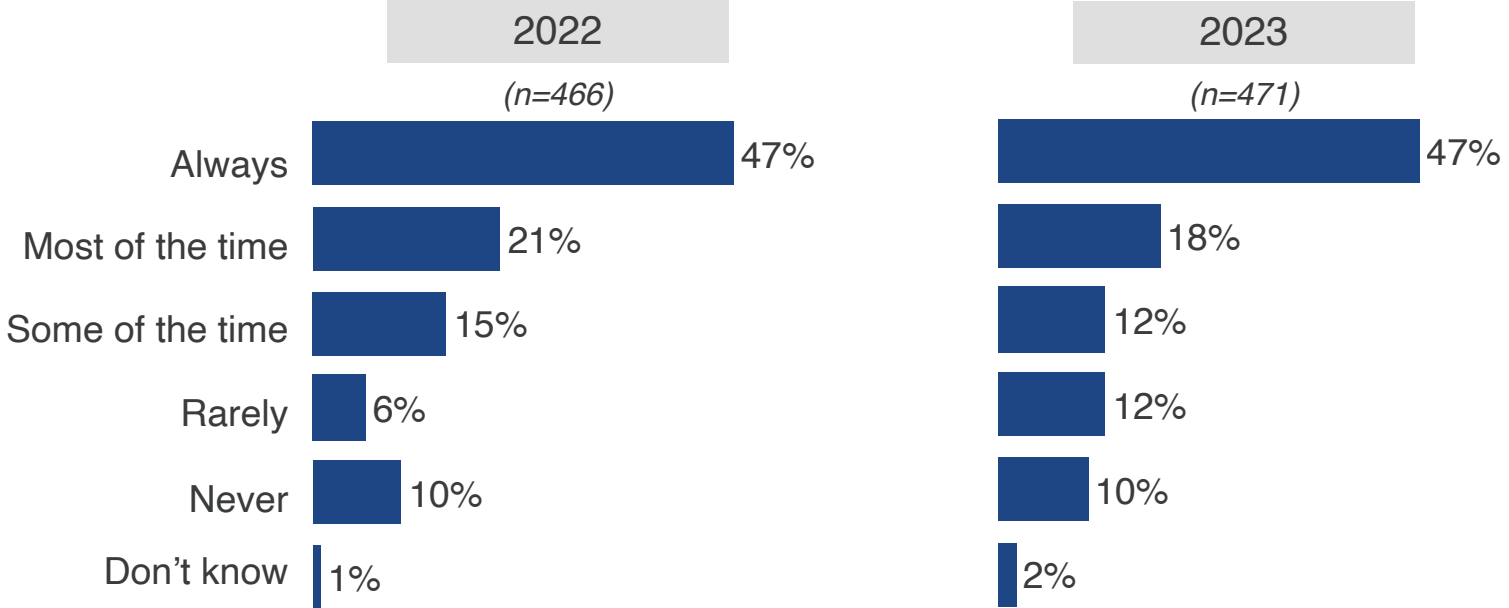
Respondents most commonly buy bottled water as an alternative.

*What do you do when you are worried that the tap water in your home may not be safe to drink?
(Asked of Those Who Somewhat Trust or Do Not Trust Tap Water,
n=851)*



Half of CalFresh recipients use their benefit to buy bottled water.

And how often do you use your CalFresh benefits or any type of benefit to purchase bottled drinking water?
(Asked of Respondents Who Use CalFresh)

