

Shae Gawlak

director@fallbrookfoodpantry.org

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Tax Exempt Status **YES**

Service Area **Bonsall De Luz Fallbrook Rainbow**

Will no less than 80% of the program recipients live within the communities of Fallbrook, Rainbow, Bonsall or De Luz? **YES**

Collaborative/Joint Application **NO**

Organization Information

Legal Name DBA (if Applicable)
Fallbrook Food Pantry n/a

Contact Information

Contact Name Title
Shae Gawlak CEO

Primary Contact Phone Email Address
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Organization Physical Address **140 N. Brandon Road
Fallbrook, CA, 92028**

Board of Directors



FFP BOARD MEMBERS BIO'S.pdf
109.96 KB

Financial Documents - Audit



20230221 BS 12.31.22.pdf
42.39 KB



20230221 P&L 12.31.22.pdf
42.93 KB



SWENSON LETTER OF AUDIT COMPLETI... .pdf
207.86 KB

Financial Documents - P&L and Balance Sheet



BS 12.31.23.pdf
47.62 KB



Dec23 - PL Actual vs Budget.pdf
199.26 KB



PL DEC 2023 MONTH YTD Comparison.pdf
290.96 KB

Financial Documents - 990



Fallbrook Food Pantry - 2022 Public Copy 1...pdf
352.61 KB

Organization's Mission Statement

Mission

The Fallbrook Food Pantry (FFP) provides access to healthy and nutritious food for all. Through food distribution, education, and health monitoring, we work to address food insecurity and the social determinants of health by reducing inequities. Our programs empower our clients to become self-sufficient, independent, and productive community members

by offering a well-balanced selection of food, nutrition, wellness, and vocational education.

Organization's Vision Statement

Vision

We envision a community where the pain and suffering caused by hunger do not exist. We envision a community where those in-need have access to an adequate and nutritious supply of food.

Organization History & Accomplishments

History

Fallbrook Mission Project was formed in 1991 as a religious service organization to offer economic assistance, emotional support and spiritual nurturing while promoting client self-esteem and dignity. Its work included providing shelter, food, and clothing and helping with medical needs. In 2005 the pantry moved away from its religious status, became an official 501(c)3 and changed its name to the Fallbrook Food Pantry. With a 30-year history of service to Fallbrook, we are deeply ingrained and involved in the community and have earned the trust of our clients and stakeholders. We focus on building strong personal relationships reflecting the small, rural enclave that makes up the Fallbrook region, and we know all our clients personally. Our semi-isolated community is far from the larger services of the city of San Diego, so our population relies on and trusts FFP to meet the complex needs of our diverse clientele. Annually, serve 50,000 households, supplying over 1.5 million pounds of food. This translates to 5,598 unduplicated individuals each year.

The Pantry has made significant headway in putting healthy food on families' tables since 1991. But the need became clear to create a more holistic model to affect system change in more profound ways through education. Therefore, thanks to the community's generosity, a successful capital campaign led to the 2019 purchase of a new building and a state-of-the-art Learning Center. We established our first nutrition class in 2021. Since then, FFP education initiatives have grown exponentially from one course that supported less than 100 clients to now

offering more than seven courses that support over 400 clients annually, recording more than 6,500 classroom hours of learning during our first year of educational services. We are in a stage of strategic and dynamic growth to expand the program even further in scope and impact.

Program Name/Title

ALLEVIATING HUNGER IN GREATER FALLBROOK

Brief Program Description

As the only full-service food source in Greater Fallbrook (Fallbrook, Bonsall, Pala, De Luz, and Rainbow) in the County for food-insecure families, we support 10% of the population with food distribution programs, fueled by food drives and food rescues, which account for over 65% of fresh produce and dairy needs.

Is this a new initiative/service or established program within your organization?

Established Program

Did this program receive FRHD CHC - Grant funding last funding cycle (FY 23.24).

YES

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.

The need within the Fallbrook area is acute, with 20% of residents falling under the Poverty Level. 65% of our clients are BIPOC, 40% are children, and 74% of our school-age children are relying on the Federal Reduced Lunch Program. Due to the pandemic fallout in 2020, record inflation, our region’s high cost of living, and still supply chain shortages, families depend on our pantry as their primary food source—it is no longer supplementary. We have established 18 food pick-up partners in the County and it's because of these relationships we continue to support every individual that depends on the Pantry for daily food. Along with these food partners, we have also developed relationships with local orchards/farmers that provide fresh produce, averaging approximately 10,000-15,000 pounds of citrus and vegetables to our clients, weekly. From serving families with children, military families, veterans, seniors, homeless and adult individuals, we take pride in the fact that no one ever leaves the Pantry without a minimum of 12-15 pounds of food per household member. Since 2020, we have averaged a consistent increase of 56% of new households, annually, needing food and our dedicated donors, funders, and grantors have helped us make this possible, year after year.

If this program was previously funded, please provide an example of how the District's funding of this program was acknowledged.



FRHD-IG pic.jpg
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Funding Amount Being Requested

85000

Program Information - Type

Ongoing

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

6500

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	30	1950
Young Adults (13-17)	10	650
Adults (18-60)	38	2470
Seniors (60+)	22	1430
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

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

What language(s) can this program accommodate:

- English
- Spanish
- Tagalog

What demographic group does this program predominately serve:

- Older Adults
- Youth - other setting
- Special Populations
- Community - Health & Fitness

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)

Social Determinants of Health - Economic Stability

The strategic priorities of the Fallbrook Food Pantry (FFP) are to (1) improve health outcomes; (2) increase food security and food sovereignty; and (3) increase self-sufficiency and resilience.

The primary programs that support these priorities include food distribution, nutrition/wellness education, and occupational development that address the root cause and social injustices of food insecurity and poor health outcomes, especially for our highly diverse and underrepresented populations. The Food Pantry helps mitigate disparities by providing access to nutritious food for those who don't have the means of purchasing it themselves, which is a direct positive effect on physical health, as well as mental health and overall well-being.

Food Distribution-Clients choose their own food, giving a sense of dignity and control and enabling them to tailor support to their unique situations. Neighborhood Distribution is a mobile food pantry that distributes 196,000 pounds of fresh fruits and vegetables annually and supports an average of 1,050 clients per month. Our food distribution programs support an average of 55,000 household visits annually, supplying over 1.2 million pounds of food, with over half of it being fresh produce. Distribution is fueled by food drives and food rescue programs from our local community partners, such as San Diego Food Bank, Feeding San Diego, and local grocery stores and farms.

Social Determinants of Health - Neighborhood and Built Environment

Having access to nutritious food also helps individuals better manage chronic conditions and avoid costly medical interventions. The Food Pantry also helps to alleviate financial strain, enabling individuals to allocate their resources to other essential needs, such as housing, utilities, or medical expenses. This holistic approach to addressing multiple social determinants of health simultaneously contributes to overall improved health outcomes.

Statement of Need/Problem

Healthy food is expensive, making it especially challenging for the 10% 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. According to Feeding America, San Diego County has the sixth-highest number of

food-insecure individuals in the United States. For those 340,000 San Diegans living with food insecurity, a common strategy is to buy cheaper less healthy foods in an effort to make their food budgets last longer. Over time, these unhealthy patterns can have negative health impacts, such as obesity, heart disease, stroke and diabetes (USDA. 2017\.\. Adults in Households With More Severe Food Insecurity Are More Likely To Have a Chronic Disease). Children living in food-insecure homes suffer two to four times as many health problems and are less likely to reach their academic potential. Research shows a connection between food insecurity and delayed development in young children; risk of chronic illnesses like asthma and anemia; and behavioral problems like hyperactivity, anxiety and aggression in school-age children (2021\.\. [Feeding America Hunger Facts](#)). Pregnant women who are food insecure have a higher likelihood of gestational diabetes and deliver pre-term or low birth-weight babies (NIH. 2022\.\. The Relationship between Food Security and Gestational Diabetes among Pregnant Women). Food insecurity comes with a cost. On average, food-insecure individuals see an increased \$1,800 in medical expenses annually, accounting for \$77.5 billion in additional healthcare expenditures (NIH. 2016\.\. Food insecurity, healthcare utilization, and healthcare expenditures).

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. Additionally, the COVID-19 pandemic has further exacerbated food insecurity for many individuals and families due to job losses, reduced hours, and other economic challenges.

FFP programs are especially critical in rural areas like Fallbrook where residents live in a “food desert.” Fewer grocery stores and limited availability of healthy, affordable food is associated with high-calorie and less nutritious food, leading to an increased risk of obesity, type 2 diabetes, and other chronic diseases. What’s more, rural areas like ours, experience “persistent poverty” compared to urban counterparts—higher poverty rates over a long period. Economic instability, high housing costs, lack of job opportunities, and limited

transportation options contribute to food insecurity in our vulnerable community. Alternatively, the strengths of rural communities are the strong social ties between people and a deep connection to locally run organizations. Our programs build upon these strengths to provide holistic services that nourish and educate the mind, body and soul.

How are other organizations addressing this need in the community?

As the only full-service food source for people in need in the Greater Fallbrook area, we provide support for an average of 55,000 household visits annually and offer over 6,500 hours of nutrition, wellness, and occupational education every year.

Our holistic services promote food system equity by helping food-insecure families break the cycle of poverty and improve their health outcomes. FFP believes that everyone deserves access to healthy, nutritious food, and we are committed to serving our community with compassion and care.

Program/Services Description -
Program Entry & Follow Up

FFP conducts extensive interviews with every head of household individual. Each individual/family is required to provide a current ID, 2 paystubs (proof of income), utility bills, rent receipts and birth certificates for all dependents. The Pantry follows the Federal Guidelines of Poverty to determine if they qualify for our services. As long as they provide all documents and they fall within the low-income to extremely low-income requirements, they will receive immediately a pantry client card--which gives them access to food every week.

To measure the impact, we track the number of visits and the amount and type of food distributed across all our programs to ensure families receive an adequate and healthy food supply based on the number of people in their households. Each FFP client receives a card to monitor each time they visit the pantry or participate in education programs. Monitoring the food and services clients receive helps us understand their unique situations and needs. We track income and key demographics, such as race, gender, family dynamics, language, and medical history. By evaluating and understanding our clients, we can offer culturally relevant and language-appropriate programs. Fallbrook Food Pantry is committed to ensuring that all services and programs are held to the highest standards for tracking and collecting evidence-based data. We conduct data collection in a respectful and responsible manner while guarding private client information.

Program/Services Description -
Program Activities

Daily Food Distribution

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. Serving people with dignity and compassion, FFP distributes over 1.5 million pounds of food, over half of which is fresh produce. This is accomplished through the assistance of our community partners:

- San Diego Food Bank, Feeding San Diego
- Albertson's (2), Grocery Outlet, Major Market, Sprouts (2), Del Rey Avocado, Target (2) Walmart (2), Daniel's Market, Costco, Winco, Starbucks (2), KFC
- Kendall Farms and other local farmers and growers
- Private food drives hosted by schools, churches, individuals, and small groups help keep our pantry stocked.

Our **Market Style Distribution** is open five days a week to offer a free well-balanced food selection to low-income individuals and families. The market-style pantry model allows clients to choose their own food, giving them a sense of dignity and control and enabling them to tailor their support to their unique situations. The weekly menu is based on the MyPlate.gov recommendations and includes locally sourced, culturally appropriate foods.

Our **Neighborhood Distribution** program is a mobile food pantry that distributes 180,000 pounds of fresh fruits and vegetables annually. This monthly food distribution helps an average of 1,050 clients per month.

Our **Victory Outreach** program helps an average of 40 clients each month recovering from substance use disorders. 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 provides the opportunity for community service hours that are required for them to maintain their residence at the sober living house.

The FFP **Emergency Food policy** allows any person to come to the pantry for food, up to three times, without having to conduct a full interview and become a regular client. This process is basic and only requires a personal ID card/license to receive food. Generally, this is used for people who have lost a job, are searching for work, or had an acute situation (accident, illness, etc.) take place that has affected their financial status

temporarily.

The **Senior Food Program** is a USDA initiative that improves the health of low-income seniors 60+ years of age and older by supplementing their diets with nutritious foods. With the support of the San Diego Food Bank, FFP distributes 30-pound food boxes on a monthly basis to qualified senior citizens in the Fallbrook region. Home deliveries are also available for our senior clients who cannot come to the Pantry.

FFP also provides **health screenings** to identify, diagnose, treat and ultimately prevent/reverse serious health risks or conditions. This is performed by Nursing Students from CSU-San Marcos. If the nurses recommend regular doctor visits and/or supervision, they will refer the client to various doctors within the community who will support their healthcare needs and provide regulated care.

Program Goal

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 Objectives & Measurable Outcomes

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.

Organization Collaborations

We partner with the following collaborators to stock our food pantry and for food distribution programs.

- San Diego Food Bank

- Feeding San Diego

Walmart

Target

Daniel's Market

Major Market

Sprouts

Grocery Outlet

Winco

Costco

Albertson's

Starbuck

KFC

● Del Rey Avocado

● Kendall Farms as well as local farmers and growers

● Private food drives hosted by schools, churches, individuals, and small groups help keep our pantry stocked

Anticipated Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

Other

Anticipated Acknowledgment

Quarterly Newsletters

Social Media Posts (FB, Instagram)

Program Signs

Box Truck

Funding History

NO

Program Budget



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

54.64 KB

Terms and Conditions

Accepted

Authorized Signature



A handwritten signature in black ink, appearing to read "Shari Goulak". The signature is written in a cursive style with a large initial "S" and "G".
