

Organization

Official Name: FALLBROOK FOOD PANTRY

***Legal Name:** Fallbrook Food Pantry

***Year Company was Founded:** 1991

***Address:** 140 N. Brandon Road

Address (2):

***City:** Fallbrook

State: California

Zip/Postal Code: 92028

***Main Telephone:** 7607287608

Main Fax:

Website Address: www.fallbrookfoodpantry.org

***Main Email Address:** director@fallbrookfoodpantry.org

***Mission Statement and History:** The Fallbrook Food Pantry is a non-profit organization primarily staffed by volunteers, serving our community in-need since 1991. Our mission is to provide an adequate and nutritious supply of food to individuals in our community who are in-need, while also encouraging them to make healthy choices through education.

***Board of Directors :** DR. DALE MITCHELL, PRESIDENT

Dale is retired, he served 36 yrs in public education, including 6 yrs as superintendent of the Fallbrook Union High School District.

VI DUPRE, TREASURER

Vi is retired she was the administrator of the Fallbrook Regional Healthcare District, from 2006-2017, and has been the active Treasurer for three-years now.

CATHY CONRAD, SECRETARY

Cathy has a BA in Psychology from the University of Colorado and her career has been in real estate finance.

HENRY LYKKEN, PRESIDENT-ELECT

Henry is retired from IBM after 30 yrs, his experience is in systems design, sales, marketing, and management. He is a graduate of the University of Minnesota in business administration. Henry has served as an adviser to the business incubator of Austin, TX and has held the position of Board President of their local water board.

YOUNG MILTON, PAST PRESIDENT

Young has a bachelor's degree in Information Systems Management from Brigham Young University and worked as a billing systems analyst for many years.

CATHERINE SOUSA

Catherine retired from Bank of America after devoting 32yrs.

JEFF BRANTLEY

Jeff owns/operates Grocery Outlet in Fallbrook. He has been in the food retail industry for over 40yrs; retiring from a 38yrs run with Safeway/Vons/Albertsons Company.

RICK KOOLE

Dr. Richard Koole is the Senior Pastor of LifePointe Church in Fallbrook. He serves as Chairman of the Board of the Pacific Church Network.

JEAN DOOLEY

Jean is a retired teacher after 30yrs in Fallbrook.

PETE FREDERICKSEN

Pete was a Marine who served our country in Vietnam with several tours, and retired after 20yrs of service. He also is a retired Special Needs School Teacher of 21yrs.

RON STEBNER

Ron was an enlistee with the United States Air Force and become a private civilian pilot after serving his country for 4yrs. Ron retired from flying after 20yrs. He then retired after 20yrs at Potter Jr. High teaching history and being a Vice Principle.

Most Recent 990: 2018 taxes 1-14.pdf

***Most recent audited financial statement with management letter:** 2019 P&L-Balance Sheet.pdf

Proposal

***Request Owner:** Rachel Mason

Request Source: External (Submitted 04/10/2020)

Proposal Type: Ongoing Program

Agency Capability

Briefly describe your organization's history and accomplishments. :

The Fallbrook Food Pantry (FFP) was established in 1991 to serve those in need whose income falls below the federal poverty level and live in Fallbrook, Bonsall, Pala, De Luz, and Rainbow. Since our inception, we have distributed more than 20-million pounds of food to our community in-need.

After 25 years of renting a small facility off Mission Road, in Fallbrook, the Pantry successfully purchased its own building in April of 2019 at 140 N. Brandon Road. With the direction of the board, FFP was able to set aside reserve funds consecutively for 10-years to make this dream a reality. Last September we moved into our new home and have since grown exponentially--our families served went from 528 to 1,100 households in under one calendar year, this includes 331 senior households serving 538 individuals. Our volunteer base has risen from 80 each month to 114, and with this growth has come extreme operational efficiencies. Standard Operating Procedures have been developed for all programs, as well as facility maintenance & repairs schedules. For 2020, we were able to bring in a professional CPA and Auditing firm, who are currently conducting a thorough analysis and with these discoveries, we reflect now positive cash flow and working capital. Our operation is becoming a fine oiled machine.