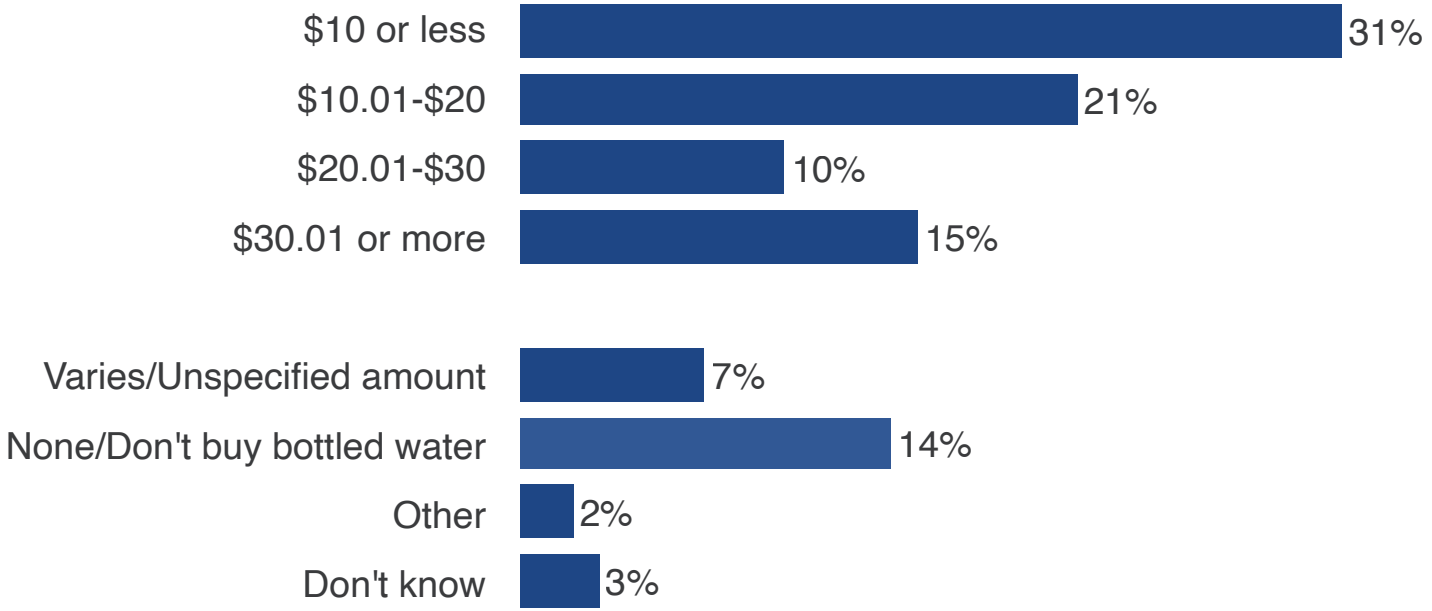


Q36.

Most spend \$20 or less on bottled water each week.

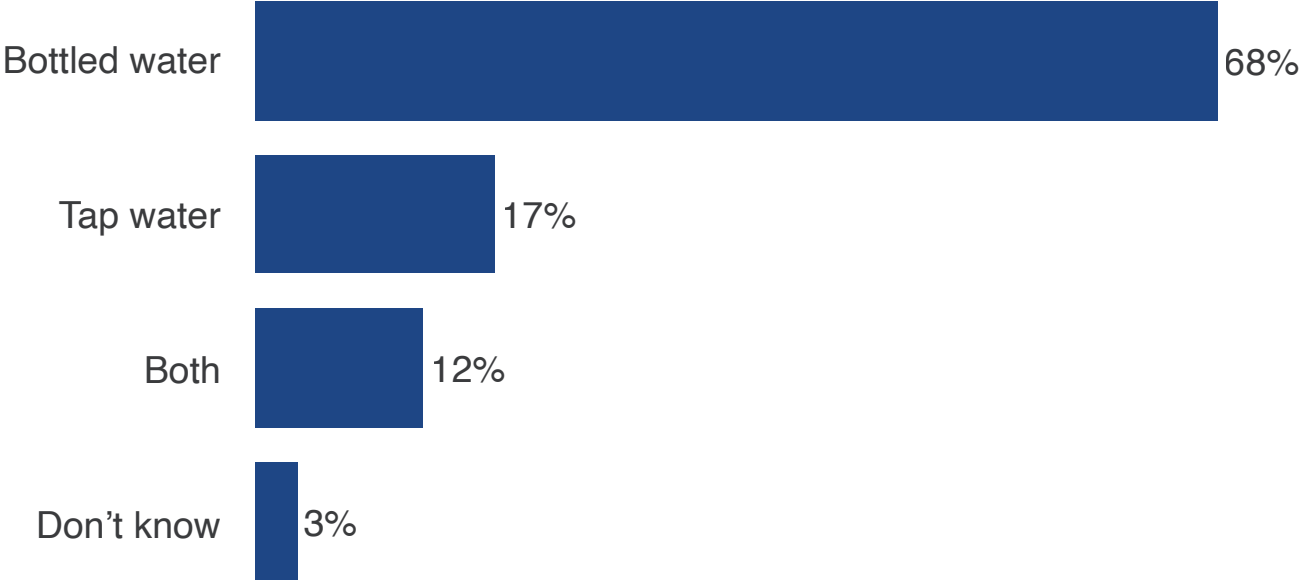
Generally, how much do you spend on bottled water each week?

