

Organization Information

Legal Name

FALLBROOK FOOD PANTRY

DBA (if Applicable)

FALLBROOK FOOD PANTRY

Program Name/Title

ALLEVIATING HUNGER IN GREATER FALLBROOK

Describe the impact of the program to date. Briefly explain how the service/intervention has worked - include cumulative metrics from the Q1 and Q2 Impact reports.

As of April 8, 2025, we are now serving nearly 9,000 individuals each month, and with our current state of affairs surrounding government supported programs and initiatives for hunger relief, our grant awards for 2025, thus far, have been zero! We had submitted two grants in late 2024 for funding in June/July of 2025, and received in December a notice that we had won our \$275,000 grant from the USDA. Five weeks later, we received an email that all FEDERAL grants were on hold and were now part of President Trumps executive orders to be permanently removed from the funding pool. This news is crippling our organization and without large funders, like FRHD, we cannot support the weekly increasing numbers of families and individuals seeking food assistance! Not only is it a scary time for our underserved community members, it is also a very daunting road for the pantry. Our fundraising efforts, although consistent, are no longer meeting our current demand of food. As we now navigate our second year of challenges, we are hopeful that our constituents, funders, and donors will continue fighting hunger with us! "...because, when you're hungry, nothing else matters!"

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	30	2603
Young Adults (13-17)	10	868
Adults (18-60)	38	3297
Seniors (60+)	22	1909
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

We gather age data and we also serve everyone in need of food, regardless of their age.

Target Population - Gender

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

*Target Population - Gender

We feed everyone, regardless of gender.

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	70
Very Low (50%) Income Limits, ceiling of \$53,500	30
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 follow the FEDERAL GUIDELINES OF POVERTY for income verification during everyone's mandatory interview/registration process.

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

8675

Social Determinants of Health (SDOH)

Program/Services Description - Social Determinants of Health

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

Education Access & Quality (Early Childhood Education and Development, Enrollment in Higher Education, High School Graduation, Language and Literacy)

Social & Community Context (Civic Participation, Discrimination, Incarceration, Social Cohesion)

Healthcare Access & Quality (Access to Health Care, Access to Primary Care, Health Literacy)

Neighborhood & Built Environment (Access to Foods that Support Healthy Eating Patterns, Crime and Violence, Environmental Conditions, Quality of Housing)

Program Goal

To reduce food insecurity among extremely-low and very-low income individuals and families by providing consistent access to nutritious food, improving health outcomes, and alleviating financial strain.

In August 2024, the Pantry increased access to working-poor families, by opening our market up from 4-6pm every Friday, allowing additional families/individuals to receive food assistance.

We started with 15-20 families. By January 2025 that number doubled. Since last Friday, April 3rd, our numbers increased to serving 79 additional households or 394 additional individuals, in just two hours. Each person receives an average of 15-18

pounds of food, weekly.

With our regular daily food distributions M-F from 930am-1230pm, we serve on average 150 families every day and they too receive 15-18 pounds of food per person/per household. This equates to 8675 people x 16.75 pounds of food = 145,306 pounds of food every month x 3 months = 435,819/quarter is donated to our hungry neighbors for free!

Anticipated Acknowledgment

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Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

Other

Eligibility Check

You are ineligible to apply per the District's Grant Policy & Procedures, please contact District staff to if you have questions.

Organization Information

Contact Information

Contact Name

Shae T Gawlak

Title

CEO

Primary Contact Phone

19492353539

Email Address

director@fallbrookfoodpantry.org

Organization Physical Address

140 N. Brandon Road
Fallbrook, CA, 92028

Writing Instructions:

Program Information

What language(s) can this program accommodate:

English

Spanish

Tagalog

What demographic group does this program predominately serve:

Youth - school based

Older Adults

Youth - other setting

Special Populations

Community - Health & Fitness

Program Objectives & Measurable Outcomes

Our programs provide monthly food assistance to at least 8,675 extremely low and very-low income households through direct food distributions: Daily

Distribution and Friday Night Market.

Interviews along with registration forms are collected by each new household seeking food assistance and they all must meet the FEDERAL GUIDELINES OF POVERTY for income levels and demographic data.

Inventory and food distribution software is used daily to track all socio-economic statistic we report on: Primarily these: people, age, pounds of food, income level

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Monthly reports monitor our growth, inventory, and pounds of food distributed.

Financial Reporting & Budget

Program Budget



24-25 FRHD CHC Program Budget Fo...xlsx

FRHD CHC GRANT BUDGET REPORTING FORM

Agency Name:

FALLBROOK FOOD PANTRY

PROGRAM NAME:

ALLEVIATING HUNGER IN GREATER FALLBROOK

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	\$315,500.00	\$10,000.00	\$2,500.00	\$2,500.00	\$2,500.00	
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	\$174,150.00	\$10,000.00	\$2,500.00	\$2,500.00	\$2,500.00	
C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	TOTAL OTHER EXPENSES	\$172,500.00	\$65,000.00	\$16,250.00	\$16,250.00	\$16,250.00	
D	TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
	13%	\$662,150.00	\$85,000.00	\$21,250.00	\$21,250.00	\$21,250.00	\$0.00

 Total funds expended to date: **\$63,750.00**



Thank you!



Fallbrook Regional
HEALTH DISTRICT

*for helping the Fallbrook Food
Pantry keep more than
7,000 people fed
in our community this month!*