What are the current activities and/or programs offered by your organization?:

Our Market Style Distribution program is offered to clients, who have requested regular assistance and are then interviewed by one of our Volunteer Interviewers. If they meet the federal guidelines of poverty, they are then given an ID card which qualifies them to receive weekly food issues from our Pantry. Our weekly menu is based on the MyPlate.gov recommendations. During 2019, we distributed 1.5 million pounds of food to local families with more than 30,000 household visits.

Our collaborative Seniors & Disabled Adults program, with Foundation for Senior Care (FSC), has been designed specifically to alleviate the growing food insecurities concern with our fixed-low-income community members. For those seniors and/or disabled adults who are home bound, this service provides them with weekly food (groceries) deliveries. While FSC Care Advocates performs their health needs assessments during the initial interview with the client, the advocates are able to assess each individuals personal needs based upon their income, health (mental, physical and emotional) status and environment, which are determined by these three categories: Policy Change, Systems Change, and Environmental Change. This process allows FFP to garner important KPI's (key performance indicators) that provides a sustainable procedure for determining food distribution and hygiene needs for every client and gives FFP the ability to track quantifiable and quantitative data based on specificity.

Our Neighborhood Distribution program distributed 196,000 pounds of fresh fruits and vegetables in 2019. This is a monthly food distribution which helped an average of 1,050 clients per month. In our Food for Thought program, we provided nutritional assistance to 100 students, on average, for two twelve-week programs. Our Victory Outreach program helped an average of 40 clients a month recovering from Substance Use Disorder. Recently, Calvary Chapel and Project TOUCH-Fallbrook, partnered to help homeless men get off the streets, get sober and find jobs. FFP provides weekly food for these men and as well as helping them with community service hours, which are required for them to maintain their residence at the house.

Currently, we are working with Frazier Elementary School, providing 75 families (approximately 200 people) with supplemental food once a month. This is being spearheaded by the President of their PTA and FFP. We are partnering up with San Diego Food Bank to provide extra food to be delivered to the pantry so we can sort and box items for Frazier students. Our test pilot program, providing food to 50 families during Thanksgiving and Christmas, was a huge success and we have now begun the process of formalizing this program within the school to be permanent.

List and describe current collaborations with other organizations that enhance your ability to provide services through this program.:

Our on-going community collaborations are with the Public Health Nursing students from Cal State San Marcos School of Nursing who assists with the facilitation of "Cooking Matters" (a nutrition class provided through Feeding America) for Adults and Youth, that educates people about cooking nutritious dishes, meal preparation and shopping on a budget. Through this program and while offering health screenings at our sites, there were over 300 diabetes and blood pressure screenings performed in 2019. Many of these screenings either detected pre-diabetes, first time diagnosis of diabetes and/or assisted with a prevention program. If one of our nurses discovers that a client has any health concerns, requiring more than a simple screening, they will refer the client to local doctors to receive continued healthcare supervision and support.

We have an ongoing collaboration with the Foundation for Senior Care to use Care Van transportation for our clients, as well as for homebound seniors and disabled adults who cannot get to the pantry for food. We provide a weekly home delivery service to meet the nutritional needs of our fixed income community members.

The Jack E. Johns Fallbrook Family Health Center and the Fallbrook Smiles Project all promote healthy habits, disease prevention and wellness programs, too, and provide screenings at our monthly Neighborhood Distribution event.

We collaborate with San Diego Food Bank and Feeding San Diego where all our food commodities are purchased and/or are donated from.

We are the distribution point for our Christmas toy donation program, Adopt-A-Family, sponsored by several local organizations, churches and individuals. In 2019, 250 families (more than 500 kids) received gifts and a Christmas dinner.

In March 2019 we collaborated with the Boys & Girls Club to offer Cooking Matters for Kids, an 8-week course educating youth about healthy choices and meal preparation.

Our longest running collaborative partnership has successfully been with the Fallbrook Regional Health District, since before 2002. Without this relationship, FFP could not feed the thousands of people that we do each year. It is this collaborative that stemmed NCCCHI in 2016, where seven local non-profits came together to address larger issues within our community and make a commitment that this group would work diligently to alleviate, eliminate and possibly cure specific health indicators directly related to poverty, obesity, diabetes, cardiovascular disease and hypertension. Even after the sun-setting of this group in early 2019, we all have maintained strong-working commitments to each other to continue the work and keep our community safe, healthy and strong.

