

Organization Information

Legal Name

Fallbrook Food Pantry

DBA (if Applicable)

n/a

Program Name/Title

Alleviating Hunger

Brief Program Description

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.

Funding Amount Awarded

7746

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	27	2091
Young Adults (13-17)	18	1394
Adults (18-60)	31	2401
Seniors (60+)	24	1859
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

n/a

Target Population - Gender

	Percent of program participants
Female	80
Male	17
Non-binary	
Unknown*	

*Target Population - Gender

n/a

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	100
Very Low (50%) Income Limits, ceiling of \$53,500	
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

Actual number of residents that directly benefited (participant/client) from this program during this quarter.

3339

Program/Services Description - Social Determinants of Health

Economic Stability (Employment, Food Insecurity, Housing Instability, Poverty)

Program Goal & Objectives

GOAL: We will provide every individual with a minimum of 10-12 pounds of food, weekly, from a determined menu consisting of nutrient-dense fresh produce, dry goods, meat, dairy and grains. OBJECTIVE: During Qtr 1 2023/2024, FFP will feed every individual that seeks food assistance an average of 10-12 pounds of food per week to more than 1100 households.

Program Outcomes & Measurables

The Pantry fed 7,746 individuals an average of 15 pounds per person, each week during QTR.1 2023/2024, for a total of 116,190 pounds of food distributed.

Anticipated Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

Other

Terms and Conditions

Accepted

Authorized Signature



Contact Information

Contact Name

Shae Gawlak

Title

CEO

Primary Contact Phone

949-235-3539

Email Address

director@fallbrookfoodpantry.org

Writing Instructions:

What language(s) does this program accommodate:

English

Spanish

Tagalog

Acknowledgment of District Support



2022 ANNUAL REPORT.pdf

Impact Story



MEET WILLIAM.pdf

Program Budget



ALLEVIATING HUNGER BUD... .xlsx



MEET WILLIAM



William is a Vietnam Veteran, who served in the US Army from 1967 until 1977. He was just 17 years old when he enlisted, never finishing high school. After a medical discharge from the Army in 1977, due to shrapnel in his back and upper left arm, William spent the better part of ten years struggling with the VA to get appropriate medical coverage and treatment for his non-stop pain. To no avail, William was not successful in getting quality care and eventually suffered from debilitating back and arm pain that prevented him from working beyond 1990. For the past thirty years, William has had to rely on the system to keep him afloat. It wasn't until he was forced to move out of his home in Central California, did he find better support within the San Diego County Human Services Department, where he finally started receiving food stamps and better medical care.

Now living in Fallbrook with his brother and sister-in-law, William has been able to source his services locally and has been an active client at the Food Pantry since January of this year. William says that if it wasn't for the food he receives from us, he wouldn't be able to feed himself healthy meals each week. His EBT dollars were just cut from \$281/month to \$23/month! In frustration, he said this, "No one can live on either amount every monthly! How is it that our system completely disregards those of us who now depend on our country—like they depended on me...and nothing is getting better of us?" With the food that we are able to provide William and other seniors in need with, he feels better knowing that we are on his side and that we will always make sure he has enough food to keep fighting the good fight!



WEBSITE ACKNOWLEDGEMENT

Our Major Donors

A collection of logos for major donors, arranged in a grid on a green background. The logos include:

- Fallbrook Regional Health District
- Legacy Endowment (Your pathway to community giving)
- San Diego Foundation
- Kendall Farms (EST. 1987, FALLBROOK CALIFORNIA)
- The Betterworld Trust
- The Ken & Catherine Sousa Family Trust
- Albertsons Companies Foundation
- Del Rey Avocado Company
- Sisters of St. Joseph Healthcare Foundation
- Saint Peter Thrift Store
- Christ the King

Agency Name: **FALLBROOK FOOD PANTRY** PROGRAM NAME: **ALLEVIATING HUNGER**

The main categories align with the budget submitted with your application. Aggregate totals are all that should be reported under each heading.

1)	A	INDIRECT EXPENSES:	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL INDIRECT EXPENSE	\$224,500.00	\$0.00				
	B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL PERSONNEL EXPENSE	\$249,500.00	\$35,000.00	\$8,750.00			
	C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL OTHER EXPENSES	\$123,000.00	\$40,000.00	\$10,000.00			
	D	TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
			\$597,000.00	\$0.13	\$18,750.00	\$0.00	\$0.00	\$0.00

Total funds expended to date: **\$18,750.00**