



**Organization Information**

**Legal Name**

Fallbrook Food Pantry

**Program Name/Title**

Alleviating Hunger

**Contact Information**

**Contact Name**

Shae Gawlak

**Title**

Executive Director

**Primary Contact Phone**

760-728-7608

**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.**

6745

**Target Population - Age**

|   | Percent of program participants | Total Number of Participants |
|---|---------------------------------|------------------------------|
| Children (infants to 12)                          | 30                              | 2024                         |
| Young Adults (13-17)                              | 10                              | 675                          |
| Adults (18-60)                                    | 38                              | 2563                         |
| Seniors (60+)                                     | 22                              | 1484                         |
| 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                              | 5396                         |
| Male       | 20                              | 1349                         |
| 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                             | 6745                         |
| 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 6,745 individuals with an average of 10-15 pounds of healthy food per week this quarter. Total amount of food distributed during Q3 was approximately 101,175 pounds.

### FRHD Grant Support Acknowledgment

Social Media Postings

Website Display

Other

## FRHD Grant Support Acknowledgment

FFP acknowledged FRHD through social media campaigns, on our box truck (logo) that travels to San Marcos, San Diego, Vista, Oceanside, Carlsbad and Murrieta every week. We also have a permanent acknowledgment on our website and signage in our facility.

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



to our amazing Grantors who have supported us this quarter in making certain that we are able to continue our mission of feeding our hungry neighbors and educating them about living a healthier lifestyle!



## Impact Story



MEET ARACELI.pdf

## Program Budget



22-23 FRHD CHC Program F... .xlsx

## Opportunities & Challenges

This quarter we didn't experience anything unusual or out of the ordinary...but rather, what regularly acknowledge is that the close niche partnership we have had with FRHD for over twenty-years, has allowed us to grow and feed our hungry neighbors without ever having to turn anyone away...not ever!



## Meet Araceli



Araceli is an 18-year-old single mom living with her family and one other, here in Fallbrook. Araceli works on the weekends and needs help with her daughter, Michela, so together, these three families help support each other in their ability to provide a home for their children to grow up in. She was still pregnant with her daughter when she came to the Pantry for food assistance because her doctor told her that she wasn't getting enough nutrition. She has been a regular weekly shopper and we are so grateful we are able to support her nutritional needs as well as her daughter's.

The support from of the Fallbrook Regional Health District makes it possible for us to provide the kind of nutrition our community needs...especially for pregnant mothers-to-be and their children.

Agency Name: **FALLBROOK FOOD PANTRY**

PROGRAM NAME: **ALLEVIATING HUNGER IN GREATER FALLBROOK**

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

| <b>A</b>                       | <b>INDIRECT EXPENSES:</b>                    | <b>PROGRAM COST</b> | <b>REQUESTED FROM FRHD</b> | <b>AMOUNT USED Q1</b>           | <b>AMOUNT USED Q2</b> | <b>AMOUNT USED Q3</b> | <b>AMOUNT USED Q4</b> |
|--------------------------------|--|---------------------|----------------------------|---------------------------------|-----------------------|-----------------------|-----------------------|
| 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           | \$ 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>\$3,750.00</b>     | <b>\$0.00</b>         |
| <b>B</b>                       | <b>PERSONNEL EXPENSES - PROGRAM SPECIFIC</b> | <b>PROGRAM COST</b> | <b>REQUESTED FROM FRHD</b> | <b>AMOUNT USED Q1</b>           | <b>AMOUNT USED Q2</b> | <b>AMOUNT USED Q3</b> | <b>AMOUNT USED Q4</b> |
| 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           | \$ 5,000.00           |                       |
| B3                             | Salary - Case Manager (0.5)                  | \$ 25,000.00        | \$ 10,000.00               | \$ 2,500.00                     | \$ 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>     | <b>\$7,500.00</b>     | <b>\$0.00</b>         |
| <b>C</b>                       | <b>DIRECT PROGRAM EXPENSES</b>               | <b>PROGRAM COST</b> | <b>REQUESTED FROM FRHD</b> | <b>AMOUNT USED Q1</b>           | <b>AMOUNT USED Q2</b> | <b>AMOUNT USED Q3</b> | <b>AMOUNT USED Q4</b> |
| C1                             | Equipment                                    | \$ 15,000.00        | \$ -                       |                                 |                       |                       |                       |
| C2                             | Food & Distribution Supplies                 | \$ 60,000.00        | \$ 30,000.00               | \$ 7,500.00                     | \$ 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           | \$ 2,500.00           |                       |
| C5                             | Vehicles                                     | \$ 12,000.00        | \$ 5,000.00                | \$ 1,250.00                     | \$ 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>\$11,250.00</b>    | <b>\$0.00</b>         |
|                                |  | <b>W</b>            | <b>Z</b>                   |                                 |                       |                       |                       |
| <b>D</b>                       | <b>TOTALS</b>                                | <b>PROGRAM COST</b> | <b>TOTAL FUNDS AWARDED</b> | <b>TOTAL FUNDS EXPENDED YTD</b> |                       |                       |                       |
|                                |  | <b>\$510,000.00</b> | <b>\$90,000.00</b>         | <b>\$67,500.00</b>              |                       |                       |                       |