






Shae Gawlak

Fallbrook Food Pantry Fallbrook Food Pantry

Submission Date	Feb 27, 2022 4:30 PM	
Tax Exempt Status	YES	
What is your EIN/Tax Exempt 501(c)3 designation ID#?	330491216	
Service Area	Bonsall De Luz Fallbrook Rainbow	
Will no less than 80% of the program recipients live within the communities of Fallbrook, Rainbow, Bonsall or De Luz?	YES	
Collaborative/Joint Application	YES	
Collaborative Organization Name	Fallbrook Food Pantry Fallbrook Food Pantry	
Organization Information	Legal Name	Year Founded - use date of incorporation
	Fallbrook Food Pantry	1991
Contact Information	Contact Name	Title
	Shae Gawlak	Executive Director
	Primary Contact Phone	Email Address
	949-235-3539	director@fallbrookfoodpantry.org
Organization Mailing Address	140 N. Brandon Road Fallbrook, CA, 92028	
Organization Physical Address	140 N. Brandon Road Fallbrook, CA, 92028	
Board of Directors	 FFP BOARD MEMBERS BIO'S.pdf	
Financial Documents	 Fallbrook Food Pantry Audited Financials 12-31-2020.pdf	
Financial Documents	 BS 12.31.21.pdf	
	 P&L 2021.pdf	
Financial Documents		



Organization's Mission Statement

The Fallbrook Food Pantry is a non-profit organization primarily staffed by volunteers. Our mission is to provide an adequate and nutritious supply of food to individuals in our community who are in-need.

FFP serves low-income individuals and families at no cost to the participant by promoting health and wellness through food distribution and educational programming. We address social determinants of health and/or systems change focused on reducing social and health inequities.

Organization's Vision Statement

Fallbrook Food Pantry envisions a community where the pain and suffering caused by hunger do not exist. We envision a community where those in-need have access to an adequate and nutritious supply of food.

Organization History & Accomplishments

The Fallbrook Food Pantry has served low-income and disadvantaged families for nearly 30 years. Available to the community 5-days a week, we offer a well-balanced selection of food, promoting wellness for every individual who seeks our support. To date, we have served more than 30,000 individual households since 1991. Our history began when three churches joined forces to help feed those who were hungry in Greater Fallbrook. In 2001, the Pantry became a 501(c)3, and in 2019 we embraced our dream of purchasing a new facility. We have experienced tremendous growth in the last three years. Our numbers are a sheer reflection of what is going on in our economy—generosity, kindness and giving, but also deprivation, especially with our fixed-low-income seniors and disabled adults. FFP is determined to make sure that all individuals, families, seniors, and disabled adults have access to one of the most basic human needs—food.

The Foundation for Senior, incorporated in 1979, is the leading resource and service provider for seniors and disabled persons in the Fallbrook Area. We typically help about 1,300 seniors each year through our five core programs: Senior Care Advocacy, Transportation, Senior/Adult Day Care, Door-Through-Door-Through-Door (DTD), and Computer Learning Center.

We collaborate with public services and charitable organizations to assist seniors with medical care, advocacy, social support services, transportation, and finding resources specific to their needs. Through our outreach to other non-profits and connections with senior housing communities, our agency served over 1,400 seniors through the pandemic.

Organization Collaborations

FALLBROOK FOOD PANTRY:

- San Diego Food Bank
- Feeding San Diego
- Albertson's
- Grocery Outlet
- Major Market
- Sprouts
- Del Rey Avocado
 - Kendall Farms as well as local farmers and growers
 - CSUSM Nursing Program
 - Foundation for Senior Care
 - CSULA Dietetics Program

These long-lasting partnerships have allowed us the ability to provide fresh-organic produce and nutrient dense foods for our community in-need. Our partners with California State San Marcos and Los Angeles, have provided our clients with direct access to nurses who perform health screenings at the pantry every Wednesday, as well as working with a Registered Dietitian through our cooking classes now being offered frequently. Our collaborative partners enhance our programming in Greater Fallbrook and they give our clients extensive resources to help make their daily lives healthier.

FOUNDATION FOR SENIOR CARE

- Fallbrook Food Pantry – referrals for low-income food program and delivery
- You Are Not Alone (YANA) – for check-ins on isolated seniors
- North County Fire Protection District – program to identify seniors who are sent to the hospitals or need further assistance
- Adult Protective Services/Public Guardian – engaged to deal with potential abuse situations or for financial managers for those with dementia
- Hospitals and Skilled Nursing facilities – care management navigation, referrals, and Door Through Door assistance
- VFW Fallbrook – identify, sign-up, and coordinate the delivery of VFW homemade meals for Thanksgiving and Christmas
- Fallbrook Senior Center – help seniors set up home meal delivery.
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Is this a new initiative/service or established program?