(Open-ended)



Two-thirds of those who prepare formula use bottled water.

When preparing formula, do you use bottled water, tap water, or both?



Q45.

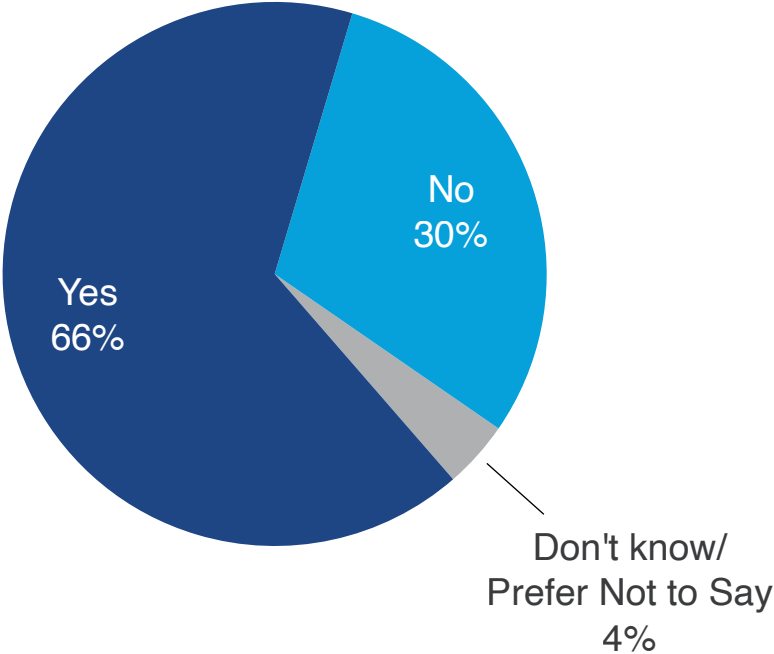


Impacts of Extreme Weather Events



Two-thirds experienced extreme weather in the past year.

Did you experience extreme weather in the past year?



Those living in Sacramento and the Rural North were more impacted by extreme weather than those in other regions (73%).

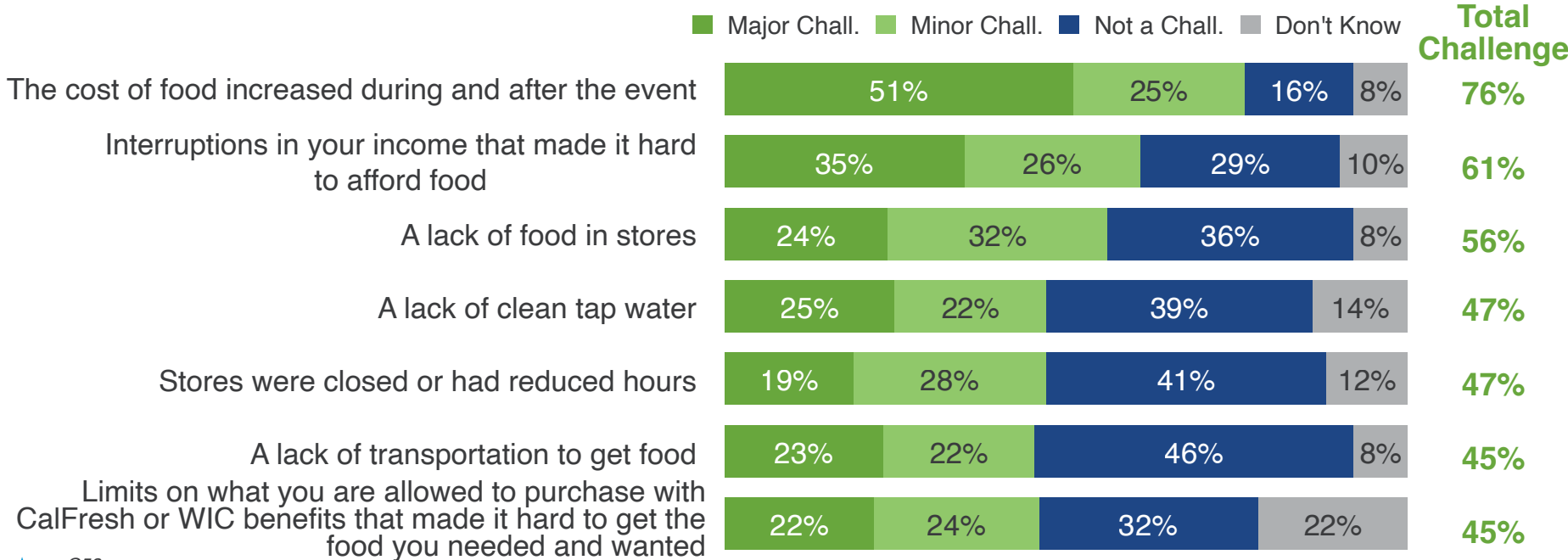
Two in five say extreme weather impacted their ability to get food.

