

Organization

Official Name: FALLBROOK FOOD PANTRY

***Legal Name:** Fallbrook Food Pantry

***Year Company was Founded:** 1991

***Address:** 140 N. Brandon Road

Address (2):

***City:** Fallbrook

State: California

Zip/Postal Code: 92028

***Main Telephone:** 7607287608

Main Fax:

Website Address: www.fallbrookfoodpantry.org

***Main Email Address:** director@fallbrookfoodpantry.org

***Mission Statement and History:** The Fallbrook Food Pantry is a non-profit organization primarily staffed by volunteers, serving our community in-need since 1991. Our mission is to provide an adequate and nutritious supply of food to individuals in our community who are in-need, while also encouraging them to make healthy choices through education.

***Board of Directors :** DR. DALE MITCHELL, PRESIDENT

Dale is retired, he served 36 yrs in public education, including 6 yrs as superintendent of the Fallbrook Union High School District.

VI DUPRE, TREASURER

Vi is retired she was the administrator of the Fallbrook Regional Healthcare District, from 2006-2017, and has been the active Treasurer for three-years now.

CATHY CONRAD, SECRETARY

Cathy has a BA in Psychology from the University of Colorado and her career has been in real estate finance.

HENRY LYKKEN, PRESIDENT-ELECT

Henry is retired from IBM after 30 yrs, his experience is in systems design, sales, marketing, and management. He is a graduate of the University of Minnesota in business administration. Henry has served as an adviser to the business incubator of Austin, TX and has held the position of Board President of their local water board.

YOUNG MILTON, PAST PRESIDENT

Young has a bachelor's degree in Information Systems Management from Brigham Young University and worked as a billing systems analyst for many years.

CATHERINE SOUSA

Catherine retired from Bank of America after devoting 32yrs.

JEFF BRANTLEY

Jeff owns/operates Grocery Outlet in Fallbrook. He has been in the food retail industry for over 40yrs; retiring from a 38yrs run with Safeway/Vons/Albertsons Company.

RICK KOOLE

Dr. Richard Koole is the Senior Pastor of LifePointe Church in Fallbrook. He serves as Chairman of the Board of the Pacific Church Network.

JEAN DOOLEY

Jean is a retired teacher after 30yrs in Fallbrook.

PETE FREDERICKSEN

Pete was a Marine who served our country in Vietnam with several tours, and retired after 20yrs of service. He also is a retired Special Needs School Teacher of 21yrs.

RON STEBNER

Ron was an enlistee with the United States Air Force and become a private civilian pilot after serving his country for 4yrs. Ron retired from flying after 20yrs. He then retired after 20yrs at Potter Jr. High teaching history and being a Vice Principle.

Most Recent 990: 2018 taxes 1-14.pdf

***Most recent audited financial statement with management letter:** 2019 P&L-Balance Sheet.pdf

Proposal

***Request Owner:** Rachel Mason

Request Source: External (Submitted 04/10/2020)

Proposal Type: Ongoing Program

Agency Capability

Briefly describe your organization's history and accomplishments. :

The Fallbrook Food Pantry (FFP) was established in 1991 to serve those in need whose income falls below the federal poverty level and live in Fallbrook, Bonsall, Pala, De Luz, and Rainbow. Since our inception, we have distributed more than 20-million pounds of food to our community in-need.

After 25 years of renting a small facility off Mission Road, in Fallbrook, the Pantry successfully purchased its own building in April of 2019 at 140 N. Brandon Road. With the direction of the board, FFP was able to set aside reserve funds consecutively for 10-years to make this dream a reality. Last September we moved into our new home and have since grown exponentially--our families served went from 528 to 1,100 in under one calendar year. Our volunteer base has risen from 80 each month to 114, and with this growth has come extreme operational efficiencies. Standard Operating Procedures have been developed for all programs, as well as facility maintenance & repairs schedules. For 2020, we were able to bring in a professional CPA and Auditing firm, who are currently conducting a thorough analysis and with these discoveries, we reflect now positive cash flow and working capital. Our operation is becoming a fine oiled machine.

What are the current activities and/or programs offered by your organization?:

Our Market Style Distribution program is offered to clients, who have requested regular assistance and are then interviewed by one of our Volunteer Interviewers. If they meet the federal guidelines of poverty, they are then given an ID card which qualifies them to receive weekly food issues from our Pantry.

The weekly menu is based on the MyPlate.gov recommendations. During 2019, we distributed 1.5 million pounds of food to local families with more than 30,000 household visits.

Our Neighborhood Distribution program distributed 196,000 pounds of fresh fruits and vegetables in 2019. This is a monthly food distribution which helped an average of 1,050 clients per month. In our Food for Thought program, we provided nutritional assistance to 100 students, on average, for two twelve-week programs. Our Victory Outreach program helped an average of 40 clients a month recovering from Substance Use Disorder. 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 as well as helping them with community service hours, which are required for them to maintain their residence at the house.

