



2022 Annual Report

Welcome to the Fallbrook Food Pantry, where we believe that every person deserves the right to a healthy and nutritious daily diet. We respond to families in need by advocating for dignity, respect, and fairness for all people by providing hope through love and emotional support.

Through our nutrition and education programs, we strive to promote wellness and provide a healthy, well-balanced selection of food for every individual in our community. As the only full-service food source for people in need in the Greater Fallbrook area, we provide support for an average of 50,000 household visits annually and offer over 6,500 hours of nutrition, wellness, and occupational education every year.



Our holistic services promote food system equity by helping food-insecure families break the cycle of poverty and improve their health outcomes. 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.

The Population We Serve

Our community in-need is a diverse demographic and stretches from Fallbrook to De Luz, from Rainbow to Pala, as well as Bonsall and small pockets of Oceanside, Vista, Temecula and Murrieta. Through a thorough interview process, conducted by our Volunteer Interviewers, all households must meet specific criteria in order to qualify for on-going food assistance.

FFP client demographics

- 2% Asian
- 2% Black
- 65% Hispanic/Latino
- 1% Native American Indian or Alaska Native
- 30% White
- 22% are senior citizens
- 16% are military families and/or veterans and
- 7% are homeless
- 10% Age 6-11
- 15% Age 12-15
- 10 % Age 16-24
- 25% Age 25-44
- 25% Age 45-64
- 15% Age 65+
- 80% Female
- 20% Male

The need for healthy food within the greater Fallbrook area is acute, with **20% of residents falling under the Federal Poverty Levels but only 10% seek food assistance**. Since COVID-19 shutdowns and job losses, families continue to use our pantry as their main food source--it's no longer supplemental, and these individuals and families are our poorest demographic.

