



Organization Information

Legal Name

Fallbrook Food Pantry

Program Name/Title

Nutrition & Occupation Edu

Contact Information

Contact Name

Shae Gawlak

Title

Executive Director

Primary Contact Phone

7607287608

Email Address

director@fallbrookfoodpantry.org

Organization Mailing Address

140 N. Brandon Road
Fallbrook, CA, 92028

Organization Physical Address

140 N. Brandon Road
Fallbrook, CA, 92028

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

205

Target Population - Age

	Percent of program participants	Total Number of Participants
Children (infants to 12)	35	72
Young Adults (13-17)	17	35
Adults (18-60)	48	98
Seniors (60+)		
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

n/a

Target Population - Gender

	Percent of program participants	Total Number of Participants
Female	60	123
Male	40	82
Non-binary		
Unknown*		

*Target Population - Gender

n/a

Target Population - Income Level

	Percent of program participants	Total Number of Participants
Extremely Low-Income Limits, ceiling of \$32,100	100	205
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

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)

Neighborhood & Built Environment (Access to Foods that Support Healthy Eating Patterns, Crime and Violence, Environmental Conditions, Quality of Housing)

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. 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 quarter we hosted (2) 8-week Diabetes Prevention & Management classes (beginners & intermediate), (1) 16-week ESL class (English as a Second Language), (1) 8-week Cooking Matters for Youth class and (5) 90-minute Health Seminars, serving 205 individuals with more than 4,500 student hours of class time.

FRHD Grant Support Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

Other

FRHD Grant Support Acknowledgment

The Pantry acknowledged FRHD through our social media posts, newsletter, signage at the pantry, website and our box truck.

Please provide an example of how the District's grant funding was acknowledged.



MEET JACQUELINE.pdf

Program Budget



2022-2023 - GRANT REPORT... .xlsx

Impact Story



164_MEET JACQUELINE_701.pdf

Opportunities & Challenges

N/A



MEET JACQUELINE

Jacqueline came to the United States in 2016 from Mexico City, when she was just 17 years old and did not know any English other than the word "Hello." She knew she needed to learn English as soon as possible and enrolled in an ESL class in Mira Mesa, CA in 2018, where her family moved to.

After spending every evening for many months, trying to learn English so she could find a job, she became frustrated with the application and interviewing process and felt defeated every time she had a job interview, because she still struggled with speaking English and being able to be understood. Her family ended up moving to Fallbrook so her dad could be closer to work and her mom could help her mother-in-law out, who lives in Rainbow.

Jacqueline was determined to find another ESL class/opportunity in Fallbrook, but once Covid happened, she had to put that desire on hold. She spent the next year and a half reading as many English books as she could get her hands on. She learned how to use the dictionary and once she had a grasp on that, she found it much easier to speak more clearly and with more confidence. In February of 2022, Jacqueline learned of the Pantry's ESL classes, and quickly signed up with our instructor at a community event, and she started class the following week.

Jacqueline still lives with her parents, today, and has found a decent job that allows her to contribute to their family's household, but she said that without the compassion, patience and understanding from her instructor at the Pantry's Learning Center, she doesn't believe that she would have been successful in retaining a job that pays her as well as this one now does. Not only can Jacqueline read, speak and write English better than ever, she said her level of confidence has risen because her instructor was so dedicated to her success, too.

FRHD CHC GRANT BUDGET REPORTING FORM

Agency Name: **FALLBROOK FOOD PANTRY** PROGRAM NAME: **LEARNING CENTER: NUTRITION & O**

Not all line items will correspond with your program budget. If the item does not fully align either leave it blank in the best category possible. However, be sure your program budget is filled in.

A	INDIRECT EXPENSES:	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2
A1	Security/Fire Protection	\$ 1,000.00	\$ -		
A2	General Insurance (not program specific)	\$ 15,000.00	\$ -		
A3	Accounting & audit expenses	\$ -	\$ -		
A4	Professional/Consultant/Contractor Fees	\$ 5,000.00	\$ -		
A5	Physical Assets (Rent, Facility Costs)	\$ 5,000.00	\$ -		
A6	Utilities	\$ 3,000.00			
A7	IT & Internet	\$ 1,000.00	\$ -		
A8	Marketing & Communications	\$ -	\$ -		
A9	Office Supplies	\$ 2,500.00	\$ -		
A10	Licenses/permits/fees	\$ 2,500.00	\$ -		
A11	Equipment/Building Reserves	\$ -	\$ -		
TOTAL INDIRECT EXPENSE		\$ 35,000.00	\$ -	\$0.00	\$0.00
B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2
B1	Salary - Executive Director (1.0)	\$ 15,000.00	\$ -		
B2	Salary - Program Manager (1.0)	\$ 10,000.00	\$ 5,000.00	\$1,250.00	\$ 1,250.00
B3	Salary - Instructors (0.5) x 3	\$ 30,000.00	\$ 10,000.00	\$2,500.00	\$ 2,500.00
B4	Salary - LC Coordinator (0.5)	\$ 15,000.00	\$ 5,000.00	\$1,250.00	\$ 1,250.00
B5	Payroll Expenses (WC, taxes)	\$ -	\$ -		
B6	Benefits	\$ -	\$ -		
B7	Other: specify	\$ -	\$ -		
TOTAL PERSONNEL EXPENSE		\$ 70,000.00	\$ 20,000.00	\$5,000.00	\$5,000.00
C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2
C1	Educational Equipment for Instructors	\$ 5,000.00	\$ -		
C2	Food & Distribution Supplies	\$ 25,000.00	\$ 10,000.00	\$2,500.00	\$ 2,500.00
C3	Printing/Duplicating	\$ 2,500.00	\$ -		
C4	Marketing & Communications	\$ 5,000.00			
C5	Curriculum & Programs Development	\$ 20,000.00	\$ 10,000.00	\$2,500.00	\$ 2,500.00
C6	Technology: video recording equipment	\$ 5,000.00	\$ -		
C7	College Scholarship programs for HS students	\$ 25,000.00	\$ 10,000.00	\$2,500.00	\$ 2,500.00
TOTAL OTHER EXPENSES		\$ 87,500.00	\$ 30,000.00	\$7,500.00	\$7,500.00
		W	Z	\$12,500.00	\$12,500.00
D	TOTALS	PROGRAM COST	TOTAL FUNDS AWARDED	TOTAL FUNDS EXPENDED YTD	
		\$ 192,500.00	\$ 50,000.00	\$25,000.00	

OCCUPATIONAL EDUCATION

pick or group it
fully itemized.

AMOUNT USED Q3	AMOUNT USED Q4

\$0.00	\$0.00
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AMOUNT USED Q3	AMOUNT USED Q4

\$0.00	\$0.00
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AMOUNT USED Q3	AMOUNT USED Q4

\$0.00	\$0.00
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\$0.00	\$0.00
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