

Impact Report

Organization: Fallbrook Food Pantry (#14223975)
Request: FFP Learning Center--Educational Nutrition Programs (#60284103)
Impact Report Type: Fallbrook Regional Health District Impact Report
Disposition: Completed
Completed by: Organization on 10/12/2020 by Shae Gawlak
Required?: Yes
Available Date: 10/01/2020
Due Date: 10/14/2020

Comments:
Revision Comments:
GrantSeeker Editor: Shae Gawlak
Project Title: FFP Learning Center--Educational Nutrition Programs
Project Start Date:
Project End Date:

This is an ongoing program that began on: 07/01/2020

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: 2000

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: Prevention/Education: Supplies/training of health practices or to prevent/control of disease/injury.

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

Define goal #1 for this program : 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.

Number of Objectives for this program: 1

Objective 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.

Objective 2:

Objective 3:

Objective 4:

Measuring Success for Goal #1:

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.

One challenge that has risen, is garnering solid data to justify our current situational change. We have conducted a few surveys asking clients if the recipes were helpful and used. What we have determined is that most people either didn't use the recipes at all or found that the ingredients in the recipe were items not available or provided in that weeks grocery bags. The majority mentioned that some type of demonstration would be best and that they would feel more inclined to use the recipes if they saw how to prepare them first.

This feedback has triggered another alteration. We will be creating nutritional videos, beginning as early as December, that will be shared on our website, social media and YouTube channel. A percentage of our funding will now go towards a videographer, who will also support our educational marketing campaigns.

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: Our Success Story - QTR 1.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--Oct-Dec Newsletter.pdf

Actual Program Budget File: REPORTING - QTR 1 - 2020-2021 FRHD CHC Program Budget-FFP LEARNING CENTER--NUTRITION PROGRAMMING.xlsx



Our success story this quarter is provided by one of our Fallbrook Food Pantry clients who has greatly benefited from the gardening books we have provided our clients with the past three months. Marcie has learned how to take aged/spoiled vegetables and create a compost that then fertilizes her home-grown garden in her backyard. She first tried this with a potato, carrot and celery that had started to sprout new roots in her refrigerator. She planted each vegetable in her garden boxes and over the course of the next month—her garden produced enough fresh vegetables in her backyard to share with her neighbors.

The funding provided by the Fallbrook Regional Health District has allowed our clients the ability to learn a few basic necessities, through educational books, to sustain their families with fresh produce.

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Fallbrook
FOOD PANTRY



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nothing else matters.

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