



**Organization Information**

**Legal Name**

Fallbrook Food Pantry

**Program Name/Title**

Alleviating Hunger

**Contact Information**

**Contact Name**

Shae Gawlak

**Title**

Executive Director

**Primary Contact Phone**

7607287608

**Email Address**

director@fallbrookfoodpantry.org

**Organization Mailing Address**

140 N. Brandon Road  
Fallbrook, CA, 92028

**Organization Physical Address**

140 N. Brandon Road  
Fallbrook , CA, 92028

**Total number of residents that benefited (participant/client) from this program this quarter.**

6060

**Target Population - Age**

	Percent of program participants	Total Number of Participants
Children (infants to 12)	30	2020
Young Adults (13-17)	10	606
Adults (18-60)	38	2302
Seniors (60+)	22	1212
We do not collect this data (indicate with 100%)*		

**Target Population not collected - Age**

n/a

## Target Population - Gender

	Percent of program participants	Total Number of Participants
Female	80	4848
Male	20	1212
Non-binary		
Unknown*		

### \*Target Population - Gender

n/a

## Target Population - Income Level

	Percent of program participants	Total Number of Participants
Extremely Low-Income Limits, ceiling of \$32,100	100	6060
Very Low (50%) Income Limits, ceiling of \$53,500		
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

### Program/Services Description - Social Determinants of Health

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

### Program/Services Description - FRHD Community Needs Assessment

Health (Healthy Food/Nutrition)

### Program Objectives

We will provide a weekly menu of supplemental nutritious food to everyone who qualifies for assistance.

### Program Outcomes/Measurables

We provided 6,060 individuals with an average of 10-15 pounds of healthy(nutritious) food each week for this quarter. Total amount of food distributed during Q3 was approximately 90,900 pounds.

### FRHD Grant Support Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

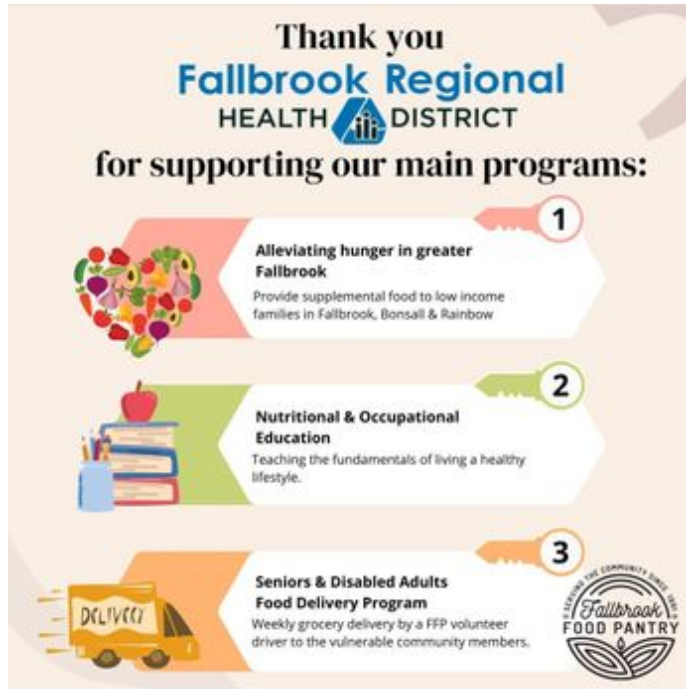
Website Display

Other

### FRHD Grant Support Acknowledgment

We permanently have advertised on our Box Truck the FRHD logo, along with our website. We acknowledged FRHD through posts on SM and in our quarterly newsletter.

**Please provide an example of how the District's grant funding was acknowledged.**



### Program Budget



2022-2023 GRANT REPORTI... .xlsx

### Impact Story



MEET KAREN.pdf

### Opportunities & Challenges

N/A



### MEET KAREN

Karen was already making tough financial decisions before the pandemic. A single mom with four children, who was working three part-time jobs, as a waitress, a customer service representative for a car rental company and a personal assistant (running errands for seniors) to make ends meet. Just before the shutdown, Karen had secured a full-time job at a hotel in Oceanside and was completing orientation when she was told not to come in the next day. She was never able to go back.

During the pandemic, the health and safety of her family came first. There were months when she could not afford rent, let alone expenses like gas for her minivan, which sadly became a luxury. After so many months of fretting over her hardships, she swallowed her pride and finally asked a friend to drive her to the food pantry to see if she would qualify.

Karen said she realized that so many people were going through the same thing that she was and that it didn't seem so embarrassing or humiliating anymore. She found comfort in knowing that our organization took the time to ask her, "how are you doing?" and "is there anything else you or your kids need that you aren't getting assistance for?" Karen said that once she saw the compassion and love from the Pantry's staff and volunteers towards all of the clients, she was pleased to have found the Fallbrook Food Pantry and to feel like someone really did care.