Established Program

Program Name/Title

Seniors & Disabled Adults Nutr

Brief Program Description

Our Seniors & Disabled Adults Nutrition Program, in collaboration with the Foundation for Senior Care (FSC), has been designed specifically to alleviate the growing food insecurities concern with our fixed-low-income community members. Delivering weekly groceries, by an FFP driver, makes certain that all qualified/registered seniors/disabled adults obtain sustainable nutrition.

Funding Amount Being Requested

32500.00

FRHD Funding History: Was this program funded in the 2021.2022 CHC Grant cycle?

NO

Program Information - Type

Ongoing

Target Population - Age

	Percent of program participants
Children (infants to 12)	0
Young Adults (13-17)	0
Adults (18-60)	10
Seniors (60+)	90
We do not collect this data (indicate with 100%)*	

Target Population not collected - Age

n/a

Target Population - Gender

	Percent of program participants
Female	80
Male	20
Non-binary	
Unknown*	

*Target Population - Gender

n/a

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	100
Very Low (50%) Income Limits, ceiling of \$53,500	

	Percent of program participants
Low (80%) Income Limits, ceiling of \$85,600	
Higher Than Listed Limits	
We do not collect this data (indicate with 100%)*	

*Target Population - Income Level n/a

Projected number of residents that will directly benefit (participant/client) from this program. 150

Program/Services Description - Social Determinants of Health

Economic Stability (Employment, Food Insecurity, Housing Instability, Poverty)

Neighborhood & Built Environment (Access to Foods that Support Healthy Eating Patterns, Crime and Violence, Environmental Conditions, Quality of Housing)

Program/Services Description - FRHD Community Needs Assessment

Health (Healthy Food/Nutrition)

Statement of Need/Problem

According to the National Council on Aging, "3 out of 5 seniors who qualify for SNAP dollars (food stamps) do not participate. This means that 5.2 million seniors miss out on benefits. Older Americans who qualify for SNAP dollars are significantly less likely to participate in the program than other demographic groups. Several factors contribute to the low participation rate. Many seniors face barriers related to mobility, technology, and stigma and are discouraged by widespread myths about how the program works and who can qualify. Almost one-third of food insecure seniors are disabled. Nearly 65% of food-insecure seniors are younger than age 69. Food insecure seniors are worse off for a wide array of health outcomes. They have lower nutrient intakes and are more likely to suffer from diabetes, depression, limitations in activities of daily living (ADLs), high blood pressure, congestive heart failure, heart attacks, gum disease, and asthma."

Our collaborative Seniors & Disabled Adults Nutrition Program, with the Foundation for Senior Care, is a necessity in Greater Fallbrook. With more than 5,400 seniors residing in Fallbrook, alone, our services are a lifeline for our homebound-fixed income individuals who depend on us every day. Collectively FSC and FFP provide our clients, more than 300 seniors, with a support system that exceeds most program expectations, regarding the full care and treatment of a senior or disabled adult who may not have any family to assist them. The nutritional value we provide to keep them healthy and strong is imperative and no other service in town provides weekly groceries to our clients. FFP and FSC are an anchor in our community--a necessity for hundreds of seniors and adults; and without appropriate funding, we are not able to assist our most vulnerable community with their most basic human needs.

How are other organizations addressing this need in the community?

The Seniors & Disabled Adults Nutrition Program is the only no-cost grocery program, offering delivery as well, in Greater Fallbrook. FFP delivers free fresh produce, dairy (cheese, yogurt, milk products), sources of protein (canned and/or frozen), bread/baked goods, rice/pasta, canned commodities, and personal hygiene items—sustaining an individual for an additional 3-4 days.

The Foundation for Senior Care's Senior Care Advocacy program is the only service and program of its type in the Fallbrook community.

The Fallbrook Senior Center provides prepared meals to the senior community.

Program/Services Description - Program Entry & Follow Up

Recipients enter our program via a screening process facilitated by an FSC Care Advocate. Care AdvocateS spend one-on-one time with the prospective client to prepare a detailed needs assessment identifying the resources they need to age safely and comfortably at home. Resources may include transportation, In-Home Support Services or home health support, low-income assistance, and other resources that can assist clients with housing, emotional, social, and long-term care needs. Seniors and disabled citizens that demonstrate food insecurity may be referred to several nutrition assistance programs, depending on their income level. Those residents who qualify for no-cost FFP groceries, are referred to the Pantry. If the resident is mobility or mentally-impaired and cannot get to the Food Pantry, they are documented as a home-delivery qualified resident, and the Care Advocate completes a Home Delivery Application Form that is sent over to the FFP for processing.