Program Information

Is this application being submitted in collaboration with another agency?: No

Project Title: FFP Learning Center--Educational Nutrition Programs

Requested Cash Amount: \$50,300.00

This is an ongoing program that began on: 06/19/2017

Name of the person submitting the grant: Shae Gawlak
949-235-3539
director@fallbrookfoodpantry.org

Name of Program Coordinator: Shae Gawlak
949-235-3539
director@fallbrookfoodpantry.org

Is the Program Coordinator responsible for submitting quarterly reports?: Yes

Ages Served: Children (infants to 12): 22%
Young adults (13-18): 18%
Adults (18-60): 37%
Seniors (60+): 23%

Gender: Female: 80%
Male: 20%

Select the income limit category of your target population: Extremely Low-Income Limits, ceiling of \$32,100

Projected number of residents (participant/client) that will directly benefit from this program: 1300

Projected number of residents that will indirectly benefit from this program: 3500

How will the program be staffed?: Paid: 25%
Volunteer: 75%

Statement of Problem/Needs Assessment

Discuss the need for the proposed program or service within the District.:

POVERTY-HUNGER-EDUCATION

Absolute poverty is defined as "a condition characterized by severe deprivation of basic human needs, including food, safe drinking water, sanitation facilities, health, shelter, education and information. It depends not only on income but also on access to services. Overall poverty takes various forms, including lack of income and productive resources to ensure sustainable livelihoods; hunger and malnutrition; ill health; limited or lack of access to education and other basic services; increased morbidity and mortality from illness; homelessness and inadequate housing; unsafe environments and social discrimination and exclusion. It is also characterized by lack of participation in decision making and in civil, social and cultural life. It occurs in all countries: even pockets of poverty amid wealth in developed countries, loss of livelihoods as a result of economic recession, sudden poverty as a result of disaster or conflict, the poverty of low-income workers, and the utter destitution of people who fall outside family support systems, social institutions and safety nets. Fundamentally, poverty is a denial of choices and opportunities, a violation of human dignity. It means lack of basic capacity to participate effectively in society. It means not having enough to feed and cloth a family, not having a school or clinic to go to, not having the land on which to grow one's food or a job to earn one's living, not having access to credit. It means insecurity, powerlessness and exclusion of individuals, households and communities. It means susceptibility to violence, and it

often implies living on marginal or fragile environments, without access to clean water or sanitation". (UN Statement, June 1998...)

The Fallbrook Food Pantry recognizes the lack of resources and services offered to our extremely low-income neighbors and we feel it is our duty, not just our mission, but civil duty to protect, assist, educate and empower those who don't have the financial ability to provide for their own families.

According to Feeding America, "Food insecurity impairs academic development of young school-age children. (Frongillo, Jyoti, & Jones, 2005). Hungry children do poorly in school and have lower academic achievements than food secure children because they are not well prepared for school and cannot concentrate." (Feeding America/ Children's HealthWatch Report)

Even in the world's greatest food-producing nation, children and adults face poverty and hunger in every county across America. More than 38 million people are living in poverty in America. In 2019, most families living in poverty earned less than \$25,750 per year. More than 37 million people struggled with hunger in the United States, including more than 11 million children. A household that is food insecure has limited or uncertain access to enough food to support a healthy life. Children are more likely to face food insecurity than any other group in the United States and more than half (56%) of food-insecure households participated in at least one of the major federal food assistance program -- the Supplemental Nutrition Assistance Program (SNAP, formerly Food Stamps); the National School Lunch Program and the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).

FFP has the ability to educate families and empower them with knowledge that can and will positively impact their lives. Since moving into our new facility in September 2019, we have approximately 1,000 square feet of space that is being transformed into an Educational Learning Center for our community. We will host classes for parents, children and seniors educating them about living healthier lives--through cooking demonstrations, classes on how to shop on a budget and health and wellness seminars. Ultimately, empowering our community to make positive behavioral changes.