Did the extreme weather in California affect your ability to get the food you and your family need and want:



The biggest challenge was the increase in the cost of food during and after the event.

Here are some challenges people may experience in getting food as a result of extreme weather in California. Please indicate if this was a major challenge for you, a minor challenge for you or not a challenge for you during and after extreme weather events.



Those in San Diego, Sacramento/Rural North and the Central Valley ranked the increase in cost highest as a challenge.

Total Challenge by Region

Getting Food as a Result of Extreme Weather	All Resp.	Los Angeles County	Counties Surrounding Los Angeles	Bay Area	San Diego	Sacramento / Rural North	Central Valley/ Central Coast
The cost of food increased during and after the event	76%	71%	78%	72%	81%	83%	82%
Interruptions in your income that made it hard to afford food	61%	55%	60%	64%	64%	71%	66%
A lack of food in stores	56%	51%	56%	54%	59%	59%	64%
A lack of clean tap water	47%	46%	45%	45%	52%	42%	55%
Stores were closed or had reduced hours	47%	45%	46%	45%	48%	48%	52%
A lack of transportation to get food	45%	44%	41%	48%	47%	51%	47%
Limits on what you are allowed to purchase with CalFresh or WIC benefits that made it hard to get the food you needed and wanted	45%	46%	40%	44%	48%	50%	49%

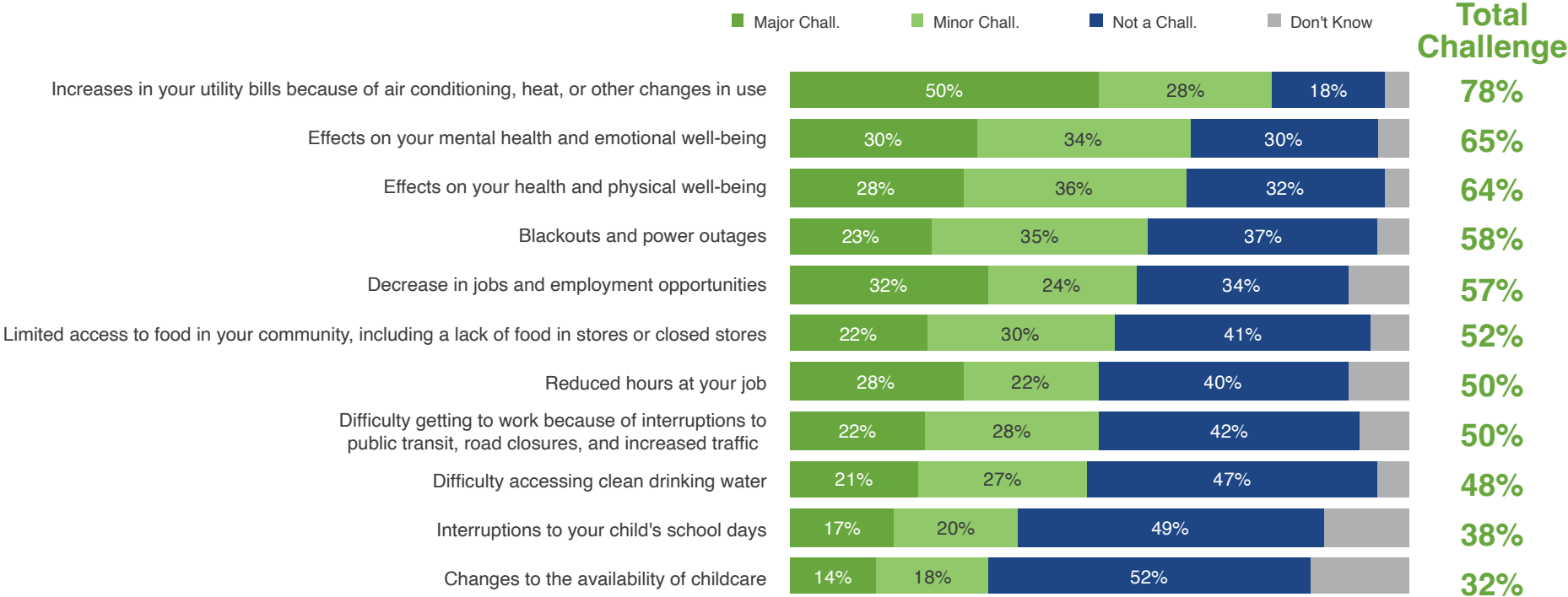


Q32. Here are some challenges people may experience in getting food as a result of extreme weather in California. For each, please indicate if this was a major challenge for you, a minor challenge for you or not a challenge for you during and after extreme weather events.

