



# 2020-2021 COMMUNITY HEALTH CONTRACT (CHC) Q3 GRANT IMPACT REPORT

**Organization Name:** Fallbrook Senior Citizens Service Club

**Program Title:** Congregate Meal Program

**Person submitting the report:** Susie Gonsalves 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)		
Young Adults (13-17)		
Adults (18-60)	2	
Seniors (60+)	98	
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	65	
Male	35	
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)		
Very Low (50% Income (ceiling of \$53,500)		
Low (80%) Income (ceiling of \$85,600)		

	Percentage Served	Total Number Served
Higher than listed limits		
Unknown	100	

How many District residents directly benefited (participant/client) from this program in this reporting quarter? 88

## GOALS & OBJECTIVES

**Please provide the Goal 1 statement from your application. Discuss the actions within each objective and provide your outcome data accordingly.**

Goal 1 Statement: The primary goal of the Congregate Meal Program is to alleviate food insecurity by providing hot, freshly prepared nutritious meals daily to as many seniors as possible in the greater Fallbrook area, who otherwise would not have regular access to such meals.

To meet the stated goal, The Fallbrook Senior Center has provided approximately 30 meals each day, five days a week, at no cost to seniors (60+), in a congregate setting to encourage socialization. Meals provided were substantial, hot and nutritious, meeting the strict dietary guidelines established by the San Diego County AIS and based on the specific nutritional needs of seniors. Menu plans, food preparation, and meal service successfully passed all the San Diego County inspections conducted during the 3rd quarter thus ensuring that all clients served received one third of their daily nutritional needs. During the second quarter we served 1689 meals to seniors and 88 residents of the Health District directly benefited from the Congregate Meal Program

**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

### Participant Success Story:

The following quotes are from anonymous lunch attenders:

"I enjoy coming to the Senior Center to meet new people, eat healthier and to receive monthly classes on health and nutrition. The veggies are always cooked perfectly."

"I like to come to lunch to visit with my friends and eat healthier."

"I really like the lunch program. The food is good, and much healthier than I would make myself at home."

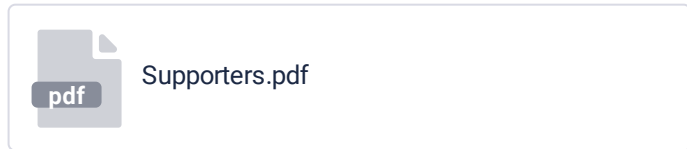
We could not possible run our nutrition program without the help of the Fallbrook Regional Health District.

## ACKNOWLEDGEMENT

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

The Fallbrook Regional Health District logo is listed under our Supporters and Partnerships category in our monthly newsletter, The Senior Center Chronicle. The FRHD logo is also on our monthly menu page. The senior Center Chronicle is distributed to close to 400 members every month. Total number of outreach for the 3rd quarter was 1200 newsletter distributed.

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

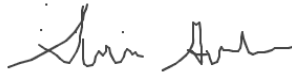


## **BUDGET**

**Please upload a copy of the program budget you submitted with the application. Fill in the Q3 column demonstrating the current utilization of grant funds.**



**Please sign your form:**

A handwritten signature in black ink.