

SHAE GAWLAK

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Tax Exempt Status YES

Service Area Bonsall De Luz Fallbrook Rainbow

Will no less than 80% of the program recipients live within the communities of Fallbrook, Rainbow, Bonsall or De Luz? YES

Collaborative/Joint Application NO

Organization Information Legal Name FALLBROOK FOOD PANTRY DBA (if Applicable) N/A

Contact Information Contact Name SHAE GAWLAK Title CEO Primary Contact Phone 760-728-7608 Email Address director@fallbrookfoodpantry.org

Organization Physical Address 140 N. Brandon Road Fallbrook, CA, 92028

Board of Directors FFP BOARD MEMBERS BIO'S.pdf 109.96 KB

Financial Documents - Audit 17_20230221 BS 12.31.22_8836.pdf 42.39 KB

17_20230221 P&L 12.31.22_6942.pdf 42.93 KB

Fallbrook Food Pantry - ATTORNEY GENERAL - 2022 Form RRF-1pdf 442.51 KB

Financial Documents - P&L and Balance Sheet 20230221 BS 12.31.22.pdf 42.39 KB

20230221 P&L 12.31.22.pdf 42.93 KB

Financial Documents - 990 Fallbrook Food Pantry - 2022 Public Copy 11-15-23.pdf 352.61 KB

Organization's Mission Statement The Fallbrook Food Pantry (FFP) provides access to healthy and nutritious food for all. Through food distribution, education, and health monitoring, we work to address food insecurity and the social determinants of health by reducing inequities. Our programs empower our clients to become self-sufficient,

independent, and productive community members by offering a well-balanced selection of food, nutrition, wellness, and vocational education. Fallbrook Food Pantry (FFP) provides access to healthy and nutritious food for all. Through food distribution, education, and health monitoring, we work to address food insecurity and the social determinants of health by reducing inequities. Our programs empower our clients to become self-sufficient, independent, and productive community members by offering a well-balanced selection of food, nutrition, wellness, and vocational education.

Organization's Vision Statement

We envision a community where the pain and suffering caused by hunger do not exist. We envision a community where those in-need have access to an adequate and nutritious supply of food. We envision a community where those in need have the opportunity to learn and thrive as self-sufficient, independent and productive members of our society through educational daily life-skills, personal and professional development courses.

Organization History & Accomplishments

Fallbrook Mission Project was formed in 1991 as a religious service organization to offer economic assistance, emotional support and spiritual nurturing while promoting client self-esteem and dignity. Its work included providing shelter, food, and clothing and helping with medical needs. In 2005 the pantry moved away from its religious status, became an official 501(c)3 and changed its name to the Fallbrook Food Pantry. With a 30-year history of service to Fallbrook, we are deeply ingrained and involved in the community and have earned the trust of our clients and stakeholders. We focus on building strong personal relationships reflecting the small, rural enclave that makes up the Fallbrook region, and we know all our clients personally. Our semi-isolated community is far from the larger services of the city of San Diego, so our population relies on and trusts FFP to meet the complex needs of our diverse clientele. Annually, serve 50,000 households, supplying over 1.5 million pounds of food. This translates to 5,598 unduplicated individuals each year.

The Pantry has made significant headway in putting healthy food on families' tables since 1991. But the need became clear to create a more holistic model to affect system change in more profound ways through education. Therefore, thanks to the community's generosity, a successful capital campaign led to the 2019 purchase of a new building and a state-of-the-art Learning Center. We established our first nutrition class in 2021. Since then, FFP education initiatives have grown exponentially from one course that supported less than 100 clients to now offering more than seven courses that support over 400 clients annually, recording more than 6,500 classroom hours of learning during our first year of educational services. We are in a stage of strategic and dynamic growth to expand the program even further in scope and impact.

Program Name/Title

Rooted in Wellness-Nourishment for Life

Brief Program Description

Rooted in Wellness is a comprehensive, evidence-based curriculum tailored for adults and youth, centered around horticulture, ecosystems, and daily life skills. It offers educational opportunities in health and wellness, nutrition, occupational development, and personal growth to communities facing diversity, equity, and inclusion disparities.

Is this a new initiative/service or established program within your organization?

Established Program

Did this program receive FRHD CHC - Grant funding last funding cycle (FY 23.24).

NO

Describe the impact of the program to date. Briefly explain how the service/intervention has worked - include cumulative metrics from the Q1 and Q2 Impact reports.

By utilizing our educational approaches alongside healthcare monitoring, Rooted in Wellness aims to tackle issues such as food insecurity, socioeconomic, and social determinants of health. The program is designed to mitigate inequities that contribute to the development of diseases in at-risk and disadvantaged communities, including Special Health Districts, Indian Reservations, the homeless, and other special at-risk populations. Through our curriculum, individuals will learn fundamental skills that will provide them with making better-healthier decisions for themselves and those they love. It will provide them with opportunities that will positively impact their physical, mental, emotional, and financial pillars of livelihood. With two years of data collection, we have identified that when an individual is empowered with education about how and what our body and brain needs to function optimally, the outcome is profound! Our clients have acknowledged that what they eat, does have a positive or negative reaction to the way they feel, think, and move throughout their day. They have identified that learning how to eat healthier and with daily movement, their mental health improved drastically. Many have reported they are more alert and less tired. They are happier, motivated and want to embrace a new way of living their lives, and many who have been highly medicated for various health issues, are discovering they need less medication or no longer need any. These findings have been monumental for

our community and we believe that with our evidence-based curriculum, Rooted in Wellness can and will be a significant solution to poverty.

Funding Amount Being Requested 75000

Program Information - Type **Ongoing**

Projected number of residents that will directly benefit (participant/client) from this program. 8500

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	30	2550
Young Adults (13-17)	40	3400
Adults (18-60)	20	1700
Seniors (60+)	10	850
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age n/a

Target Population - Gender

	Percent of program participants
Female	60
Male	40
Non-binary	
Unknown*	

*Target Population - Gender n/a

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	70
Very Low (50%) Income Limits, ceiling of \$53,500	30
Low (80%) Income Limits, ceiling of \$85,600	
Higher Than Listed Limits	
We do not collect this data (indicate with 100%)*	

*Target Population - Income Level n/a

What language(s) can this program accommodate: **English Spanish Tagalog**

What demographic group does this program predominately serve: **Youth - school based Older Adults Youth - other setting Special Populations**
Community - Health & Fitness

Program/Services Description - Social Determinants of Health

- Economic Stability (Employment, Food Insecurity, Housing Instability, Poverty)**
- Education Access & Quality (Early Childhood Education and Development, Enrollment in Higher Education, High School Graduation, Language and Literacy)**
- Social & Community Context (Civic Participation, Discrimination, Incarceration, Social Cohesion)**
- Healthcare Access & Quality (Access to Health Care, Access to Primary Care, Health Literacy)**
- Neighborhood & Built Environment (Access to Foods that Support Healthy Eating Patterns, Crime and Violence, Environmental Conditions, Quality of Housing)**

Social Determinants of Health - Economic Stability
Our programs are flexible and tailored to accommodate individual's needs who have limited resources or access to healthy foods. Nutrition education addresses economic stability by equipping individuals with the knowledge and skills to make informed food choices, thereby improving their health, productivity, and financial well-being. These changes can help reduce healthcare costs, increase productivity, and promote economic stability both for individuals and our community.

Improving Health Outcomes: Good nutrition is foundational to good health. Reducing the risk of chronic

diseases such as obesity, diabetes, heart disease, and some forms of cancer, nutrition education can decrease healthcare costs for individuals and families. Lower healthcare expenses can free up financial resources for other needs.

Enhancing Productivity: Proper nutrition is linked to improved cognitive function, concentration, and energy levels. This can lead to better academic performance in children and increased productivity in adults.

Reducing Absenteeism: Nutrition-related health improvements can lead to reduced absenteeism from work or school.

Promoting Self-Sufficiency: Nutrition education includes components on budgeting for groceries, understanding food labels, and cooking healthy meals. These skills can help individuals and families make more cost-effective food choices without sacrificing nutritional quality.

Long-Term Cost Savings: Fostering healthier eating habits reduces incidences and severity of chronic diseases, which can lead to long-term savings in healthcare costs. These savings could be redirected towards other social services and programs.

1. Empowerment and Education: Empowering individuals with knowledge, our programs also encourage further education and engagement with health and wellness topics. This empowerment leads to better decision-making in their life, including financial decisions.

Social Determinants of Health - Education Access and Quality

Education improves an individual's ability to understand health information and make informed decisions about their health care. Higher health literacy is associated with better health outcomes, including lower rates of chronic diseases, higher life expectancy, and greater engagement in preventive health behaviors.

1. Economic Benefits: Educated individuals are more likely to be employed and have higher earning potential. Economic stability, afforded by better job opportunities, allows for access to healthier lifestyles, including better nutrition, safer housing, and health care services, which can lead to improved health outcomes.