Reference your supporting data below.:

Dr David Gordon, University of Bristol, United Nations Headquarters, New York 2005

https://www.un.org/esa/socdev/unyin/documents/ydiDavidGordon_poverty.pdf

Impacts of Hunger on Education, Feeding America, Iowa Food Bank, 2020

<https://www.iowafba.org/impacts-hunger-education>

Facts About Hunger & Poverty in America, Feeding America, 2020

<https://www.feedingamerica.org/hunger-in-america/facts>

What other organizations within the community offer similar programs/ services that address this need?:

Fallbrook Family Health Clinic provides education regarding diabetes to our community at their facility several times through out the year. They also offer education for families who need information regarding their personal health issues/conditions.

The Fallbrook Food Pantry would be the only organization offering frequent cooking classes and demonstrations to our clientele as well as providing additional knowledge about how to shop on a budget and health and wellness classes such as stress management, promoting healthy communities and lifestyles; and reducing the personal, social, and economic harm caused by poverty.

Program/Services Description

The Fallbrook Regional Health District has identified several health disparities that effect the long term health and well being of our community. The following questions address how your program addresses these concerns. :

Which one of the following categories best describes the primary goal and objectives of your program?:

Prevention/Education: Supplies/training of health practices or to prevent/control of disease/injury.

Which of the following health disparities does the program address: • Nutrition & Access to Food (e.g., Meal programs, Food Bank, Healthy Eating, Obesity, Type 2 Diabetes)

Describe how the program provides the service.: For several years, the Fallbrook Food Pantry has been conducting bi-annually, a cooking class called Cooking Matters. This has been a collaborative program with Fallbrook Family Health Clinic (FFHC) and the CSUSM Nursing Students. The clinic has provided the space (kitchen) and the nurses contributed their knowledge and expertise as healthcare professionals to facilitate the class with FFP volunteers. The Cooking Matters curriculum was created by Feeding America's initiative NO KID HUNGRY and through the joint efforts of all organizations, Cooking Matters has been offered to Adults and Children since 2016 in Greater Fallbrook.

With a new facility, and the addition of an educational learning kitchen being built-out, we will now be able to conduct classes from our own learning center--still maintaining collaborative relationships with CSUSM nursing students (education/facilitate) and FFHC (resource)--but now we will be able to align ourselves with other organizations, such as Boys & Girls Club, The Senior Center, Foundation for Senior Care, Fallbrook Regional Health District and many other NPO's who incorporate education into their initiatives.

We have traditionally solicited our own clientele for these classes, due to space and frequency availability. With the freedom of hosting educational classes frequently now, we will be able to open up registration to not only our clients, but also to the community...offering community based educational experiences at FFP's LEARNING CENTER. Our recipients will enter the designated program through an online registration process and our FFP staff/volunteers will begin each class with baseline data from each participant. These KPI's (Key Performance Indicators) will vary depending on the type of class being taken--but for example--any cooking class 6-weeks or more--with the intention of changing behavior and preventing or reversing health risks (obesity, diabetes, hypertension, cardiovascular disease, etc.) we will record PRE and POST data markers (Body Mass Index (BMI), height, weight, Resting Heart Rate (RHR), Waist Circumference). These indicators will provide quantifiable and quantitative evidence-based data, which will be utilized to seek more funding through grants, but most importantly will empower our participants--educating them and giving them the knowledge and tools to make positive improvements in their lifestyle, ultimately changing behavior permanently.

Other programs, such as a stress management class, may require a survey to be filled out by our participants or an observation analysis performed by our staff/nurses. Regardless, data points will always be collected and recorded for evidence that will help generate quantifiable and quantitative outcomes/results, allowing us to measure the success of our programs.

What is/are the program goal(s) and what are the objectives for each goal.:

Define goal #1 for this program : Demonstrate the ability to improve the overall health conditions of our community and encourage them to change their current pattern of a sedentary lifestyle and unhealthy diet and replace it with healthy physical and mental coping skills.

Number of Objectives for this program: 1

Objective 1: Raise the awareness of our community's ability to recognize how obesity and other health conditions can cause severe-chronic health and mental risks.

Measuring Success for Goal #1: HEALTH SCREENING - collect PRE & POST evidence based data (Body Mass Index (BMI), Height, Weight, Resting Heart Rate (RHR), Waist Circumference) for classes that are 6-weeks or more, otherwise a survey and/or observation assessments will be conducted for classes/seminars for tracking measurements of success.

