



Organization Information

Legal Name

Fallbrook Food Pantry

Program Name/Title

Seniors & Disabled Adults Nutr

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.

2945

Target Population - Age

	Percent of program participants	Total Number of Participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	3	88
Seniors (60+)	97	2857
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	2356
Male	20	589
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	2945
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)

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)

Program Objectives

FFP will provide 15-20 pounds of food, weekly, to each eligible low-income senior and/or disabled adult who seeks food assistance and for those who are homebound. FSC will conduct a nutritional needs evaluation for an average of 15 clients per month and will share the relevant findings with FFP-including those who qualify for home delivery services.

Program Outcomes/Measurables

1. HOME DELIVERIES: FFP delivered to 89 qualified seniors and/or disabled households/123 individuals-providing each person in the household with approximately 15 pounds of food, weekly during this quarter, for a total of 22,140 pounds with a total of 1,068 deliveries made during the 3rd quarter of 2022/2023. During the holidays FFP provided every home delivery household with a \$50 Albertson's gift card, as well.

2. DAILY DISTRIBUTION: FFP distributed food to 1,877 senior individuals from the Pantry during Q3, providing 28,250 pounds of food.

3. FSC: provided the Pantry with 3 additional seniors who needed food assistance delivered to their homes this quarter.

FRHD Grant Support Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

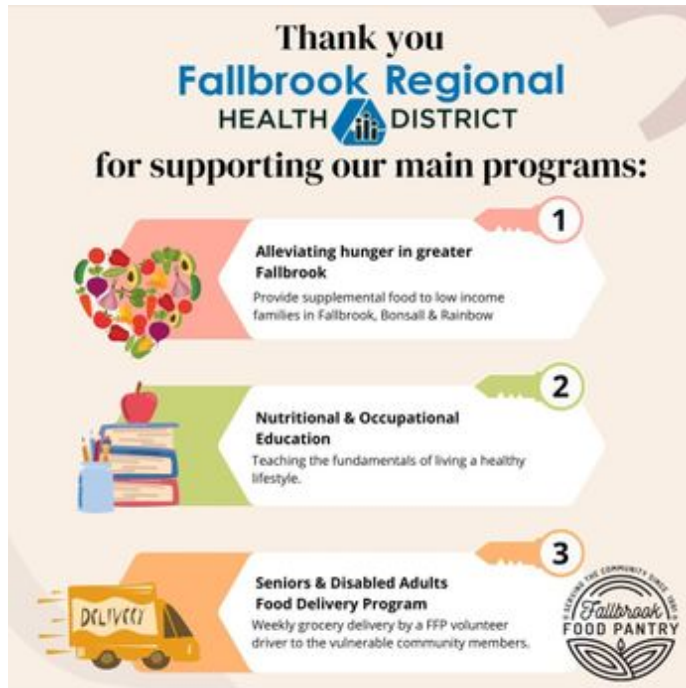
Website Display

Other

FRHD Grant Support Acknowledgment

FFP acknowledge FRHD through these media platforms: website, newsletter, social media, box truck and facility signage.

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



Program Budget



Impact Story



Opportunities & Challenges

n/a

FRHD CHC GRANT BUDGET REPORTING FORM

Agency Name:	FALLBROOK FOOD PANTRY collaborative with FSC	PROGRAM NAME:	SENIORS & DISABLED ADULTS NUTRITION PROGRAM
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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.

A	INDIRECT EXPENSES:	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
A1	<i>Security/Fire Protection</i>	\$ 1,000.00	\$ -				
A2	<i>General Insurance (not program specific)</i>	\$15,000.00	\$ -				
A3	<i>Accounting & audit expenses</i>	\$ -	\$ -				
A4	<i>Professiona/Consultant/Contractor Fees</i>	\$ 5,000.00	\$ -				
A5	<i>Physical Assets (Rent, Facility Costs)</i>	\$ 5,000.00	\$ -				
A6	<i>Utilities</i>	\$ 6,000.00					
A7	<i>IT & Internet</i>	\$ 2,000.00	\$ -				
A8	<i>Marketing & Communications</i>	\$ 5,000.00	\$ -				
A9	<i>Office Supplies</i>	\$ 4,000.00	\$ -				
A10	<i>Licenses/permits/fees</i>	\$ 1,500.00	\$ -				
A11	<i>Equipment/Building Reserves</i>	\$ -	\$ -				
TOTAL INDIRECT EXPENSE		\$44,500.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
B1	<i>Salary - Executive Director (1.0)</i>	\$ 5,000.00	\$ -				
B2	<i>Salary - Program Manager (0.5)</i>	\$10,000.00	\$ -				
B3	<i>Salary - Case Manager (0.5)</i>	\$10,000.00	\$ -				
B4	<i>Salary - Driver (0.5)</i>	\$10,000.00					
B5	<i>Payroll Expenses (WC, taxes)</i>	\$ -	\$ -				
B6	<i>Benefits</i>	\$ -	\$ -				
B7	<i>Other: specify</i>	\$ -	\$ -				
TOTAL PERSONNEL EXPENSE		\$35,000.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
C1	<i>Equipment</i>	\$ 2,500.00	\$ -				
C2	<i>Food & Distribution Supplies</i>	\$40,000.00	\$ 10,400.00	\$ 2,600.00			
C3	<i>Printing/Duplicating</i>	\$ 2,500.00	\$ -				
C4	<i>Market (store) operations</i>	\$ -					
C5	<i>Vehicles</i>	\$ 5,000.00					
C6	<i>Development</i>	\$ 2,500.00	\$ -				
C7	<i>Computer Software (client database)</i>	\$ -	\$ -				
C8	<i>DMS (Kindful)</i>	\$ -	\$ -				
C9	<i>0</i>	\$ -	\$ -				
C10	<i>0</i>	\$ -	\$ -				
C11	<i>0</i>	\$ -	\$ -				
C12	<i>0</i>	\$ -	\$ -				
TOTAL OTHER EXPENSES		\$52,500.00	\$10,400.00	\$2,600.00	\$0.00	\$0.00	\$0.00
		W	Z				
D	TOTALS	PROGRAM COST	TOTAL FUNDS AWARDED	TOTAL FUNDS EXPENDED YTD			
		\$142,000.00	\$10,400.00	\$2,600.00			



MEET THERESA

Theresa moved to Fallbrook to live near her son in the fall of 2018. That summer, Theresa and her husband, Henry lost their home up north due to a fire, and then her husband passed away unexpectedly just a few weeks later. Today, Theresa lives alone in a senior's only community, down the street from her son and grandchildren.

With only her social security for monthly income, Theresa is living on a very tight budget. Once her rent and other bills have been paid, there isn't much left over for groceries – certainly not enough to be able to afford very many healthy options. While her son tries to help her financially when he can, Theresa worries about being a burden on him.

Theresa spent much of her life working for non-profits, mostly as a grant writer. During all of those years spent working to serve her community, she never imagined the day would come that she'd be the one needing the help of organizations like the Fallbrook Food Pantry. Theresa is currently homebound because of a hip injury (slip and fall) that turned to having to have surgery this past November and then rehabilitation for the next 3-6 months.

Shortly after moving here, a neighbor told Theresa about the Senior Box program (CSFP), which is delivered right to her home along with her weekly groceries. She signed up for the program, and now gets a box of pantry items each month, plus an array of beautiful fruits and vegetables with her regular weekly delivery. Theresa tells us she really loves the fresh produce and was so excited she received her first home delivery last month.