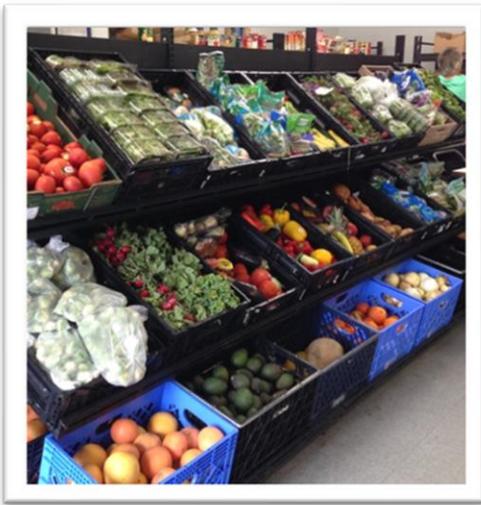




**2020 Annual
Report**



The Fallbrook Food Pantry believes that everyone has the right to a healthy and nutritious diet. We respond to those in-need by advocating dignity, respect and fairness for all people by providing hope through nurturing love and emotional support. Most importantly, we encourage our clients to become self-sufficient, independent and productive members of our community.

With a focus on nutrition, we strive to offer a healthy, well-balanced selection of food promoting wellness for every individual in our community. Our food distribution programs support an average of 25,000 household visits annually, supplying more than 1-million pounds of food to those in-need.

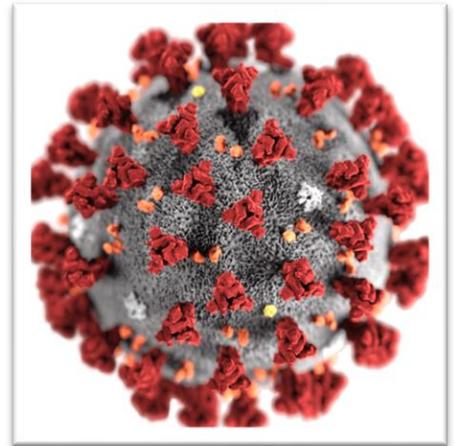
The Fallbrook Food Pantry is the only full-service source for food for people in-need, in Greater Fallbrook. Our market-style client's

choice food pantry model allows our clients the opportunity to choose their own food, giving them a sense of dignity and control.

Effect of COVID on FFP

COVID-19 significantly affected the Fallbrook Food Pantry. We lost 30+ senior citizen volunteers each week because of the stay-at-home orders for this population and faced challenges with our other daily volunteers who helped to provide sustainability and consistency in our operations.

When the country shut down last March it affected more than 45-million Americans who lost jobs overnight and they literally had no means of supporting their families the very next day. Those individuals had to turn to pantries like ours in order to put food on their tables...and this problem is continuing today! The good news is that with the tremendous support of our community and partners, we have been able to feed every family and individual who has come to us for food assistance.



In order to protect and keep our volunteers, staff and clients safe during COVID, not only did we have to convert our market-style client's choice food distribution area to a pre-bagged, no touch service, we also had to adhere to the CDC's health guidelines for cleaning and sterilizing our facility and maintaining social distancing. You can only imagine the immense expense of some of these regulations...but our fundraising efforts, awarded grants and donations from our supporters allowed us to keep our doors open Monday through Friday for 4 hours every day, feeding more than 5,800 people every month. Our partnerships with Albertson's, Grocery

Outlet, Major Market, Feeding San Diego and San Diego Food Bank stepped up in big ways to deliver more than 1.2-million pounds of food in 2020. Although 2020 was a challenging and unprecedented time for us all, we found meaningful and impactful ways to show kindness, love and compassion for one another...and that is what this community is all about!

In good health,

Shae T. Gawlak

Shae T. Gawlak, Executive Director



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 2020 equal in value to 20 part-time employees.

2020 Distribution Results		
Program Name	# of HH Visits	LBS. of Food Distributed
Pantry – weekly food distribution	20,252	694,916
Neighborhood Distribution	5,040	291,443
Farmers to Families	2,053	46,028
Seniors & Disabled Adults Nutrition Program	5,148	11,880
Senior Food Box Program	1,356	41,185
EFAP	13,580	189,306
GRAND TOTAL	47,429	1,274,758

Food Donations are valued at \$2,141,593.44

**Donated food items are valued using an average cost based on the industry standard of \$1.68 per pound.*

Our Successes...