Food Insecurity and Hunger among Low- and Middle-Income Californians | October 2023

Increases in utility bills presented the greatest challenge, unrelated to food access.

Here are some challenges people may experience as a result of extreme weather in California. Please indicate if this was a major challenge for you, a minor challenge for you or not a challenge for you during and after extreme weather events.



Q53.

Respondents across the state rank the challenges similarly.

Total Challenge by Region

Challenge	All Resp.	Los Angeles County	Counties Surrounding Los Angeles	Bay Area	San Diego	Sacramento / Rural North	Central Valley/ Central Coast
Increases in your utility bills because of air conditioning, heat, or other changes in use	78%	75%	80%	71%	79%	88%	82%
Effects on your mental health and emotional well-being	65%	61%	65%	64%	65%	68%	69%
Effects on your health and physical well-being	64%	63%	61%	63%	73%	64%	66%
Blackouts and power outages	58%	58%	55%	57%	53%	71%	58%
Decrease in jobs and employment opportunities	57%	57%	53%	54%	53%	57%	63%
Limited access to food in your community, including a lack of food in stores or closed stores	52%	52%	49%	52%	59%	52%	54%
Reduced hours at your job	50%	52%	48%	50%	48%	44%	54%
Difficulty getting to work because of interruptions to public transit, road closures, and increased traffic	50%	54%	48%	46%	47%	50%	50%
Difficulty accessing clean drinking water	48%	46%	44%	49%	50%	49%	54%
Interruptions to your child's school days	38%	40%	35%	35%	38%	33%	41%
Changes to the availability of childcare	32%	34%	31%	33%	34%	26%	34%

Latino respondents rank the challenges higher than others do.

Total Challenge by Race/Ethnicity

Challenge	All Resp.	Whites	Latinos	African Americans	Asians/Pacific Islanders	All People of Color
Increases in your utility bills because of air conditioning, heat, or other changes in use	78%	75%	83%	74%	77%	80%
Effects on your mental health and emotional well-being	65%	64%	70%	64%	49%	65%
Effects on your health and physical well-being	64%	59%	72%	55%	55%	67%
Blackouts and power outages	58%	49%	65%	56%	65%	63%
Decrease in jobs and employment opportunities	57%	46%	69%	56%	49%	63%
Limited access to food in your community, including a lack of food in stores or closed stores	52%	41%	62%	55%	49%	59%
Reduced hours at your job	50%	37%	63%	50%	46%	58%
Difficulty getting to work because of interruptions to public transit, road closures, and increased traffic	50%	32%	65%	51%	57%	60%
Difficulty accessing clean drinking water	48%	36%	59%	52%	42%	55%
Interruptions to your child's school days	38%	21%	53%	39%	37%	47%
Changes to the availability of childcare	32%	17%	44%	37%	44%	41%



Parents rank the challenges higher than others, across the board.

Total Challenge by Parent Status

Challenge	All Resp.	Not Parents	All Parents	Single Parents
Increases in your utility bills because of air conditioning, heat, or other changes in use	78%	73%	83%	84%
Effects on your mental health and emotional well-being	65%	60%	69%	71%
Effects on your health and physical well-being	64%	57%	70%	72%
Blackouts and power outages	58%	53%	62%	64%
Decrease in jobs and employment opportunities	57%	48%	65%	67%
Limited access to food in your community, including a lack of food in stores or closed stores	52%	45%	59%	62%
Reduced hours at your job	50%	40%	60%	62%
Difficulty getting to work because of interruptions to public transit, road closures, and increased traffic	50%	40%	59%	64%
Difficulty accessing clean drinking water	48%	40%	55%	59%
Interruptions to your child's school days	38%	19%	56%	59%
Changes to the availability of childcare	32%	18%	47%	50%





For more information, contact:

Dave Metz
Dave@FM3research.com

Lucia Del Puppo
Lucia@FM3research.com