Define goal #2 for this program if applicable.:

Anticipated Acknowledgment

Acknowledgment:

Acknowledgment of the Fallbrook Regional Health District will be in our Fall newsletter, frequent social media posts (FB & Instagram) throughout the year, on our web site, in the Village News following the contract awards, posted on the display board in the Pantry, and on the box truck which was purchased in 2018 as a result of an awarded FRHD contract.

Financial Reporting & Budget

Has your organization requested funding from FRHD for this program before?: Have not applied before

Have grant funds awarded to your organization ever been withdrawn, reduced or discontinued?: No

Please list other grant funders that have been approached by your organization in the past 3 years, including FRHD. Include Name, Date, Amount Requested, Declined or Pending.:

1. Alliance Healthcare Foundation grant submission spring 2020, \$100,000.
2. Legacy Endowment Community Foundation submission spring 2020, \$10,000
3. Cushman Foundation - submission summer 2020, \$100,000
4. Rancho Santa Fe Foundation-awarded summer 2019, \$1,000.00
5. IBM Foundation - awarded summer 2019, \$2,000
6. Angels' Society - awarded fall 2019, \$8,000
7. FRHD - awarded #345 cycle 2019/2020, \$130,000
8. San Diego County Neighborhood Reinvestment - awarded fall 2019, \$10,000
9. San Diego County Community Improvement - being awarded \$50,000 spring 2020

Please list the fund raising events conducted by yourself or other organization(s) where proceeds have been designated to your organization as beneficiary of funds raised. Include Name, Date, Amount:

Chris and Kim Murphy of Murphy & Murphy Southern California Realty has been hosting every year a Charity Dinner and Golf Tournament at Pala Mesa Resort on behalf of the Fallbrook Food Pantry. This year is our 6th Annual Event and our goal is to raise \$150,000.

In 2019 there were \$90,000.00 raised and in year 2018 \$93,000.00. This event launched for the first time in 2015 and the first two years \$20,000.00 was raised, each year. Every year since 2015, the earnings have increased exponentially and we are striving this year to reach \$150,000.00. We originally had the event planned for Friday May 15, 2020, but due to the Coronavirus and social distancing, we have rescheduled this event for Friday, August 21, 2020, at Pala Mesa Resort.

Describe your plan for maintenance/ continuation of the proposed program beyond the 2020-2021 fiscal year.:

In addition to awarded grant submissions, FFP receives financial support from many local individuals, organizations, churches and businesses. This year we created a Development Committee that is responsible for not only grants and special events, but also in securing recurring and major donors. This is being cultivated through Donor Stewardship.

Describe what other funding sources will be used to support this program; include fees for services contracts or other revenue sources?:

1. FFP volunteers will be contributing approximately 500 hours of donated time, with a value of \$10,000/annually. We could not sustain our educational programs without their dedication and support.
2. FFP receives hundreds of thousands of pounds of donated food, each year, with an industry average of \$1.66/pound, equals in excess of \$2-million worth of food.
3. FFP has developed a SPONSORSHIP program for all educational learning coming out of the pantry. These sponsors will help support the daily operations and overhead projected in order to provide regular/frequent programming for the community.

Program Budget File: 2020_2021_FRHD_CHC_Program_Budget_Form-FFP LEARNING CENTER--NUTRITION PROGRAMMING.xlsx

Attestation: • I certify that all information presented in or attached to this Application is complete and accurate

Payment

Scan

No matches were found

Approval

Requested Amount: \$50,300.00
***Recommended Amount:**
Prior Approved Grants:
Request Status: External

Contact

Salutation: Ms.
***First Name:** Shae
Middle Name:
***Last Name:** Gawlak
Title: Executive Director
Address: 140 N. Brandon Road
Address 2:
City: Fallbrook
State: California
Province:
Zip/Postal Code: 92028-3251
Country:
Telephone: 7607287608
Fax:
Email Address: director@fallbrookfoodpantry.org
Contact Type:
Creation Date: 03/02/2020
Last Saved By: 1000000010520321
Last Saved Date: 02-MAR-20 02:49:49.512848 PM
Notes:
***Internal Use Only?:** N
Suffix: