



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 approved application.

Although our current financial situation (lack of grant awards) has not fully been relieved since our last report on April 8, 2025, the Fallbrook Food Pantry has continued advancing its mission to alleviate food insecurity and promote wellness through accessible daily food distributions. Since the implementation of our Friday Night Market program established on August 9, 2024, for working families who can't attend during regular food distribution hours, this program has consistently delivered meaningful data to our overall program initiative, Alleviating Hunger in Greater Fallbrook. Our total hours of food distribution each week has now reached 18 hours, from 15, weekly. These are our most important areas of impact:

- 1. 1.4 million pounds of food distributed annually, ensuring year-round access to fresh produce, pantry staples, and culturally familiar foods.
- 2. Over 50,000 household visits supported this year, reflecting consistent community need and engagement.
- 3. Served an average of 9,000 individuals monthly, a 65% increase from pre-pandemic levels.
- 4. Provided weekly food assistance five days a week, making services highly accessible to working families, seniors, and unhoused individuals.
- 5. Targeted health screening interventions to vulnerable populations, including low-income families, farmworkers, military households, seniors, and individuals experiencing homelessness.

Number of residents that directly benefitted (participant/client) from this program. 8250

## Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	30	2475
Young Adults (13-17)	10	825
Adults (18-60)	38	3135
Seniors (60+)	22	1815
We do not collect this data (indicate with 100%)*		

## Target Population not collected - Age

We gather age data for reporting purposes only. We feed anyone in need of food regardless of age.

## Target Population - Gender

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

## \*Target Population - Gender

We gather gender data for reporting purposes only. We feed anyone in need of food 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.

What language(s) does 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

## Social Determinants of Health (SDOH)

The Fallbrook Regional Health District has identified several Social Determinants of Health that demonstrate a significant impact on the long term health and well being of our community. The following questions address how your program and/or services address these concerns.

### 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.

This year we have focused on providing additional hours each week for the working poor in Greater Fallbrook. It was brought to our attention, last year, that there are many families unable to get to the Pantry during our regular distribution hours M-F from 930am-1230pm. Last August we established FRIDAY NIGHT MARKET specifically for this population, and each month the number continue to grow.

We are consistently feeding more than 80 new families weekly or an additional 400+ individuals who are seeking food assistance. Total pounds of FREE food per person averages 15-20 pounds which is an average of 17.5 pounds per person x 8250 total visits = 144,375 total pounds of food for the past 3 months.

### Program Objectives & Measurable Outcomes

Our programs provide monthly food assistance to at least 8250 extremely-low to 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, and income level. Monthly reports from our Director of Operations monitors our growth, inventory, and pounds of food distributed.

# Anticipated Acknowledgment

Please describe how the Fallbrook Regional Health District's investment in this program will be acknowledged. This includes all print and electronic materials, press releases, website references, and any other form of written and verbal publicity that relates to the funded program.

District Support Acknowledgment

- Social Media Postings
- Signage at Service Sites
- Print Materials to Service Recipients
- Website Display
- Other

Contact Information

Contact Name

Shae T Gawlak

Title

CEO

Primary Contact Phone

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Organization Physical Address

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Fallbrook, CA, 92028

District Support Acknowledgment



**Thank you  
Fallbrook Regional Health District  
for another generous grant  
award this quarter!**

You help make it possible for us to  
continue feeding our  
low-income/at-risk neighbors!



Program Budget



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

Confirmation

YES - this information is accurate

**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)	<b>A</b>	<b>INDIRECT EXPENSES:</b>	<b>PROGRAM COST</b>	<b>REQUESTED FROM FRHD</b>	<b>AMOUNT USED Q1</b>	<b>AMOUNT USED Q2</b>	<b>AMOUNT USED Q3</b>	<b>AMOUNT USED Q4</b>
		TOTAL INDIRECT EXPENSE	<b>\$315,500.00</b>	<b>\$10,000.00</b>	<b>\$2,500.00</b>	<b>\$2,500.00</b>	<b>\$2,500.00</b>	<b>\$2,500.00</b>
	<b>B</b>	<b>PERSONNEL EXPENSES - PROGRAM SPECIFIC</b>	<b>PROGRAM COST</b>	<b>REQUESTED FROM FRHD</b>	<b>AMOUNT USED Q1</b>	<b>AMOUNT USED Q2</b>	<b>AMOUNT USED Q3</b>	<b>AMOUNT USED Q4</b>
		TOTAL PERSONNEL EXPENSE	<b>\$174,150.00</b>	<b>\$10,000.00</b>	<b>\$2,500.00</b>	<b>\$2,500.00</b>	<b>\$2,500.00</b>	<b>\$2,500.00</b>
	<b>C</b>	<b>DIRECT PROGRAM EXPENSES</b>	<b>PROGRAM COST</b>	<b>REQUESTED FROM FRHD</b>	<b>AMOUNT USED Q1</b>	<b>AMOUNT USED Q2</b>	<b>AMOUNT USED Q3</b>	<b>AMOUNT USED Q4</b>
		TOTAL OTHER EXPENSES	<b>\$172,500.00</b>	<b>\$65,000.00</b>	<b>\$16,250.00</b>	<b>\$16,250.00</b>	<b>\$16,250.00</b>	<b>\$16,250.00</b>
	<b>D</b>	<b>TOTALS</b>	<b>PROGRAM COST</b>	<b>FRHD Funds Awarded</b>	<b>Total Amount Q1</b>	<b>Total Amount Q2</b>	<b>Total Amount Q3</b>	<b>Total Amount Q4</b>
		13%	<b>\$662,150.00</b>	<b>\$85,000.00</b>	<b>\$21,250.00</b>	<b>\$21,250.00</b>	<b>\$21,250.00</b>	<b>\$21,250.00</b>

 Total funds expended to date: **\$85,000.00**