Currently, we are working with Frazier Elementary School, providing 75 families (approximately 200 people) with supplemental food once a month. This is being spearheaded by the President of their PTA and FFP. We are partnering up with San Diego Food Bank to provide extra food to be delivered to the pantry so we can sort and box items for Frazier students. Our test pilot program, providing food to 50 families during Thanksgiving and Christmas, was a huge success and we have now begun the process of formalizing this program within the school to be permanent.

List and describe current collaborations with other organizations that enhance your ability to provide services through this program.:

Our on-going community collaborations are with the Public Health Nursing students from Cal State San Marcos School of Nursing who assists with the facilitation of "Cooking Matters" (a nutrition class provided through Feeding America) for Adults and Youth, that educates people about cooking nutritious dishes, meal preparation and shopping on a budget. Through this program and while offering health screenings at our sites, there were over 300 diabetes and blood pressure screenings performed in 2019. Many of these screenings either detected pre-diabetes, first time diagnosis of diabetes and/or assisted with a prevention program. If one of our nurses discovers that a client has any health concerns, requiring more than a simple screening, they will refer the client to local doctors to receive continued healthcare supervision and support.

The Jack E. Johns Fallbrook Family Health Center and the Fallbrook Smiles Project all promote healthy habits, disease prevention and wellness programs, too, and provide screenings at our monthly Neighborhood Distribution event.

We collaborate with San Diego Food Bank and Feeding San Diego where all our food commodities are purchased and/or are donated from.

We are the distribution point for our Christmas toy donation program, Adopt-A-Family, sponsored by several local organizations, churches and individuals. In 2019, 250 families (more than 500 kids) received gifts and a Christmas dinner.

We have an ongoing collaboration with the Foundation for Senior Care to use Care Van transportation for our clients.

In March 2019 we collaborated with the Boys & Girls Club to offer Cooking Matters for Kids, an 8-week course educating youth about healthy choices and meal preparation.

Our longest running collaborative partnership has successfully been with the Fallbrook Regional Health District, since before 2002. Without this relationship, FFP could not feed the thousands of people that we do each year. It is this collaborative that stemmed NCCCHI in 2016, where seven local non-profits came together to address larger issues within our community and make a commitment that this group would work diligently to alleviate, eliminate and possibly cure specific health indicators directly related to poverty, obesity, diabetes, cardiovascular disease and hypertension. Even after the sun-setting of this group in early 2019, we all have maintained strong-working commitments to each other to continue the work and keep our community safe, healthy and strong.

Program Information

Is this application being submitted in collaboration with another agency?: No

Project Title: Alleviating Hunger in Greater Fallbrook

Requested Cash Amount: \$120,000.00

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

Name of the person submitting the grant: Shae Gawlak
949-235-3539
director@fallbrookfoodpantry.org

Name of Program Coordinator: Shae Gawlak

949-235-3539

director@fallbrookfoodpantry.org

Is the Program Coordinator responsible for submitting quarterly reports?: Yes

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

Projected number of residents (participant/client) that will directly benefit from this program: 1300

Projected number of residents that will indirectly benefit from this program: 3500

How will the program be staffed?: Paid: 25%
Volunteer: 75%

Statement of Problem/Needs Assessment

Discuss the need for the proposed program or service within the District:

One of the most basic human needs is adequate nutrition. Residents with incomes below the Federal poverty level often are not able to afford nutritious food and face serious food insecurities.

There are 500,000 San Diegans that experience hunger every day, and 40% of them are children (1-in-5) who go to bed hungry every night and ultimately struggle in school because of malnutrition. Adults are often not able to become productive citizens and either struggle finding jobs or keeping them. These poorly nourished individuals are more susceptible to infection and disease because hunger is a healthcare issue, and typically, "lack of access to affordable health care coverage can lead to poor health---exacerbating hunger and poverty for many Americans", Health Care Is a Hunger Issue, 2019.

According to the San Diego Hunger Coalition, "There are 197,000 people at risk of food insecurity. This represents 113,000 adults and 84,000 children that are "food secure" but are at risk of food insecurity should they lose CalFresh or WIC benefits. This means the total population that is either food insecure or food secure with CalFresh or WIC assistance is 641,000 or 1 in 5 people", At Risk Food Insecurity, 2019.

With 20% of the residents of Greater Fallbrook falling under the Federal poverty level, the need within our District is real, especially now that our government has reduced SNAP dollars (food stamps) accessibility, restructured regulations and increased the poverty level by more than \$1,000/household. These families are now utilizing our pantry as their main food source--it's no longer supplemental, and they are our poorest demographic.

This demographic, of over 11,000 Greater Fallbrook residents, will reflect the same or even slightly higher statistics reflected in Center for Disease Control (CDC) Food Insecurity data; "affecting 19.3% of US adults (95% confidence interval, 17.9%--20.7%). People who were food insecure reported poorer health and less health care access than those who were food secure. Among those who were food insecure, 58.0% received no assistance, 20.3% received only Supplemental Nutrition Assistance Program (SNAP-food stamps) benefits, 9.7% received only food bank assistance, and 12.0% received both SNAP and food bank assistance. We observed an inverse relationship between receipt of food assistance and health and health behaviors among the food insecure. Receipt of both (SNAP and food bank assistance) was associated with the poorest health; receiving no assistance was associated with the best health. For example, functional limitations were twice as prevalent among people receiving both types of food assistance than among those receiving none. The conclusion is receipt of food assistance is an overlooked factor associated with health and has the potential to shape future chronic disease prevention efforts among the food insecure", Who Is Food Insecure?, 2020.

CentraForce Health data which revealed pre-diabetes risk of 10.5%, diabetes T2 rate of 6.5%, and hypertension rate of 34.4%. There are other programs available, but the criteria to receive distributions vary and are often restricted.

These are the characteristics of food insecure households in San Diego County:

1. 43% of adults and 43% of children live in households below 200% of Federal Poverty Level experience food insecurity.
2. 43% of low-income African Americans experience food insecurity, compared to 42% of low-income Latinos, 39% of low-income Whites, and 33% of low-income Asians.
3. 46% percent of low-income single parent households experience food insecurity.
4. Fifty percent of low-income adults experiencing food insecurity are living with a disability.
5. More than half (55%) of low-income adults experiencing food insecurity are employed.

These statistics are staggering and devastating, but are very REAL, and FFP helps anyone in our community who comes to us in need, because, when you're hungry, nothing else matters.

Reference your supporting data below.: SAN DIEGO HUNGER COALITION,2020

<https://www.sandiegohungercoalition.org/research>

CDC, Who Is Food Insecure?, 2020

https://www.cdc.gov/pcd/issues/2016/16_0103.htm

BREAD FOR THE WORLD, Healthcare is a Hunger Issue, 2020

<https://www.bread.org/library/health-care-hunger-issue>

What other organizations within the community offer similar programs/ services that address this need?:

The Fallbrook Food Pantry is the only full-service source for food in Greater Fallbrook. Our market-style client's choice food pantry model allows our clients the opportunity to choose their own food, giving them a sense of dignity and control, and allows them to tailor the help they receive to their own unique situations. Each client has weekly access and can visit the Pantry any day Monday-Friday between 9:30a-12:30p.

We are aware of one church, Seventh Day Adventist, in Rainbow, who offers food commodities (non-perishable) distribution to the community too--but they only offer food monthly.

Program/Services Description

The Fallbrook Regional Health District has identified several health disparities that effect the long term health and well being of our community. The following questions address how your program addresses these concerns. :

Which one of the following categories best describes the primary goal and objectives of your program?:

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

Which of the following health disparities does the program address:

- Nutrition & Access to Food (e.g., Meal programs, Food Bank, Healthy Eating, Obesity, Type 2 Diabetes)

Describe how the program provides the service.:

Every new client is required to go through a screening interview by one of our volunteer interviewers, then FFP verifies the appropriate qualifications (residence, income, personal ID and dependents). Once this process has been completed and the client meets the required criteria, including the Federal Income-Level for Poverty, they are then issued a Pantry ID Card which allows them to receive food weekly.

When a client comes in for their food distribution, our volunteer receptionist scans their card--which tracks when they came in and how many people in their household received food. It also allows FFP to generate reports based on specific demographic indicators (age, ethnicity, household size, gender and income).

FFP has an Emergency Food policy, as well, which 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 either have lost a job and are between jobs or they had an acute situation (accident, sick, etc.) take place that has affected their financial status, temporarily.

As clients come to the pantry initially, they are offered a variety of programs to participate in: Daily Distribution (Market), Neighborhood Distribution, Senior's & Disabled Adults program, Cooking Matters (educational), etc.

Our intervention comes into play when we provide them with healthy food choices--fresh fruits and vegetables along with recipes. Many of our fresh produce may not be cultural or traditional food items for our clients, so we do our best to provide them with solutions of how to prepare, cook and consume these "unusual" or new foods.

We also provide health screenings, as mentioned before, that help spot/identify, diagnose, treat and ultimately prevent/reverse serious health risks or conditions. This is performed by our Nursing Students from CSU-San Marcos. Every Tuesday and Wednesday, during the school year, our nurses are available at our facility for follow up sessions. 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.

What is/are the program goal(s) and what are the objectives for each goal.:

Define goal #1 for this program :

Provide a minimum of 2 days of nutritious food to clients in need, weekly, providing 8-10 pounds of food per family member.

