2019 Annual Report

"When you are hungry, nothing else matters."
Since opening our doors at 140 N. Brandon on Monday, September 23, 2019, we have increased our qualified-active clients from 528 families to 1,003. In just three short months, we have doubled the number of families being served. The growth in our numbers is a shear reflection of what is going on in our economy — more individuals are having a difficult time finding jobs that pay them enough to support their family. Nearly 3 million low-income adults living in California have reported that they struggle every day to put food on the table. In addition, 1.7 million children are affected and go to bed hungry.

According to the U.S. Department of Agriculture, California ranks 15th worst among the states for food insecurity. “The elderly, the employed, the unemployed, families with children — no matter how you slice it, there is an increase in their inability to obtain food, and that indicates a systemic problem in the state rather than a localized one,” says Gail Harrison, a public health professor at UCLA.

The Fallbrook Food Pantry envisions 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 believe that we should encourage our clients to become self-sufficient, independent, and productive members of the community, and we strive to provide a culture of compassion, respect and kindness to all who seek our services.

In good health,
Shae Gawlak, Executive Director

“When you are hungry, nothing else matters.”
The Results of a Committed Community

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 2019 equal in value to 18 part-time and 2 full-time employees.

### 2019 Distribution Results

<table>
<thead>
<tr>
<th>Program Name</th>
<th># of HH Served</th>
<th>LBS. of Food Distributed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pantry (market style)</td>
<td>47,184</td>
<td>1,179,600</td>
</tr>
<tr>
<td>Neighborhood Distribution</td>
<td>11,649</td>
<td>189,505</td>
</tr>
<tr>
<td>Food for Thought</td>
<td>150</td>
<td>9,000</td>
</tr>
<tr>
<td>Senior Emergency Food Assistance Program</td>
<td>528</td>
<td>10,560</td>
</tr>
<tr>
<td>Senior Food Box Program</td>
<td>1,500</td>
<td>30,000</td>
</tr>
<tr>
<td>EFAP</td>
<td>10,752</td>
<td>159,094</td>
</tr>
<tr>
<td><strong>GRAND TOTAL</strong></td>
<td><strong>71,808</strong></td>
<td><strong>1,577,759</strong></td>
</tr>
</tbody>
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Food Donations are valued at $2,619,079.94

*Donated food items are valued using an average cost based on the industry standard of $1.66 per pound.*
Our Successes...

In April of 2019, the Fallbrook Food Pantry closed escrow on its new building! As we began the transition process of once a renter to now an owner, unanimously, the board voted to develop a committee, The Pantry Project, to serve as our professional team of willing and able representatives of FFP to seek interested and eager donors who are equally passionate about our mission and are excited about helping us expand our programming to serve more people in need.

The most important component of our new facility, is having a space where we can become more than just a food resource—we will also be educators. In our new Learning Center we will be teaching our community how to live a healthier-more balanced lifestyle through cooking classes/demonstrations, nutrition education and health and wellness seminars.

Our future is looking very bright and we invite YOU to be a part of our organization! In any capacity is welcomed—donor, volunteer, board member, committee member and/or an ambassador. Please email Shae Gawlak, Executive Director, at director@fallbrookfoodpantry.org with any questions or inquiries about how to get involved.
Our Generous Community

The Fallbrook Food Pantry relies on our community to assist us with carrying out our mission of providing an adequate and nutritious supply of food to individuals who are in need. Without their commitment, and yours, we could not serve our clients weekly, nor could we provide enough food to go around.

Financial support from grants, businesses, churches, individuals and service organizations provide the funds necessary to maintain programming. Through the generosity of a community of caring people and partners, our organization is able to support the operating and administrative expenses needed to keep our doors open.

2019 Contributions = $389,106.00
Donations 28%    Grants 44%    Special Events 28%

Contributions, above expenses, are used for special projects to improve equipment and facility maintenance. Since relocating to our new building and making it a fully-functional operation, we devoted a percentage of our funds to construct the perfect space for our needs: 1,000 sq. ft. of market, 3,000 sq. ft. of warehouse and sorting area and 1,800 sq. ft. of administration offices. Coming soon, will be 1,000 sq. ft. of a state-of-the-art Learning Center, where we will now be able to conduct cooking classes, nutrition education and health and wellness seminars.

As we kick off 2020 with a bang and settle into our new facility, we encourage everyone to come visit us! We love to give tours and we’d love to show YOU around! Who knows, you may not want to leave—you may want to stick around…and the best part is that we’re always looking for great volunteers too!

Please call Shae Gawlak to make an appointment for a tour or ask for Carolina Miller to get registered as a volunteer (760) 728-7608.
Did you know that 60% of the Fallbrook Food Pantry's volunteer base are senior citizens? It's these volunteers who are the backbone of our organization.

If you're 70-1/2 years or older, you too can make a direct contribution to support the Pantry through your IRA (Individual Retirement Account). Gifts of up to $100,000/year are not reported as taxable income. IRA charitable rollover gifts also qualify for your required minimum distribution (RMD), which can lower your personal income and reduce your tax exposure.

For more information, please contact Shae Gawlak, Executive Director at director@fallbrookfoodpantry.org
A few words from our Board President...

Dear Community,

Through the generosity of the greater Fallbrook Community, in 2019 the Food Pantry was able to move into a larger, more functional facility that we now own.  THANK YOU!  THANK YOU! THANK YOU!

The Fallbrook Food Pantry thanks you for sharing richly throughout 2019. The 2019 year ended with tremendous community support as demonstrated through participation in food drives, adopt-a-family, the Race to End Hunger fundraiser, monetary donations, and volunteer services to distribute food at the Pantry and at our Neighborhood Distribution. Thank you for trusting us to be good stewards of your time, energy and monies.

HAPPY NEW YEAR and Welcome to 2020!  2020 again promises to be a year full of numerous opportunities to serve our community by providing food, nutritional information, and referrals to other community resources.

It is our desire that you are richly blessed during this coming year and that you are a blessing in many ways to those who are in need of our compassion and generosity. As you consider how you might support us, please consider a financial contribution that will help us pay for the costs of having a quality facility in order to provide needed programs and services to our community.

Many Blessings,
Dale J. Mitchell
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.

In good health,

Shae T. Gawlak
Shae T. Gawlak
Executive Director

Philanthropy, charity, giving voluntarily and freely...call it what you like, but it is truly a jewel of an American tradition.

--John F. Kennedy