**Target Population - Age**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percent of program participants</th>
<th>Total Number of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children (infants to 12)</td>
<td>20</td>
<td>49</td>
</tr>
<tr>
<td>Young Adults (13-17)</td>
<td>15</td>
<td>33</td>
</tr>
<tr>
<td>Adults (18-60)</td>
<td>65</td>
<td>103</td>
</tr>
<tr>
<td>Seniors (60+)</td>
<td><em>We do not collect this data (indicate with 100%)</em></td>
<td></td>
</tr>
</tbody>
</table>

**Target Population not collected - Age**

n/a

**Target Population - Gender**

<table>
<thead>
<tr>
<th>Gender</th>
<th>Percent of program participants</th>
<th>Total Number of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>51</td>
<td>98</td>
</tr>
<tr>
<td>Male</td>
<td>50</td>
<td>95</td>
</tr>
<tr>
<td>Non-binary</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unknown*</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Target Population - Gender*  
n/a

**Target Population - Income Level**

<table>
<thead>
<tr>
<th>Income Level</th>
<th>Percent of program participants</th>
<th>Total Number of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extremely Low-Income Limits, ceiling of $32,100</td>
<td></td>
<td>100</td>
</tr>
<tr>
<td>Very Low (50%) Income Limits, ceiling of $53,500</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Percent of program participants**

<table>
<thead>
<tr>
<th>Low (80%) Income Limits, ceiling of $85,600</th>
<th>Percent of program participants</th>
<th>Total Number of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Higher Than Listed Limits</td>
<td></td>
<td></td>
</tr>
<tr>
<td>We do not collect this data (indicate with 100%)*</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Target Population - Income Level*

n/a

**Total number of residents that benefited (participant/client) from this program this quarter.**

193

**Program/Services Description - Social Determinants of Health**

Education Access & Quality (Early Childhood Education and Development, Enrollment in Higher Education, High School Graduation, Language and Literacy)

**Program/Services Description - FRHD Community Needs Assessment**

Health (Diabetes - prevention, management)

Health (Cholesterol, High Blood Pressure, Hypertension, Obesity)

Health (Healthy Food/Nutrition)

**Program Objectives**

Provide in-person nutrition and occupational courses that benefit our community in-need, in 5 learning the fundamentals of living a healthy lifestyle and being able to make better choices for themselves, ultimately benefiting their families as well.

**Program Outcomes/Measurables**

This past quarter we have hosted 6 courses/classes out of the Learning Center (Cooking Matters, Diabetes Prevention & Management, C.H.O.P., Nutrition to Grow On, Recipe Rehab & ESL) serving 193 individuals who collectively contributed to approximately 3,000 student hours of class time. Our partnerships include: Fallbrook High School, Boys & Girls Club, Palomar College, and Fallbrook Garden Club.

**FRHD Grant Support Acknowledgment**

- Social Media Postings
- Signage at Service Sites
- Print Materials to Service Recipients
- Website Display

**FRHD Grant Support Acknowledgment**

The Pantry acknowledged FRHD generous $50,000 donation through these means of media:

1. Box Truck

2. Social Media posts
3. Website

4. Signage in the Pantry
Contact Information

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Title
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Impact Story

MEET JONATHAN.pdf