



2020-2021 COMMUNITY HEALTH CONTRACT (CHC) GRANT IMPACT REPORT

Organization Name Fallbrook Food Pantry

Program Name FFP Learning Center Nutrition Education

Person submitting the impact report Shae Gawlak

Ages: List the percentages of your program participants' ages who received services during this reporting time frame.

	Percentage served
Children (infants to 12)	22
Young Adults (13-18)	18
Adults (18-60)	37
Seniors (60+)	22
Unknown	

Gender: List the percentages of your program participants' gender identification who received services during this reporting time frame.

	Percentage served
Female	80
Male	20
Non-binary	
Unknown	

Income: List the percentages of your program participants' income limit category of those who received services during this reporting timeframe (2019 HUD – AMI Income limits: 4 person family).

	Percentage served
Extremely Low-Income (ceiling of \$32,100)	70
Very Low (50% Income (ceiling of \$53,500)	30
Low (80%) Income (ceiling of \$85,600)	
Higher than listed limits	

	Percentage served
Unknown	

How many District residents directly benefited (participant/client) from this program: 2000

Approximately how many residents received an indirectly benefit (# of those benefiting from the participant receiving the service) from this program: 5300

GOALS & OBJECTIVES

Goal 1 & Objectives: From your application, please provide your measurable outcomes for each of your stated objectives.

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.

GOAL #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.

DISCLOSURE

Due to the Coronavirus outbreak in mid-March, and adhering to the Federal Government's health and safety regulations imposed on the country, along with the CDC's recommendations of social distancing, wearing masks and

gloves, as well as taking everyone's temperature for those who kept their doors open as an essential business--we were forced to comply with all mandates.

This provoked us to reduce our volunteer base by 65% (most are senior citizen) and then implement new daily operational guidelines and cleaning protocols. These changes have brought many challenges to the Pantry, all of which we have been able to manage and navigate through the uncertainties of the pandemic, but have caused much of our educational programming to seize.

The Fallbrook Food Pantry had to shift its efforts of conducting "live" educational classes--to offering our clientele and community, literature based information through brochures, flyers, signs, recipes and social media

posts. We have also distributed cookbooks, gardening books and even children's developmental growth books. We have been providing all clients with weekly nutritional facts, information concerning COVID19 and distributing/ posting all additional community announcements.

We have needed to redirected some of the funding, which is now helping to support our Case Manager, who is actively monitoring and advocating for our clients basic needs and educational opportunities.

This role is imperative to the success of all clients striving to not just put food on their tables, but to also keep their families and loved ones safe and healthy during the pandemic.

During the second quarter of this grant cycle, and because of our relationship with FRHD, we were able to work closely with the SDSU Public Health Graduate Program students, to develop an effective and efficient tool of measure for establishing what our clients actual needs for education are. A custom needs assessment was created to help us navigate and fill in the gaps of where our community feels

they need and want the most additional support. We conducted over 100 surveys with families in November and we were able to determine the types of classes, how often and what they want to get out of each opportunity.

Now that the Learning Center is completely built out and ready for use, our plan is to begin with Cooking Matters, a course that is endorsed by Feeding America/No Kid Hungry, which will be done virtually for the first several courses, due to COVID. We will also be creating nutritional and healthy tips videos, that will be shared on our website, social media and YouTube channel. A percentage of our funding will now go towards a videographer and media consultant, who will now support our educational marketing campaigns.

Goal 2 & Objectives: From your application, please provide your measurable outcomes for each of your stated objectives.

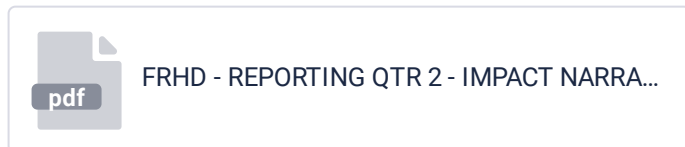
N/A

PARTICIPANT SUCCESS STORY

Participant Success Story:

We've had to get very creative this past year with how we let our community know about all of our programs offered...not only do our people benefit—but so do our animals! Through our Learning Center, our Programs Manager has created a new program for our local Farm Animals. Any waste that comes through our doors, we provide those food items to animals instead of dumping them in the garbage. Not only does this provide free nutrition to farm animals, but it also allows us to reduce our waste and keep the carbon footprint down. This has been a very beneficial program and we get many farmers every day that pick-up pounds of food to feed their animals. It's a WIN-WIN!

Participant Success Story:

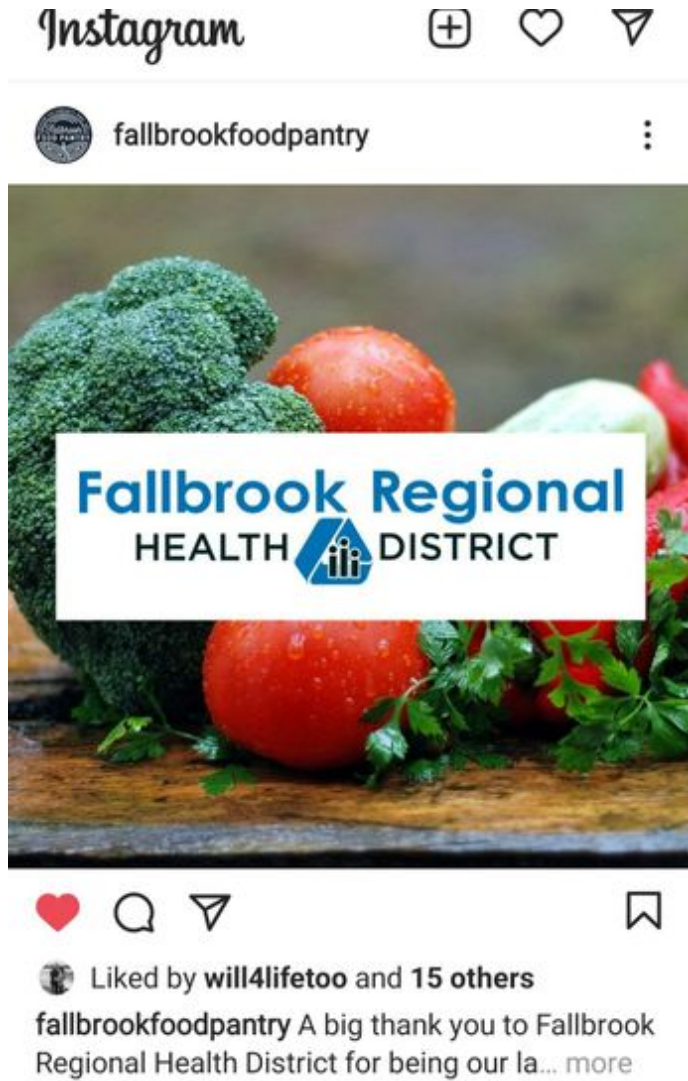


ACKNOWLEDGEMENT

Please describe how the Fallbrook Regional Health District's investment in this program was acknowledged during this reporting timeframe.

FRHD was recognized this quarter as one of our BIGGEST SUPPORTERS through our Instagram and FB pages. Without the support of them, we would not be able to provide the volume of services that we do. Our community has become extremely dependent upon us this past year and the compassion and love we are able give back is what helps to sustains us all.

Acknowledgment example: please upload an example of one method in which the District was acknowledged.



BUDGET

Please upload a copy of the program budget you submitted with the application, with an additional column demonstrating the current utilization of grant funds.



Please sign your form: