

Shae Gawlak Executive Director

Fallbrook Food Pantry

Submission Date **Oct 13, 2021 2:22 PM**

Organization Name: **Fallbrook Food Pantry**

Program Title: **Alleviating Hunger in Greater Fallbrook**

Person submitting the report: **Shae Gawlak Executive Director**

Ages: List the percentage and total number served of your program participants' ages who received services during this reporting time frame:

	Percentage served	Total Number Served
Children (infants to 12)	25	912
Young Adults (13-18)	25	912
Adults (18-60)	35	1277
Seniors (60+)	15	547
Unknown		

Gender: List the percentage and total number served of your program participants' gender identification who received services during this reporting time frame:

	Percentage served	Total Number Served
Female	80	2990
Male	20	730
Non-binary		
Unknown		

Income: List the percentage and total number served of your program participants' income limit category of those who received services during this reporting timeframe:

	Percentage Served	Total Number Served
Extremely Low-Income (ceiling of \$32,100)	100	3646
Very Low (50%0 Income (ceiling of \$53,500)		
Low (80%) Income (ceiling of \$85,600)		
Higher than listed limits		
Unknown		

How many District residents directly benefited (participant/client)from this program in this reporting quarter?

3646

Please provide the Goal 1 statement from your application. Discuss the actions within each

Goal #1: WE WILL PROVIDE A WEEKLY BALANCED MENU OF SUPPLEMENTAL NUTRITIOUS FOOD TO EVERYONE WHO DEMONSTRATES

objective and provide your outcome data accordingly.

THEY NEED ASSISTANCE.

Outcome #1: We provided 3,646 qualified individuals with healthy food during quarter 1 of this grant cycle. Each household received an average of 20-25 pounds of food per person, every week.

Please provide the Goal 2 statement from your application. Discuss the actions within each objective and provide your outcome data accordingly.

n/a

Participant Success Story:

Anais is a 23-year-old single mom living with two other families here in Fallbrook. Anais works on the weekends and needs help with her son, Miguel, so together, these three families help support each other in their ability to provide a home for their children to grow up in. Anais started visiting the pantry just before the COVID pandemic changed so many people's lives, overnight, last March. She was still pregnant with her son and was not getting enough nutrition during her pregnancy. Hope Women's Clinic, suggested that she come to the pantry to get food. She has been a regular weekly shopper and we are so grateful we are able to support her nutrition needs as well as her son's.

The support from the Fallbrook Regional Health District makes it possible for us to provide the kind of nutrition our community needs...especially for pregnant mothers-to-be and their children.

Participant Success Story:



[MEET ANAIS.pdf](#)

Please describe how the Fallbrook Regional Health District's Community Health Contract - Grant investment toward this program was acknowledged during this reporting timeframe.

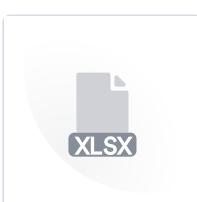
FRHD is acknowledged on our website and through frequently/quarterly social media posts on Facebook, IG and LinkedIn.

Please upload one example of how the District's support for this program was publicly acknowledged.



[FRHD social media post.png](#)

Please upload a copy of the program budget you submitted with the application. Fill in the Q1 column demonstrating the current utilization of grant funds.



[ALLEVIATING HUNGER BUDGET.xlsx](#)

Please explain any significant differences in budget or services during this quarter. What if any changes were made to address programming challenges.

Please sign your form:

We were able to conduct programs as anticipated this quarter. We did not encounter any challenges and we were able to feed all individuals who qualified.

A handwritten signature in black ink, appearing to read "Shawna Sandek".