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.

Measuring Success for Goal #1:

Each person per household will receive a minimum of 8-10 pounds of food each week. This is quantified by the weekly menu, which is weighed before weekly distribution begins.

Define goal #2 for this program if applicable.:

Anticipated Acknowledgment

Acknowledgment: Acknowledgment of the Fallbrook Regional Health District will be in our Fall newsletter, frequent social media posts (FB & Instagram) throughout the year, on our web site, in the Village News following the contract awards, posted on the display board in the Pantry, and on the box truck which was purchased in 2018 as a result of an awarded FRHD contract.

Financial Reporting & Budget

Has your organization requested funding from FRHD for this program before?: Yes, requested and funded

Have grant funds awarded to your organization ever been withdrawn, reduced or discontinued?: No

Please list other grant funders that have been approached by your organization in the past 3 years, including FRHD. Include Name, Date, Amount Requested, Declined or Pending.:

1. Alliance Healthcare Foundation grant submission spring 2020, \$100,000
2. Legacy Endowment Community Foundation submission spring 2020, \$20,000
3. Cushman Foundation - submission summer 2020, \$100,000
4. Rancho Santa Fe Foundation-awarded summer 2019, \$1,000.00
5. IBM Foundation - awarded summer 2019, \$2,000
6. Angels' Society - awarded fall 2019, \$8,000
7. FRHD - awarded #345 cycle 2019/2020, \$130,000
8. San Diego County Neighborhood Reinvestment - awarded fall 2019, \$10,000
9. San Diego County Community Improvement - being awarded \$50,000 spring 2020

Please list the fund raising events conducted by yourself or other organization(s) where proceeds have been designated to your organization as beneficiary of funds raised. Include Name, Date, Amount:

Each year we have at least three major fundraising events (Charity Dinner/Golf, Race to End Hunger and #GivingTuesday--Peer2Peer). This May we will host our 6th Annual Murphy & Murphy Charity Dinner and Golf Tournament at Pala Mesa Resort and our goal is to raise \$150,000. Race to End Hunger is our fall event and last year we raised nearly \$30,000 for our first annual competitive race, held at Live Oak Park. This year we hope to exceed last year's fundraising efforts by an additional \$10,000. #GivingTuesday is a national day for non-profits to raise funds online, boosting organizational stories, successes and goals. Last year was our 2nd year of participating in this opportunity, raising about \$5,000 in 24-hours. This year we hope to reach our goal of \$10,000.

Food drives and food rescue programs provide the bulk of our food distributions. In addition to the donations from Albertson's, Major Market, and the Grocery Outlet, we now have rescue accounts with Costco, Sprouts and Winco in San Marcos. These donors contribute more than 65% of our fresh produce and dairy needs, daily. Last year our in-kind donations for food were valued at \$2.6 million.

Describe your plan for maintenance/ continuation of the proposed program beyond the 2020-2021 fiscal year.:

In addition to awarded grant submissions, FFP receives financial support from many local individuals, organizations, churches and businesses. This year we created a Development Committee that is responsible for not only grants and special events, but also in securing recurring and major donors. This is being cultivated through Donor Stewardship.

Describe what other funding sources will be used to support this program; include fees for services contracts or other revenue sources?:

1. FFP volunteers contribute over 15,000 hours of time donated, with a value of approximately \$300,000/annually. We could not sustain our organization without their dedication and support.
2. FFP receives hundreds of thousands of pounds of donated food, each year, with an industry average of \$1.66/pound, equals in excess of \$2-million worth of food.
3. FFP has a fiduciary responsibility to the community in sustaining our under-served families with healthy food options--we can do this because of the generosity we are given through a variety of anonymous donors. Their contributions have made a significant difference in our ability to serve more than 1,100 families in Greater Fallbrook.

Program Budget File: 2020_2021_FRHD_CHC_Program_Budget_Form_v01.xlsx

Attestation: • I certify that all information presented in or attached to this Application is complete and accurate

Payment

Scan

No matches were found

Approval

Requested Amount: \$120,000.00

***Recommended Amount:**

Prior Approved Grants:

Request Status: External

Contact

Salutation: Ms.

***First Name:** Shae

Middle Name:

***Last Name:** Gawlak

Title: Executive Director

Address: 140 N. Brandon Road

Address 2:

City: Fallbrook

State: California

Province:

Zip/Postal Code: 92028-3251

Country:

Telephone: 7607287608

Fax:

Email Address: director@fallbrookfoodpantry.org

Contact Type:

Creation Date: 03/02/2020

Last Saved By: 1000000010520321

Last Saved Date: 02-MAR-20 02.49.49.512848 PM

Notes:

***Internal Use Only?:** N

Suffix: