



SERVING THE COMMUNITY SINCE 1911
Fallbrook
FOOD PANTRY



2021 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.

With our primary focus being that of providing good nutrition, we strive to offer a healthy, well-balanced selection of food items promoting wellness for every individual seeking food assistance at the Pantry. Our food distribution programs support an average of 30,000 household visits annually, supplying over 1.5 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 the Greater Fallbrook area. 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, and allows them to tailor the help they receive to their own unique situations.



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 and Vista. Through a thorough interview process conducted by our Case Manager, all households must meet specific criteria in order to qualify for 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**. Since COVID-19 shutdowns and job losses, families are now using 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



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 2021 equal in value to 18 part-time employees.

2021 Distribution Results		
Program Name	# of HH Visits	LBS. of Food Distributed
Pantry (market style)	15,859	511,403
Neighborhood Distribution	3,600	152,196
Farmers Outreach Project	1,232	14,400
Seniors & Disabled Adults Nutrition Program	7,823	195,575
Senior Food Box Program	1,356	33,883
EFAP	13,580	128,348
GRAND TOTAL	43,450	1,035,805

Food Donations are valued at \$1,760,868.50

**Donated food items are valued using an average cost based on the industry standard of \$1.70 per pound.*



In 2020, Fallbrook Food Pantry retained Swenson Advisors, a certified public accounting firm, as our Auditor and Tax preparer. Below, please review our 2021 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 donation of time, treasures and talents to monetary contributions that have allowed us to continue to feed our hungry neighbors during all the challenges tossed our way. We would like to say,

“Thank you for your generosity and continued support!”

Fallbrook Food Pantry Statements of Activities For the Years Ended December 31, 2021 and 2020		
	<u>2021</u>	<u>2020</u>
Changes in net assets without donor restrictions		
Revenues and support		
Donated food	\$ 1,755,784	\$ 2,117,512
Contributions	249,722	343,853
Grants	352,197	264,750
Special events	-	69,534
Special event donations	47,421	56,135
Gain on investments	3,119	1,994
Total revenues without donor restrictions	<u>2,408,243</u>	<u>2,853,778</u>
Net assets released from restrictions	<u>7,730</u>	<u>7,250</u>
Total revenues and support without donor restrictions	<u>2,415,973</u>	<u>2,861,028</u>
Expenses		
Program services		
Daily market	829,862	1,058,160
Neighborhood distribution	161,386	263,426
Farmers to families	54,377	107,302
Senior food program	405,078	339,752
EFAP	600,809	709,492
Total program services	<u>2,051,512</u>	<u>2,478,132</u>
Support services		
Fundraising and development	86,568	73,042
Management and general	36,671	25,735
Total supporting services	<u>123,239</u>	<u>98,777</u>
Total program and supporting expenses	<u>2,174,751</u>	<u>2,576,909</u>
Special events expenses	54,671	52,749
Total expenses	<u>2,229,422</u>	<u>2,629,658</u>
Increase in net assets without donor restrictions	<u>186,551</u>	<u>231,370</u>
Changes in net assets with donor restrictions		
Contributions	73,795	-
Net assets released from restrictions	<u>(7,730)</u>	<u>(7,250)</u>
Increase (decrease) in net assets with donor restrictions	<u>66,065</u>	<u>(7,250)</u>
Increase in net assets	252,616	224,120
Net assets at beginning of period	<u>868,538</u>	<u>644,418</u>
Net assets at end of period	<u>\$ 1,121,154</u>	<u>\$ 868,538</u>



Our Successes...



Our Vision: To have a positive educational space where clients of the food pantry and the Greater Fallbrook community gather and will learn about nutrition, health, wellness, and personal development.

Our role in alleviating food insecurity goes beyond providing food. The Sousa Family Learning Center at the Fallbrook Food Pantry will be addressing long-term health outcomes associated with food insecurity. We will promote and empower our community to live a healthy and well-balanced lifestyle by educating them and supporting every client in making behavioral changes to become self-sufficient and productive community members.

Meet Dawnette

Dawnette is an active client of the Pantry's, and in January she was interviewed by our community partner, Feeding San Diego, and this is her personal story...

A Grandma's Love Shows The Power Of Family And The Need For Community Support

When we met Dawnette and her grandson Taylor in Fallbrook, they were picking up their weekly groceries from our partner Fallbrook Food Pantry. Taylor's adorable smile drew us in, and we asked Dawnette to share her story.

Dawnette discovered she was a grandma when Taylor was four days old and she received a call from the hospital. Taylor was born addicted to fentanyl, and Dawnette was given the opportunity to come to the hospital and be his emergency caretaker. She is now his primary caretaker and is in the process of becoming his legal guardian.



As you might expect, unexpectedly becoming a guardian for an infant has been challenging. "The reason I'm able to get by is my boyfriend allows us to live in his house and pays all the utilities, and takes care of us," Dawnette shared.

“
He's a very lucky baby.
He has brought me all the
joy in the world.”
”

Dawnette also shared that Taylor eats like crazy, and the food assistance helps. "This distribution has allowed me to provide nutritious, versatile foods for my grandson. Thank you for providing us weekly with all the nutrition that makes this little boy happy and healthy."



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.



2021 Contributions
Donations 35% Grants 49% Special Events 16%



It's party time...
Happy 30th Birthday to the
Fallbrook Food Pantry!

What a spectacular evening, Saturday November 13, 2021, was! Not only did we raise more than \$100,000 to feed and educate our hungry community — we were able to show-off our beautiful facility to all of you!

Our guests enjoyed an evening of learning about how their contributions are crucial in our overall success at the Pantry. We shared success stories of clients who are grateful for all the services we provide and how our donors, sponsors, volunteers, staff and board members truly and



deeply care about them and their well-being. We support our community in-need and give them a safe place to lean on someone who will always wrap them up with love and dignity.



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,

When you have literally thousands of people to thank, how do you do it in a way that recognizes everything and everyone. Sometimes sincere simplicity accomplishes that task the best.

Our challenges in 2021 were compounded by COVID and Shae Gawlak's, our Executive Director, battle against breast cancer. But the higher the bar was raised, the more our team of thousands, stepped up to meet the challenge.

Whether it was our clients who patiently and gratefully acknowledged our efforts and accepted our help; or our volunteers who sometimes put themselves at risk to help others; or our staff who went above and beyond to make sure that our clients were treated with dignity and that Shae could fight her battle against cancer without worrying about her job; or our Board of Directors who diligently monitored everything to make sure we were good stewards of our community's trust; or our supporters who were more than generous with their donations; or those who awarded grants so we could keep our doors open, to everyone of you, we want to say with all sincerity

"Thank You."

Sincerely,

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.

*"It's not how much we give, it's about
how much love we put into giving."
-Mother Theresa*

In good health,

Shae T. Gawlak

Shae T. Gawlak
Executive Director