2. Healthier Behaviors: Education contributes to healthier behaviors by increasing knowledge about the consequences of certain lifestyle choices. Educated individuals are more likely to engage in physical activity, eat nutritious foods, avoid smoking, and limit alcohol consumption. These behaviors can reduce the risk of many chronic conditions, such as obesity, diabetes, cardiovascular diseases, and some cancers.

3. Social and Psychological Benefits: Education can enhance an individual's social skills, critical thinking, and self-esteem, contributing to better mental health and resilience. Fostering a sense of control over life circumstances, which is associated with reduced stress and improved mental health outcomes. Educated individuals are more likely to build supportive social networks, which provide emotional support and can help mitigate the effects of stress.

4. Improved Child Health and Development: Parents' education, particularly maternal education, is a strong predictor of child health outcomes. Educated parents are more likely to access prenatal care, vaccinate their children, and provide nutritious food and stimulating environments for their children's development. This leads to better health in childhood and beyond.

Social Determinants of Health - Social and Community Context

Nutrition education profoundly impacts social and community health by addressing and positively influencing social determinants of health. At its core, it equips individuals and communities with the knowledge and skills needed for making informed food choices, leading to improved health outcomes and contributing to broader social benefits. It reduces the prevalence of chronic diseases such as obesity, diabetes, and heart disease by promoting healthier eating habits. This not only enhances individual quality of life but also decreases the overall healthcare burden on communities, leading to significant economic benefits through reduced healthcare costs and increased productivity.

Nutrition education plays a crucial role in educational outcomes. Children and adolescents with access to nutritious foods and knowledge about healthy eating are more likely to exhibit improved concentration, cognitive function, and academic performance. This educational enhancement is critical for long-term personal and economic success.

On a societal level, nutrition education fosters social cohesion by encouraging community engagement and empowerment. It helps bridge health disparities by providing underserved populations with valuable knowledge and resources, while promoting health equity. Incorporating and respecting cultural food practices, nutrition education also celebrates and reinforces community identity and diversity.

Nutrition education can drive policy and systemic changes by informing and empowering communities to advocate for healthier environments and access to nutritious foods. This can lead to the creation of more sustainable local food systems, reduction in food waste, and the promotion of environmental sustainability. Overall, the benefits of nutrition education extend far beyond individual health, fostering stronger, more resilient, and equitable communities.

Social Determinants of Health - Healthcare Access and Quality

Social Determinants of Health -
Neighborhood and Built Environment

Access to quality healthcare, intertwined with nutrition education, plays a role in addressing social determinants of health, offering multifaceted benefits to communities. First, healthcare access ensures that individuals receive time for nutrition counseling and interventions, critical for preventing and managing chronic conditions such as diabetes, heart disease, and obesity. This preventative approach reduces the burden on healthcare systems by decreasing the need for more intensive care and hospitalizations, leading to significant cost savings and more sustainable healthcare provision.

Quality healthcare, enriched with nutrition education, empowers individuals with the knowledge and skills to make informed dietary choices, directly impacting their health and quality of life. This empowerment aids in the reduction of health disparities seen in underserved communities, where access to healthcare and nutrition education is often limited. By addressing these gaps, our community can move towards health equity, ensuring that everyone has the opportunity to live healthier lives.

Integrating nutrition education within healthcare settings enhances the patient-provider relationship, fostering a more holistic approach to health that considers diet and lifestyle in relation to overall well-being. This integration supports the shift towards preventive care, focusing on maintaining health rather than solely treating disease.

Educated and health-conscious individuals can influence their immediate and wider community, creating a ripple effect that promotes public health, encourages healthier choices, and reduces lifestyle-related health conditions. The synergy between education and healthcare is essential when individuals have access to quality care and are encouraged to take control of their health. This is why the neighborhood built environment plays a crucial role in providing a practical application of this knowledge.

The Fallbrook Food Pantry has recognized the priority of food accessibility and how it is a direct correlation to being a food desert. Many of our community members do not have easy access to healthy food, because of our rural landscape and sprawling areas. With much of them needing to seek food from the Pantry, living in the "outskirts" makes it difficult to get to us and to grocery stores.

With Rooted in Wellness educational opportunities, our community garden and food initiatives, we are enhancing neighborhood cohesion, providing a knowledge improvement in dietary habits by directly involving community members in these initiatives. These initiatives are not only educational but are also empowering our community.

Statement of Need/Problem

Proper nutrition is crucial for individuals of all ages, with a particular focus on children. More, to maintain good health and thrive. When children are introduced to healthy and nutritious food early on, it can establish the basis for healthy eating and exercise habits that will have long-lasting health benefits. There is extensive research on the positive impacts of nutrition education for kids, which can positively affect health outcomes, including improved knowledge of nutrition, increased consumption of healthy foods, lower rates of obesity, improved academic performance, and long-term health benefits. Here are some key findings from research studies:

A systematic review of 20 studies found that nutrition education programs led to increased knowledge of healthy foods, food groups, and healthy eating habits among children. A number of studies have also found that nutrition education programs can lead to increased consumption of healthy foods and long-term health benefits. A randomized controlled trial involving over 3,000 children found that a school-based nutrition education program led to a 21% reduction in the prevalence of overweight and obesity, as well as lower blood pressure, and lower cholesterol levels, compared to children who did not participate in the program.

(NIH. 2018\ \. Impact of school-based nutrition and physical activity intervention). In addition to health, youth nutrition education also positively affects academic performance, and cognitive function (Nyaradi A., Li J., Hickling S., Foster J., Oddy W.H. 2013. *The Role of Nutrition in Children’s Neurocognitive Development*). Nutrition education is not merely about short-term results, it’s about helping students establish a healthy relationship with food that supports them for the rest of their life.

Food choices and dietary behaviors are developed in childhood and are difficult to change in adulthood. Yet, according to the Centers for Disease Control, “US students receive less than 8 hours of required nutrition education each school year, far below the 40 to 50 hours that are needed to affect behavior change.” Nutrition education is similar to any other subject, in that starting early and learning frequently can lead to greater knowledge and understanding. It is essential for individuals to learn about the fundamentals of nutrition, which can impact both their physical and mental health. Without this knowledge early in life, changing unhealthy habits and adopting healthier lifestyles may become more difficult.

FFP programs are especially critical in rural areas like Fallbrook where residents live in a “food desert.” Fewer grocery stores and limited availability of healthy, affordable food is associated with high-calorie and less nutritious food, leading to an increased risk of obesity, type 2 diabetes, and other chronic diseases. Rural areas like ours, experience “persistent poverty” compared to urban counterparts—higher poverty rates over a long period. Economic instability, high housing costs, lack of job opportunities, and limited transportation options contribute to food insecurity in our vulnerable community. Alternatively, the strengths of rural communities are the strong social ties between people and a deep connection to locally run organizations. Our programs build upon these strengths to provide holistic services that nourish and educate the mind, body and soul.

How are other organizations addressing this need in the community?

There are no other organizations in North County San Diego who are providing the expansive evidence-based educational opportunities and services that the Fallbrook Food Pantry has been providing to our community for the past two plus years. We take great pride in this fact and because of it, we believe that our curriculum will change the paradigm of tens of thousands of households who experience chronic poverty. We have developed a solution that will aid in the success of individuals becoming self-sufficient, independent and productive members of our society.

Program/Services Description - Program Entry & Follow Up

We have made the accessibility to our Rooted in Wellness curriculum very easy to enter programs/classes. With more than 38 classes, currently, being taught every week, interested participants can register in person or online. Our clients receive direct notification via flyers and face-to-face conversations, announcing our educational opportunities. When a client comes to register for food assistance, our Client Relations team, makes certain that they are aware of these opportunities and encourages them to take advantage of them, as part of the services we provide.

The partnerships we have established over the last two years, has afforded us multiple locations of where classes are being held, and where we are able to reach the most vulnerable individuals needing our education. From classes being taught at our Learning Center--on the premises of the Pantry, to the Fallbrook Regional Health District's Wellness Center, Bonsall Unified School District - main campus, both Title 1 schools Ivy and Fallbrook High, Willow Tree Charter School, and Pala Reservation, we have acknowledged that "going where they are" is the best and most effective way of ensuring this population has the ability to access education that has been proven to enhance their lives.

Program/Services Description - Program Activities

Nobody should wonder where their next meal will come from. When individuals know their food needs are taken care of, they can focus on building a healthier and happier future. Therefore, education initiatives are equally important as our food distribution programs because education is the real catalyst for changing the underlying reasons for food insecurity. It addresses the root cause and social injustices of food insecurity and poor health outcomes. In the FFP Learning Center and demonstration kitchen, we create an inclusive environment where all members of the community have an opportunity to attend free linguistically and culturally appropriate courses in health, wellness, ESL, personal and occupational development courses.

Through a wide variety of in-person we teach our community practical skills and long-term solutions to reducing food insecurity with the ultimate goal of increasing self-sufficiency and becoming less reliant on FFP programs. Our holistic services are proven to help low-income families break the cycle of poverty and poor health outcomes. Research from the NIH suggests that “Food insecure adults have a 32% increased (chance) of being obese compared to food-secure adults.” ([Food Insecurity Is Associated with Obesity among US Adults](#)). It’s critical the at-risk community have access to nutritious food and learn how to prepare food in a way that prevents diseases such as diabetes and hypertension.

Rooted in Wellness offers 25 different educational opportunities ranging from nutrition education, to personal development, from cooking classes/demonstrations to how to land a job, from mental wellness facilitated group circles to garden clubs and languages (English and Spanish as 2nd Languages). We cater to all age groups, beginning as young as five (5) years old to 105.

Program Goal

- 1000 individuals will learn how to make healthy lifestyle changes to improve their quality of life and health outcomes, as measured by class attendance and surveys. Out of the 1000 individuals, 700 will be at our school-site nutrition program, and 300 will be at our other FFP locations .
- 90% of cooking/nutrition class attendees will have more confidence in their cooking abilities and see fewer barriers to making healthy, affordable meals, as measured by client surveys.

To achieve our 2024 education goals, we will conduct a minimum of 10 different classes (averaging 30-50 individual classes) that will be held throughout the year at the FFP Learning Center, FRHD Wellness Center, 3-high school sites (Ivy, Fallbrook, Bonsall), 1-middle school (Sullivan in Bonsall), 2-elementary schools in Bonsall, 1-elementary/middle school (Willow Tree), and 2-locations on Pala Reservation. Each course lasts anywhere from 8-10 weeks.

Program Objectives & Measurable Outcomes

To measure impact, FFP will track attendance in addition to conducting surveys and assessments for all courses offered. Participants will take an assessment during the first and last sessions of class to quantify and compare improvements in attitudes towards healthy eating, their awareness of nutrition information, and their perceived confidence in making healthy food choices. Participants will provide impact statements of what their knowledge base was before entering the class and their outcomes and the end, and how this educational opportunity has empowered them and their families.

Organization Collaborations

We have collaborated with many organizations and pulled our resources together to provide more opportunities for our underserved community members.

1. **Bonsall Unified School District** is currently offering 8 classes to grades k-12. We are providing Nourish & Grow Garden Club (k-8)--here we have 40 garden beds, Farm to School (6-12)--1 acre of land to grow on, CHOP for Kids (2-5), CHOP Jr. (6-8), CHOP (9-12)--we are expecting to increase from 8-12 classes being offered beginning in August 2024.

2. **Boys & Girls Club** we will be offering 4 classes this year: Nourish & Grow (Summer)--here we have installed 6 garden beds, Start Smart (on-going), CHOP for Kids (on-going), Professor Bean Presents Food Science (spring/fall camp)

3. **Fallbrook Regional Health District Wellness Center.** FFP & FRHD have created a partnership that is allowing FFP to build out 15 large garden beds to educate adults called Organic Roots we will also be providing Health & Harmony, a mental and physical holistic journey.

4. **Ivy High School** - we will be providing Teen Wellness and Health & Harmony throughout the 2024/2025 school year.

5. **Fallbrook High School** - here we are partnering up with Chef Cruz who is the new Culinary Arts instructor. FFP will be merging food instruction with Teen Wellness. Demonstrating that both food and movement are medicine and will have a positive impact on your mental wellness.

6. **Willow Tree Charter School** - we have been providing 8 classes to this school since last August. They have been incorporated into the actual classroom--working alongside the kids science classes. We have 19 garden beds here and are teaching Nourish & Grow, Start Smart, CHOP for Kids, Teen Wellness & Adult Health for parents.

7. **Pala Reservation** - we are currently teaching CHOP Jr. (6-8) and CHOP (9-12), soon we will be adding Teen Wellness, Health & Harmony.

Anticipated Acknowledgment

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

Anticipated Acknowledgment

We will acknowledge FRHD through social media posts (FB and Instagram). In 2019 FRHD's logo was added to our box truck, permanently. Our quarter newsletters will showcase our partnership as well as any flyers or intellectual property that supports our ROOTED IN WELLNESS classes through this grant opportunity.

Funding History

NO

Program Budget



24-25 FRHD CHC Program Budget Form - ROOTED IN WELLNESS.xlsx

54.77 KB

Terms and Conditions

Accepted

Authorized Signature



Chad Newland
