

Organization Information

Legal Name

FALLBROOK FOOD PANTRY

DBA (if Applicable)

FALLBROOK FOOD PANTRY

Program Name/Title

ALLEVIATING HUNGER IN GREATER FALLBROOK

Brief Program Description

FFP Daily Food distribution is fueled by rescued food such as fresh produce and perishable and non-perishable food items from our local community grocery stores, businesses, and individuals. Dairy products, proteins, and additional products are purchased to balance out our weekly menus.

Open five days a week we offer a free nutritious food to low-income individuals and families. Our pantry allows clients to choose their food, giving them a sense of dignity and control and enabling them to tailor their diet to their unique situations. Weekly menus are based on the MyPlate.gov recommendations and includes locally sourced, culturally appropriate foods.

Funding Amount Awarded

75000

Target Population - Age

| | Percent of program participants for the full grant cycle | Total number of participants |
|---------------------------------------------------|----------------------------------------------------------|------------------------------|
| Children (infants to 12) | 30 | 2369 |
| Young Adults (13-17) | 10 | 790 |
| Adults (18-60) | 38 | 3000 |
| Seniors (60+) | 22 | 1737 |
| We do not collect this data (indicate with 100%)* | | |

Target Population not collected - Age

n/a

Target Population - Gender

| | Final 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 | |
| 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 Goal & Objectives

Addressing hunger is an unfortunate reality in our community and the Fallbrook Food Pantry's goal is to help alleviate this issue, to the best of our abilities.

GOAL: We will provide each individual in need of food assistance with a minimum of 10-12 pounds of nutritious food, per person, once per week.

Program Outcomes & Measurables

We track every households number of visits, along with the amount of food every person receives weekly. This allows us to track how much food is being distributed as well as the programs participation.

Anticipated Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

Terms and Conditions

Accepted

Authorized Signature

A handwritten signature in black ink, appearing to read "John A. Gault".

Contact Information

Contact Name

Shae Gawlak

Title

CEO

Primary Contact Phone

9492353539

Email Address

director@fallbrookfoodpantry.org

Writing Instructions:

What language(s) did this program accommodate:

English

Spanish

Tagalog

Acknowledgment of District Support



WEBSITE ACKNOWLEDGEM... .pdf

Impact Story



Meet the Gonzales Family.pdf

Impact Story



Meet the Gonzales Family.pdf

Program Budget



ALLEVIATING HUNGER BUD... .xlsx

Actual number of residents that directly benefited (participant/client) from this program during the entire grant cycle.

7896



WEBSITE ACKNOWLEDGEMENT

Our Major Donors





Meet the Gonzales Family

The Gonzales family, Maria, her husband Jose, and their two young children, Rosy and Enrique, has faced a tough year, this year. Jose lost his job due to company downsizing, and Maria's part-time work as a cashier wasn't enough to cover their bills and provide nutritious meals for their family. The stress of financial instability was taking a toll on their health and well-being.

Maria heard about the Fallbrook Food Pantry from her neighbor. Feeling hesitant but desperate, she decided to visit. From the moment she walked in, she was greeted with warmth and understanding. The pantry's Client Relations Manager listened to her story and reassured her that she wasn't alone.

Every week, Maria visits the pantry and picks up fresh fruits, vegetables, dairy products, and other commodities. The consistent support the Gonzales family receives, of having balanced meals without worrying about where their next meal comes from, brings relief to their household, knowing that FFP is here to provide hope and stability.

Without the continued financial support from the Fallbrook Regional Health District, we could not provide every household with nutritious food options, nor could we consistently help new families seeking assistance in Greater Fallbrook.

Agency Name: **FALLBROOK FOOD PANTRY** PROGRAM NAME: **ALLEVIATING HUNGER**

The main categories align with the budget submitted with your application. Aggregate totals are all that should be reported under each heading.

| | | | | | | | | |
|----|----------|----------------------------------------------|---------------------|---------------------|--------------------|--------------------|--------------------|--------------------|
| 1) | A | INDIRECT EXPENSES: | PROGRAM COST | REQUESTED FROM FRHD | AMOUNT USED Q1 | AMOUNT USED Q2 | AMOUNT USED Q3 | AMOUNT USED Q4 |
| | | TOTAL INDIRECT EXPENSE | \$224,500.00 | \$0.00 | | | | |
| | B | PERSONNEL EXPENSES - PROGRAM SPECIFIC | PROGRAM COST | REQUESTED FROM FRHD | AMOUNT USED Q1 | AMOUNT USED Q2 | AMOUNT USED Q3 | AMOUNT USED Q4 |
| | | TOTAL PERSONNEL EXPENSE | \$249,500.00 | \$35,000.00 | \$8,750.00 | \$8,750.00 | \$8,750.00 | \$8,750.00 |
| | C | DIRECT PROGRAM EXPENSES | PROGRAM COST | REQUESTED FROM FRHD | AMOUNT USED Q1 | AMOUNT USED Q2 | AMOUNT USED Q3 | AMOUNT USED Q4 |
| | | TOTAL OTHER EXPENSES | \$123,000.00 | \$40,000.00 | \$10,000.00 | \$10,000.00 | \$10,000.00 | \$10,000.00 |
| | D | TOTALS | PROGRAM COST | FRHD Funds Awarded | Total Amount Q1 | Total Amount Q2 | Total Amount Q3 | Total Amount Q4 |
| | | | \$597,000.00 | \$75,000.00 | \$18,750.00 | \$18,750.00 | \$18,750.00 | \$18,750.00 |

Total funds expended to date: **\$75,000.00**