The funds received from the Fallbrook Regional Health District, makes such a huge impact on our underserved community's families, like Karen and her four kids, and it's because of this partnership and others, that their assistance allows us to help those in dire situations receive the services they so desperately need.

## FRHD CHC GRANT BUDGET REPORTING FORM

Agency Name: **FALLBROOK FOOD PANTRY**

PROGRAM NAME: **ALLEVIATING HUNGER IN GREATER F.**

Not all line items will correspond with your program budget. If the item does not fully align either leave it blank or in the best category possible. However, be sure your program budget is

A	INDIRECT EXPENSES:	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2
A1	Security/Fire Protection	\$ 6,000.00	\$ -		
A2	General Insurance (not program specific )	\$ 15,000.00	\$ -		
A3	Accounting & audit expenses	\$ 11,500.00	\$ -		
A4	Professional/Consultant/Contractor Fees	\$ 30,000.00	\$ -		
A5	Physical Assets (Rent, Facility Costs)	\$ 38,000.00	\$ -		
A6	Utilities	\$ 32,000.00	\$ 15,000.00	\$ 3,750.00	\$ 3,750.00
A7	IT & Internet	\$ 6,000.00	\$ -		
A8	Marketing & Communications	\$ 20,000.00	\$ -		
A9	Office Supplies	\$ 12,000.00	\$ -		
A10	Licenses/permits/fees	\$ 5,000.00	\$ -		
A11	Equipment/Building Reserves	\$ 60,000.00	\$ -		
<b>TOTAL INDIRECT EXPENSE</b>		<b>\$ 235,500.00</b>	<b>\$ 15,000.00</b>	<b>\$ 3,750.00</b>	<b>\$3,750.00</b>
B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2
B1	Salary - Executive Director (1.0)	\$ 70,000.00	\$ -		
B2	Salary - Program Manager (0.5)	\$ 30,000.00	\$ 20,000.00	\$ 5,000.00	\$ 5,000.00
B3	Salary - Case Manager (0.5)	\$ 25,000.00	\$ 10,000.00	\$ 2,500.00	\$ 2,500.00
B4	Salary (list position)	\$ -	\$ -		
B5	Payroll Expenses (WC, taxes)	\$ -	\$ -		
B6	Benefits	\$ -	\$ -		
B7	Other: specify	\$ -	\$ -		
<b>TOTAL PERSONNEL EXPENSE</b>		<b>\$ 125,000.00</b>	<b>\$ 30,000.00</b>	<b>\$ 7,500.00</b>	<b>\$7,500.00</b>
C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2
C1	Equipment	\$ 15,000.00	\$ -		
C2	Food & Distribution Supplies	\$ 60,000.00	\$ 30,000.00	\$ 7,500.00	\$ 7,500.00
C3	Printing/Duplicating	\$ 5,000.00	\$ -		
C4	Market (store) operations	\$ 30,000.00	\$ 10,000.00	\$ 2,500.00	\$ 2,500.00
C5	Vehicles	\$ 12,000.00	\$ 5,000.00	\$ 1,250.00	\$ 1,250.00
C6	Development	\$ 20,000.00	\$ -		
C7	Computer Software (client database)	\$ 4,200.00	\$ -		
C8	DMS (Kindful)	\$ 3,300.00	\$ -		
C9	0	\$ -	\$ -		
C10	0	\$ -	\$ -		
C11	0	\$ -	\$ -		
C12	0	\$ -	\$ -		
<b>TOTAL OTHER EXPENSES</b>		<b>\$ 149,500.00</b>	<b>\$ 45,000.00</b>	<b>\$ 11,250.00</b>	<b>\$11,250.00</b>
		<b>W</b>	<b>Z</b>	<b>\$ 22,500.00</b>	<b>\$ 22,500.00</b>
D	TOTALS	PROGRAM COST	TOTAL FUNDS AWARDED	TOTAL FUNDS EXPENDED YTD	
		<b>\$ 510,000.00</b>	<b>\$ 90,000.00</b>	<b>\$ 45,000.00</b>	

**ALLBROOK**

bank or group it  
 fully itemized.

<i>AMOUNT USED Q3</i>	<i>AMOUNT USED Q4</i>

**\$0.00**      **\$0.00**

<i>AMOUNT USED Q3</i>	<i>AMOUNT USED Q4</i>

**\$0.00**      **\$0.00**

<i>AMOUNT USED Q3</i>	<i>AMOUNT USED Q4</i>

**\$0.00**      **\$0.00**

\$   -      \$   -