The FFP staff member verifies the individual's appropriate qualifications (residence, income, age, personal ID, disability/health status, and dependents), and issues a Pantry ID Card for weekly food distribution. The FFP determines which day of the week they can provide the food distribution. FSC then informs the client of their weekly delivery schedule and FFP arranges for delivery.

When a client comes in or receives a home delivery for their food distribution, the FFP volunteer receptionist scans their card to track the date they came in (or food was delivered) and how many people in their household received food.

Program/Services Description - Program Activities

The Fallbrook Food Pantry, paired with the Foundation for Senior Care, creates a dynamic duo serving a population who often finds themselves with little means to survive.

The collaborative nutrition program is specifically designed to alleviate our fixed low-income

community members' growing food insecurity concerns. When our seniors and disabled participants receive nutritious foods that support their health and wellbeing and are specific to their dietary needs, our intervention systems are working. Items particular to an elder's diet, for example, may include supplemental nutritional drinks, prunes, applesauce, dairy, proteins, fresh fruits and vegetables, and even unrelated food items like hygiene products. FFP also provides special dietary items for gluten-free and sugar-free diets.

FFP maintains an emergency food policy that allows any person to receive food up to three times before needing to be interviewed and inducted as a client in the program. This code is essential and requires only a personal ID card/license to participate. For people who have lost their job or experienced a dire situation like an accident or illness that affects their financial status, the emergency system is monumental in preserving dignity and a basic human need, adequate nutrition. This emergency food policy is essential to the Foundation because we have many clients that will get referred to us without food in the home due to physical or mental disabilities. We have to provide immediate food sources before we can stabilize the situation.

The Seniors & Disabled Adults Nutrition Program has been life-saving because of the free food component, our Care Advocate services, and the delivery systems put in place. We build relationships and establish rapport to understand our senior and disabled community needs better. We provide a consistent source of nutritious food, alleviating the agonizing decision whether to pay for other essentials like medications or to put food on the table. High-risk individuals capable of getting to the Food Pantry are staying put in their homes due to COVID. We have eliminated that stress with our home delivery service. And those individuals who are without phone service can depend on us for their weekly food source.

When a client enters the Nutrition Program through the FFP directly, and the FFP observes that the client may have additional health, social, housing, or other needs, the FFP will refer the client to the FSC for further assessment and assistance.

Program Goal

1. FFP will provide a no-cost weekly menu of supplemental nutritious food to each low-income resident who qualifies for food assistance, and will coordinate with FSC to deliver that food for those who are mentally or mobility impaired, disabled, or otherwise constrained to the home.

2. FSC will create a nutritional needs assessment for prospective clients, and will refer eligible clients to the Food Pantry to ensure that Fallbrook area residents are receiving the appropriate nutritional support they require to live independently and thrive in their homes. A home delivery service will be provided by FSC for those eligible homebound seniors and/or disabled adults.

Program Objectives

1. FFP will provide 15-20 lbs of food weekly for each eligible low-income household and will coordinate a weekly delivery schedule for those who are homebound or otherwise disabled

2. FSC will conduct a nutritional needs evaluation for an average of 15 clients per month and share relevant information of those Food Pantry eligible recipients with the FFP, including those who qualify for delivery

Program Outcomes/Measurables

1. FFP will weigh and document the weekly household menu before distribution begins
2. FSC will record the number of nutritional evaluations conducted and the number of eligible referrals to the FFP
3. FSC and FFP will record the number of food deliveries provided during the FRHD year

Anticipated Acknowledgment

- Social Media Postings
- Signage at Service Sites
- Print Materials to Service Recipients
- Website Display

Anticipated Acknowledgment

- The FRHD logo will be affixed to the sides of FSC Care Vans AND FFP Box Truck
- The FSC will include the FRHD logo and official sponsor designation in company-wide emails
- The FFP & FSC Program brochures will feature the FRHD logo and official sponsor language
- FRHD logo and sponsor status will appear on FFP AND FSC websites
- The FFP AND FSC will promote district events every month via social media

Funding History

NO

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[22-23 FRHD CHC Program Funding Sources-SENIORS & DISABLED ADULTS NUTRITION PROGRAM.pdf](#)

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[22-23 FRHD CHC Program Budget-SENIORS & DISABLED ADULTS NUTRITION PROGRAM.pdf](#)

Terms and Conditions

Accepted

Authorized Signature

A handwritten signature in black ink, appearing to read 'Mae Hawlak'. The signature is fluid and cursive, with a long horizontal stroke at the end.