

## Organization Information

### Legal Name

Fallbrook Food Pantry

### DBA (if Applicable)

n/a

## Program Name/Title

ALLEVIATING HUNGER IN GREATER FALLBROOK

## Brief Program Description

Food insecurity in Fallbrook and San Diego County is a complex issue resulting from poverty, inflation, lack of affordable housing, low wages, racial inequities, lack of access to affordable nutritious food, health problems, and high medical costs.

[Healthy food is expensive, making it especially challenging for the 20% of low-income Fallbrook area households who worry about making ends meet each month. Food insecure families are often forced to decide between basic needs like housing or transportation or buying healthy food.](#)

## Funding Amount Awarded

75000

## Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	30	1247
Young Adults (13-17)	10	416
Adults (18-60)	38	1580
Seniors (60+)	22	915
We do not collect this data (indicate with 100%)*		

## Target Population not collected - Age

N/A

## Target Population - Gender

	Percent of program participants
Female	80
Male	20
Non-binary	
Unknown*	

### \*Target Population - Gender

We serve everyone of all ages who qualify for food assistance. Age is not a factor for us.

### 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

We collect data regarding all clients income. Our policy is to follow the Federal Guidelines of Poverty for income qualification.

### Actual number of residents that directly benefited (participant/client) from this program during this quarter.

4157

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

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

### 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.

We will provide each individual in need with a minimum of 10-12 pounds of food, per person, every week.

### Program Outcomes & Measurables

To evaluate that we reach the intended outcome of providing 6.500 people in our community, we will track the number of visits and the amount and type of food distributed across all our programs. Each FFP client receives a card to monitor each time they visit the pantry. This allows us to track how much and what type of food is distributed as well as program participants.

Every week we create a different menu, which is designed to provide each person in the household with adequate nutrition (protein, grains, fruit, vegetables, dairy). We track everyone's weekly visits through our CRM software OASIS. Here we are able to extract reports that focus on specific demographics like age, gender, ethnicity, family size, income, number of visits, etc.

## Anticipated Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

Other

## Terms and Conditions

Accepted

## Authorized Signature



## Contact Information

### Contact Name

Shae Gawlak

### Title

CEO

### Primary Contact Phone

949-235-3539

### Email Address

director@fallbrookfoodpantry.org

## Writing Instructions:

What language(s) does this program accommodate:

English

Spanish

Tagalog

## Acknowledgment of District Support



## Acknowledgment of District Support



### Impact Story

 [PANTRY IMPACT STORY.pdf](#)

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 [PANTRY IMPACT STORY.pdf](#)

### Program Budget



ALLEVIATING HUNGER BUD... .xlsx



These are just a few of the faces that we serve every day at the Fallbrook Food Pantry. Our clients depend on us for one of their basic rights, access to food. We take great pride in being able to provide healthy food options to our community in need, and it's because of our partnership with the Fallbrook Regional Health District that allows us to keep fresh daily produce on our shelves. Each client that comes to the Pantry, not only is experiencing food insecurity, but they also struggle with other basic needs, and the relationships we have cultivated for over 30 years has given us the ability to support them with other resources, such as nutrition education and life skills training.

THANK YOU FRHD FOR YOUR CONTINUED SUPPORT OF OUR COMMUNITY IN NEED!

# Our Generous Donors, Sponsors, and Grantors

Financial support from grants, businesses, churches, individuals and service organizations provide the necessary funds needed to maintain our extensive programs, for both the Pantry and Learning Center, and it's because of the generosity of a community filled with caring people and partners, that our organization can support the ever-expanding needs of our underserved friends and neighbors.



*"As we express our gratitude, we must never forget that the highest appreciation is not to utter the words, but to live by them." - JFK*





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)	<b>A</b>	<b>INDIRECT EXPENSES:</b>	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL INDIRECT EXPENSE	<b>\$224,500.00</b>	<b>\$0.00</b>				
	<b>B</b>	<b>PERSONNEL EXPENSES - PROGRAM SPECIFIC</b>	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL PERSONNEL EXPENSE	<b>\$249,500.00</b>	<b>\$35,000.00</b>	<b>\$8,750.00</b>	<b>\$8,750.00</b>	<b>\$8,750.00</b>	
	<b>C</b>	<b>DIRECT PROGRAM EXPENSES</b>	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL OTHER EXPENSES	<b>\$123,000.00</b>	<b>\$40,000.00</b>	<b>\$10,000.00</b>	<b>\$10,000.00</b>	<b>\$10,000.00</b>	
	<b>D</b>	<b>TOTALS</b>	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
			<b>\$597,000.00</b>	<b>\$0.13</b>	<b>\$18,750.00</b>	<b>\$18,750.00</b>	<b>\$18,750.00</b>	<b>\$0.00</b>

Total funds expended to date: **\$56,250.00**