This year we had success in a variety of ways, but the most important one was establishing a new collaborative program with the Foundation for Senior Care (FSC), *Seniors & Disabled Adults Nutrition Program*. This program was specifically designed to help alleviate the growing food insecurity concern with our fixed-low-income community members. For those seniors and/or disabled adults who are home bound, this service provides them with weekly food (groceries) deliveries and a friendly face who greets them with kindness. Grant funding is supported by the Fallbrook Regional Health District.

Meet Hector

Hector is a 92-year-old military vet, who served in the Korean War. He is a client at the Pantry and has been receiving home deliveries each week for the past five years, after experiencing multiple strokes that have kept him home bound and unable to care for himself. Hector is also a type 1 diabetic and has a special diet he must adhere to daily, in order to prevent any diabetic episodes, such as shock or insulin reactions. Our drivers make certain, each week before his food leaves our facility, that Hector has enough sustainable items that meet his daily needs; brown rice, fresh fruits and vegetables, whole wheat bread, oatmeal, low sodium proteins (meat, fish, chicken) and occasionally, he might have his caregiver call us up to see if we have any sugar free treats...the days we get any in...we always save them for him!

2020 Highlights

- Was awarded CA Non-Profit of the Year
- Won 9 out of 10 grants
- Was named San Diego Food Bank's Super Pantry of the Month (October)
- Completed our Learning Center buildout
- Made the front page of the Village News, multiple times



We are proud to announce that out of 170,783 nonprofits in the entire state of California, the Fallbrook Food Pantry was nominated by Senator Brian Jones, and selected by the California Nonprofit Associate, as 1 of 100 who were recognized as "2020 California Nonprofit of the Year"! This is a huge accomplishment for us and we could not have done it without the support of our community! Our volunteers, board members, ambassadors, staff and donors have helped to make this possible! Even with the challenges of COVID19, we have been able to rise to the top and not only continue providing adequate and nutritious food to our existing clients, but we were able to feed an additional 2,100 people each month since March 16, 2020.



SHAEE GAWLAK
Executive Director



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.

2020 Contributions = \$659,755
Donations 45% Grants 35% Special Events 20%

Fundraiser—6th Annual Murphy & Murphy Charity Dinner & Golf Tournament

With the looming stress of holding our 6th Annual Murphy & Murphy Event, *The Endless Summer*, this year with the pandemic spreading faster each day, our committee had to dig deep to formulate the perfect fundraiser that not only was exciting, fun and memorable; but we had to also consider all the CDC guidelines and protocols for everyone’s health, safety and social distancing factors. Knowing that a large dinner gathering at Pala Mesa Resort was not an option, we creatively designed an event that considered all these obstacles...we held small dinner parties at local residences’ homes, with guests of no more than eight, over the course for four separate evenings. We partnered up with SmallTown and 127 West Social House to provide the meals for all guests and our online ZOOM dinner parties were surprisingly a huge success! Each event night had six to ten parties hosting an average of 48 people total and every party participated in the online auction. Luckily, our golf tournament was still able to go on as planned—so we put on our shoes, grabbed our clubs and golfed with 92 people at Pala Mesa....and we successfully raised \$140,000!! The funds raised, allowed us to build out our new Learning Center, where we will begin in 2021 educating our community about how to live a healthy and well-balanced lifestyle—steering them in the right direction for self-sufficiency and independence, so they, too, can become productive members of our wonderful community.



New and exciting ways to give to the Fallbrook Food Pantry

As our organization has grown and expanded its services over the past 30-years, so has our donor's desire to want to serve us in more effective and beneficial ways. We have paid close attention to these requests and we are now excited to announce that FFP has developed a variety of ways that YOU too can give.

- Legacy Endowment and Planned Gifts (Bequests)
- Donating Appreciated Stock
- Charitable Giving Riders on Life Insurance
- IRA Charitable Rollovers
- Tax Return Donations

Of course, your current methods of donating are still very much appreciated and encouraged! If you haven't made a charitable contribution yet, please consider FFP—for we are not just good stewards of our donations—but we take great pride in serving our community in-need.

It's time to rollover!



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 friends of the pantry,

As the incoming president, I am lucky to follow in the footsteps of Dale Mitchell, who for the past five years has carried this organization and made it what it is today. Dale's dedication and work ethic is an inspiration to us all.

The Fallbrook Food Pantry is a terrific organization with great people, and I am looking forward to 2021 and the new programs we will have to offer—expanding our help and supporting our community in-need. I want to thank you all for your dedication to the Pantry, without it we would not exist, so please continue keeping us in your thoughts and hearts.

Warm Regards,
Henry Lykken
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 doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

—Margaret Mead

In good health,
Shae T. Gawlak
Shae T. Gawlak
Executive Director