

Impact Report

Organization: Fallbrook Food Pantry (#14223975)
Request: Alleviating Hunger in Greater Fallbrook (#59917551)
Impact Report Type: Fallbrook Regional Health District Impact Report
Disposition: Completed
Completed by: Organization on 10/06/2020 by Shae Gawlak
Required?: Yes
Available Date: 10/01/2020
Due Date: 10/14/2020

Comments:
Revision Comments:
GrantSeeker Editor: Shae Gawlak
Project Title: Alleviating Hunger in Greater Fallbrook
Project Start Date:
Project End Date:

This is an ongoing program that began on: 09/01/1991

Person Submitting the impact report?: Shae Gawlak
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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

How many residents directly benefited (participant/client) from this program: 1200

Approximately how many residents received an indirect benefit: 5300

The following category was identified as the best descriptive of the program's primary goal and objectives: Ancillary: Services that support our mission to promote health for the people of the District.

You defined the measure of success of the program's interventions or services during the application process.:

Define goal #1 for this program : Provide a minimum of 2-days of nutritious food to clients in need, weekly(8-10 pounds per person)

Number of Objectives for this program: 1

Objective 1: We will provide a weekly menu of supplemental nutritious food to everyone who qualifies for assistance.

Objective 2:

Objective 3:

Objective 4:

Measuring Success for Goal #1: Every week a designated menu is developed and those food items are weighed. Each client who received food assistance from FFP was given, in excess of our goal, 10-15 pounds of additional food each week.

We distributed in July 20 pounds of food to each individual for a total of 106,440 pounds of food. In August we distributed 22 pounds of food to each person for a total of 117,795 pounds. And in September we distributed 17 pounds of food to everyone for a total of 88,592 total pounds of food.

Define goal #2 for this program if applicable.:

Number of Objectives for Goal #2 of this program:

Objective 1 for Goal #2:

Objective 2 for Goal #2:

Objective 3 for Goal #2:

Objective 4 for Goal #2:

Measuring Success for Goal #2:

Participant Success Story: My Story, by Eufemia.pdf

Please list how the Fallbrook Regional Health District's investment in this program was acknowledged during this reporting time frame. : Box truck wrap.jpg, 2020--July-Sept Newsletter.pdf

Actual Program Budget File: REPORTING QTR 1 - 2020-2021 FRHD_CHC_Program_Budget - FFP ALLEVIATING HUNGER.xlsx

In 1983 I was a young mother of five. Me and my then husband (who is now deceased) ran

a restaurant in Fallbrook for several years. That restaurant was ruined by an arsonist and my husband and I were left with nothing. We had no money for food or means to care for our children, the youngest was barely 4 months old. I knew it was going to be a difficult year for all of us, and it was going to be a heart-breaking Thanksgiving and Christmas, because I could not provide for my family. One day in the late fall, my family and I received visitors. I didn't recognize the people that were coming towards our house. I opened the door and I was floored when they said they were volunteers and they came baring gifts for my children and food as well. I couldn't believe that God heard my prayers. I was in awe that people that I didn't even know were providing food for me and my children.

I asked them who they were, and they simply said they were from the Fallbrook community. I forgot to ask for their names, but I have never forgotten them. It was people like that I have always cherished in my heart. Many years went by. My children are now grown, and they have families of their own.

One day several years ago I was talking with someone and I was asked what I thought about volunteer work. I gave it a thought, but I had no idea where to begin. I would walk to the public library to use the computer and I had heard that there was a food pantry nearby. I never had seen a food pantry, nor did I know one existed. They pointed the direction, but It was after three attempts that I finally found the location. I visited the food pantry on Wednesday when they were distributing food and I was shocked to see so many people standing in line to receive food. I asked about volunteering and they wrote my information and I was asked to come back on a Monday. I went in on the next Monday and I never looked back.

Helping people has always been what I have done. Through working in restaurants serving people, serving in my church community, or simply helping friends of family when they were in need, but I could only do so much at that time because I had children to raise, and I worked many jobs to put food on the table and I don't know how I was able to afford to clothed my children.

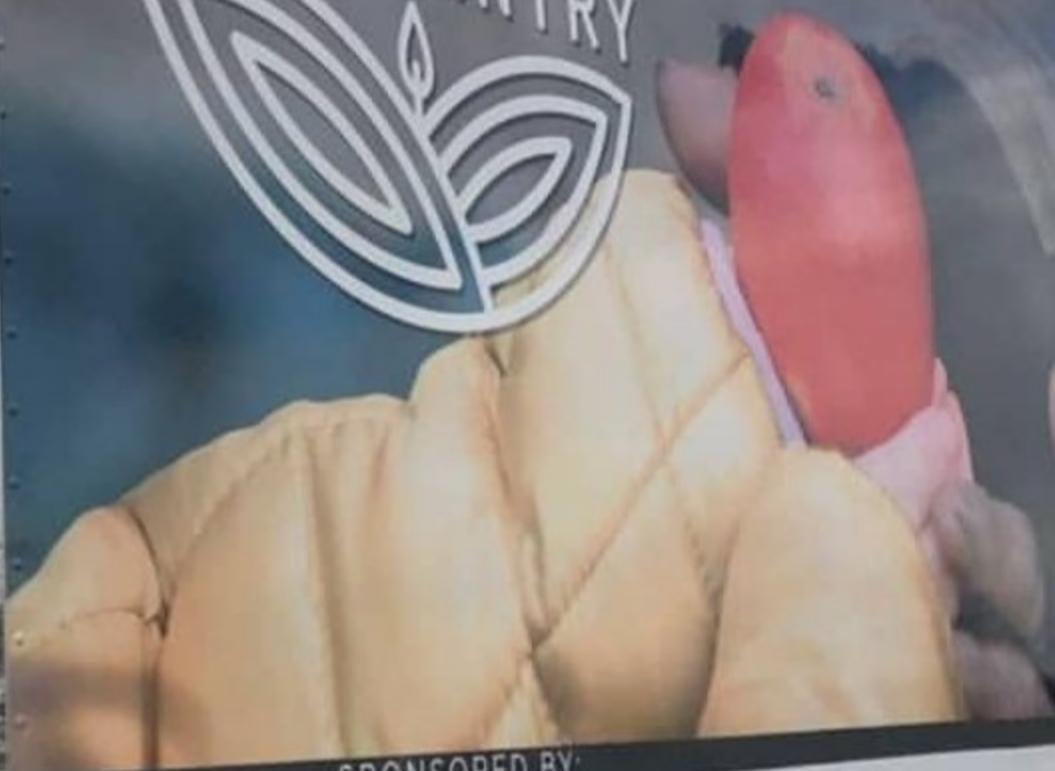
Helping at the food pantry feeds my soul. I thank God for allowing me to pay it forward to other families in need. I love to serve people and give them hope whenever I can. Life is interesting because I have always believed to not look into the past and move forward. We can't change the past, but in writing this letter, I had to realize that I can't forget the past. That is it the lessons we learned and the people that have touched my life, that it is the reason why I help my community. I was there at one point in my life, and I am truly blessed to help my Fallbrook community.



Without the support of our funders, like the Fallbrook Regional Health District, we are not able to provide the in-depth services that we do, in order to help our community in-need. When our families need us, we are always there...*"because when you're hungry, nothing else matters!"*

|| SERVING THE COMMUNITY SINCE 1961 ||

Fallbrook
FOOD PANTRY



When you're hungry,
nothing else matters.

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