The Results of a Committed Community



3,597
qualified
active
households



9,163
Senior visits
served
annually



1.3 million
pounds of
food
distributed



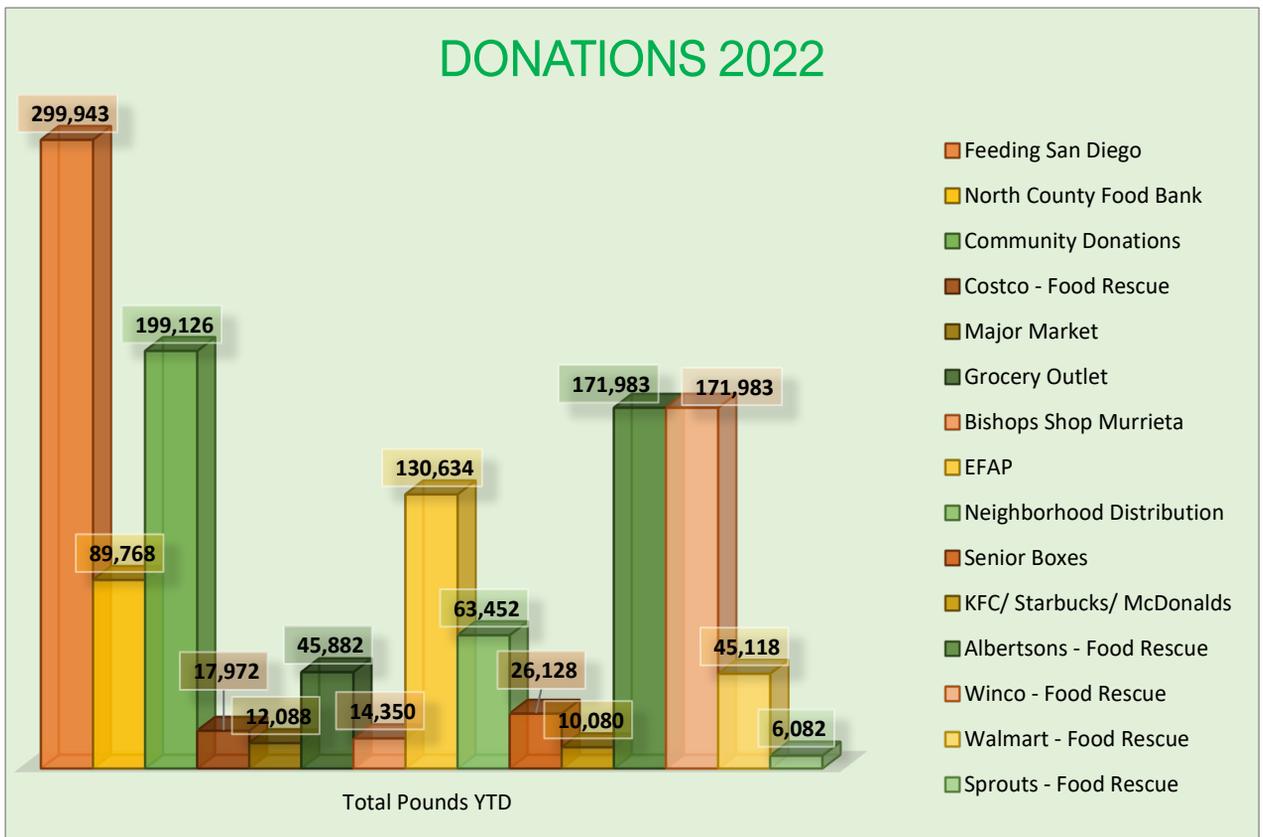
40% of
clients
served are
children



13,000
volunteer
hours
worked

Agency programs are fueled by donations of fresh produce, perishable and non-perishable food items received from our local community grocery stores, businesses and individuals. Dairy products, proteins and additional produce are purchased to balance out our weekly menus.

The Fallbrook Food Pantry could not operate at full capacity, five days per week, without our dedicated and committed volunteers. Volunteer hours served in 2022 equal in value to 18 part-time employees.



Food Donations are valued at \$2,108,926.82

**Donated food items are valued using an average cost based on the industry standard of \$1.82 per pound.*



Since 2020, Fallbrook Food Pantry has continued to retained Swenson Advisors, a certified public accounting firm, as our Auditor and Tax preparer. Below, please review our 2022 Audited Financials. As a non-profit in today's world of so much uncertainty, we have been blessed with an abundance of support that stretches from in-kind donations of time, treasures and talents to monetary contributions that have allowed us to continue to feed our hungry neighbors during all the challenges these last few years has brought our way.

FFP strives to keep administrative costs low, **with 91% of revenue going directly to programs**. We rely on food drives and rescue programs from local community partners, including the San Diego Food Bank, Feeding San Diego, and local grocery stores and farms, to fuel our programs. For two years in a row, The California Association of Non-profits named FFP as *Non-profit of the Year* to recognize our outstanding work in building a more equitable and resilient food system that holistically addresses health and economic disparities within our low-income and diverse community.



**Fallbrook Food Pantry
Statements of Financial Position
December 31, 2022 and 2021**



| | 2022 | 2021 |
|--|---------------------|---------------------|
| Assets | | |
| Cash and cash equivalents | \$ 196,410 | \$ 411,085 |
| Investments in marketable securities | 121,394 | 5,881 |
| Prepaid expenses | 5,090 | 3,267 |
| Inventory, net | 59,989 | 65,877 |
| Property and equipment, net | 1,287,221 | 1,263,104 |
| Total assets | \$ 1,670,104 | \$ 1,749,214 |
| Liabilities and Net Assets | | |
| Accounts payable and accrued liabilities | \$ 42,033 | \$ 50,044 |
| Mortgage payable, net | 514,172 | 578,016 |
| Total liabilities | 556,205 | 628,060 |
| Net assets | | |
| Net assets without donor restrictions | 1,089,892 | 1,055,089 |
| Net assets with donor restrictions | 24,007 | 66,065 |
| Total net assets | 1,113,899 | 1,121,154 |
| Total liabilities and net assets | \$ 1,670,104 | \$ 1,749,214 |

“Thank you for your continued support and trust!”



The Sousa Family Learning Center...“one family’s generosity fills our community with hope and wisdom.”

The Pantry has made significant headway in putting healthy food on families' tables since 1991. But the “need” became clear to us that it was necessary we create a more holistic model to affect systemic change in more profound ways through education, which was made possible by Ken and Catherine Sousa. Therefore, a successful capital campaign led to the 2019 purchase of a new building and a functionally-spacious learning center was created. We established our first nutrition class in February 2021.

EDUCATIONAL OPPORTUNITIES FOR OUR ENTIRE COMMUNITY

ADULT & SENIOR PROGRAMS

- Diabetes Prevention & Management
- Nutrition & Cooking Classes
- Shopping on a Budget
- Health Seminars
- Health Screenings
- Arts & Crafts
- ESL
- And more!

YOUTH PROGRAMS

- Summer Garden Club
- Food Science
- Nutrition & Cooking Classes
- Arts & Crafts

(760) 728-7608
education@fallbrookfoodpantry.org
www.fallbrookfoodpantry.org

Since then, FFP education initiatives have grown exponentially from one course that supported less than 50 clients to now offering more than ten 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...so stay tuned for more exciting educational news!



Professor Bean – Food Art



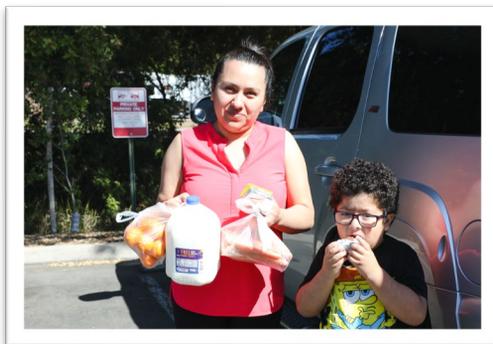
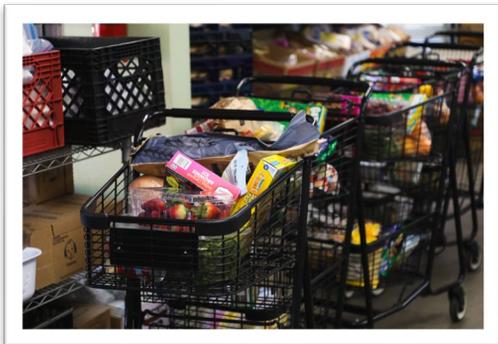
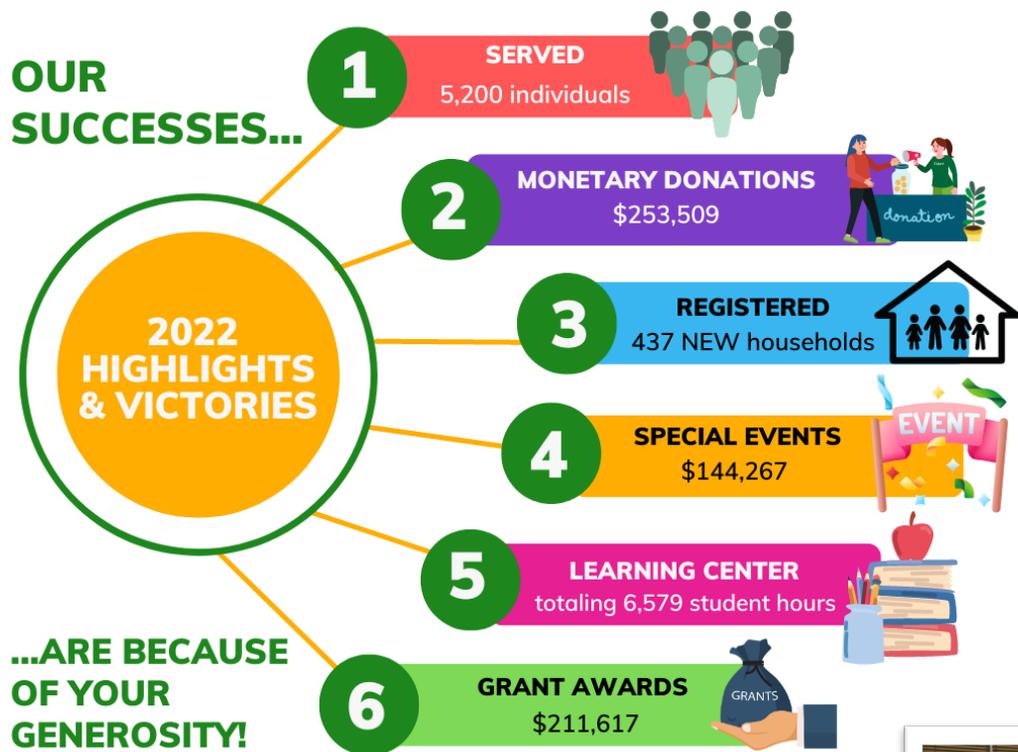
ESL (English as a 2nd Language)



Nutrition to Grow On

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.

The Fruits of Our Labor...



Our Generous Donors, Sponsors, and Grantors

Financial support from grants, businesses, churches, individuals and service organizations provide the necessary funds needed to maintain our extensive programs, for both the Pantry and Learning Center, and it's because of the generosity of a community filled with caring people and partners, that our organization can support the ever-expanding needs of our underserved friends and neighbors.



“As we express our gratitude, we must never forget that the highest appreciation is not to utter the words, but to live by them.” - JFK



A few words from our Board President...

Dear friends of the pantry,

How many of you remember the song, “The Night Has a Thousand Eyes”? Some of the lyrics were, “Cause the night has a thousand eyes, and a thousand eyes can’t help but see if you are true to me. So, remember when you tell those little white lies, that the night has a thousand eyes.”

That’s the thing I love about the Fallbrook Food Pantry. Under the scrutiny of the night and its thousand eyes, the simplicity of our Mission to feed the hungry and help the poor becomes like a shining star. The Fallbrook Food Pantry and the Sousa Family Learning Center hold true to that simplicity.

We just completed our annual audit with outstanding results. Ninety-one cents of every dollar we receive goes back into our programs. All the statistics you see in this year-end report are amazing accomplishments. Furthermore, in 2022 and for the first time, we are on track to receive a perfect score of 100 on the Charity Navigator, the World’s largest and most trusted Nonprofit Evaluator.

Both the demand for our services at the Food Pantry and the growth of the number of classes offered at the Learning Center exceeded our 2022 projections.

Thank you for being our friend and helping us achieve these amazing and outstanding results.

Sincerely,

Catherine Sousa

Catherine Sousa, Board President

Many Thanks...

On behalf of the Fallbrook Food Pantry’s Board of Directors and our staff, we say thank you for your continued support and generosity. We could not positively impact our community the way we do, without YOU!...and for that, we are forever grateful.

“Never get tired of doing little things for others, sometimes those little things occupy the biggest parts of their hearts.”

–Unknown

In good health,

Shae T. Gawlak

Shae T. Gawlak
Executive Director



**DO NOT PRINT THIS PAGE OR
THE FOLLOWING LETTER!**

ONLY PRINT PAGES

1-8



July 2023

An important message from our Executive Director

Dear friends and neighbors of the Fallbrook Food Pantry,

As you have just read, our 2022 financials, milestones and accomplishments were all things to taut and to be proud of, and we are extremely grateful for YOU and your continued support of our organization...and yet, somehow, there always seems to be something unexpected and even gnarly and challenging, when you least expect it.

For the first time, ever, the Fallbrook Food Pantry is experiencing a huge decline in food donations from our food bank partners, donors as well as the grocery stores. Food is more expensive now than it was a few months ago and everyone is struggling!

Now our shelves are bare...and we need YOUR help!



Monday July 17th through Friday July 21st from 8:30am – noon, we're hosting *WE ARE HUNGY FOR FOOD DONATIONS*, drive-thru food drive at the Pantry. Please bring in any items that are **NO MORE** than 6 months expired and are **NOT** in glass jars/containers. Here's a list of some items we desperately need: boxed cereal, oatmeal, canned fruit, canned vegetables, canned soup, canned meat, peanut butter, jelly, pasta, rice, and snacks for kids. If you can't make it to drop off food—you can always pop a check in the mail.

In advance, we appreciate your generosity and thank you for stepping up when we need your support the most!

In good health,

Shae T. Gawlak

Shae T. Gawlak, Executive Director