

FY22.23-Q1 FRHD Community Health Contract Grant Impact Report

Organization Information

Legal Name

Fallbrook Senior Citizens Service Club, Inc

DBA (if Applicable)

Fallbrook Senior Center

Program Name/Title

Congregate Meal Program

Target Population - Age

	Percent of program participants	Total Number of Participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	.4	6
Seniors (60+)	99.6	131
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	63	83
Male	37	48
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	73	95
Very Low (50%) Income Limits, ceiling of \$53,500	23	30
Low (80%) Income Limits, ceiling of \$85,600	4	6
Higher Than Listed Limits		
We do not collect this data (indicate with 100%)*		

*Target Population - Income Level

N/A

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

131

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 (Diabetes - prevention, management)

Health (Cholesterol, High Blood Pressure, Hypertension, Obesity)

Health (Healthy Food/Nutrition)

Social (Economic Security, Health Literacy, Family/Child Support, Legal/Advocacy)

Program Objectives

Goal 1 Statement: The primary goal of the Congregate Meal Program is to alleviate food insecurity by providing hot, freshly prepared nutritious meals daily to as many seniors as possible in the greater Fallbrook area, who otherwise would not have regular access to such meals.

Program Outcomes/Measurables

To meet the stated goal, The Fallbrook Senior Center has provided approximately 30 meals each day, five days a week, at no cost to seniors (60+), in a Congregate setting to encourage socialization. Meals provided were substantial, hot and nutritious, meeting the strict dietary guidelines established by the San Diego County AIS and based on the specific nutritional needs of seniors. Menu plans, food preparation, and meal service successfully passed all the San Diego County inspections conducted

during the 1st quarter thus ensuring that all clients served received one third of their daily nutritional needs. During the 1st quarter we served 1850 meals to seniors and 131 residents of the Health District directly benefited from the Congregate Meal Program

FRHD Grant Support Acknowledgment

Social Media Postings

Print Materials to Service Recipients

Website Display

FRHD Grant Support Acknowledgment

The Fallbrook Regional Health District logo is listed under our Supporters and Partnerships category in our monthly newsletter *The Senior Center Chronicle*. The FRHD logo is also on our monthly menu page. The Senior Center Chronicle is distributed to 400 members every month. Total outreach for the 1st quarter was 1200 newsletters distributed.

The FRHD logo is also prominently displayed on our website under About Us - Supporters.

Contact Information

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Title

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Impact Story



Participant Impact Story.docx