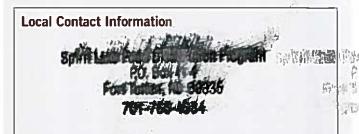
### **How Do USDA Foods Get to You?**

The Food and Nutrition Service (FNS), an agency of the U.S. Department of Agriculture (USDA), administers FDPIR at the Federal level. The program is administered locally by either Indian Tribal Organizations (ITOs) or an agency of a State government. USDA purchases and ships USDA Foods to the ITOs and State agencies.

These administering agencies determine applicant eligibility, store and distribute the foods, and provide nutrition education to program participants.



#### **Additional Resources**

To learn more about the USDA Food and Nutrition Service (FNS), and all of its food assistance programs, as well as find additional nutrition resources, please visit: http://www.fns.usda.gov/

To learn more about healthy eating, please visit the MyPlate website: http://www.choosemyplate.gov



To learn more about creating a healthy next generation by solving the challenge of childhood obesity, please visit the Let's Move! website:

http://www.doi.gov/letsmove/indiancountry/index.cfm



### **Additional FDPIR Information**

To find out whether you are eligible and to apply for benefits, please contact the Indian Tribal Organization (ITO) or State agency responsible for administering FDPIR in your area.

To find the phone number of the Tribal contact in your State, please call **1-866-348-6479**.

For additional information, please visit http://www.fns.usda.gov/fdpir

For healthy recipes developed for FDPIR participants and staff, please visit "A Harvest of Recipes with USDA Foods":

http://www.fns.usda.gov/harvest-recipes

May 2014

**产品的运用的基本** 

USDA is an equal opportunity provider and employer.



United States Department of Agricul



**Food and Nutrition Service** 

# Food Distributio Program on Indian Reservati FDPIR



Providing USDA Foods for a Healthier Community

Reservations (FDPIR) provides USDA Foods to help participants maintain a nutritionally balanced diet. Participants may select from approximately 100 products that provide the nutrition needed to promote good health. Program participants also receive nutrition education to help them make the most effective use of USDA Foods. including nutrition counseling and classes, cooking demonstrations, and healthy recipes



FDPIR helps individuals and families create healthier meals by offering a variety of USDA Foods, many of which are low in sodium, fat, and sugar. Each month, participants can select a variety of nutritious foods from the following categories:

- fresh, dried, and canned fruits and vegetables
- lean beef and poultry
- whole-grain and enriched flour, cereals, and pasta
- dry and canned beans
- low-fat and nonfat milk
- lower sodium canned soups
- peanuts and peanut butter
- rice and other grains
- cheese
- vegetable oil



FDPIR food benefits for a one-person household

USDA Foods are 100% American grown and selected for FDPIR based on both the Dietary Guidelines for Americans and participants' needs. The Dietary Guidelines are designed to help Americans choose diets that will meet nutrient requirements, promote health, support active lives. and reduce risks of chronic disease.



## **Healthy Choices. American**

### Who is Eligible for FDPIR?

Income Eligible households residing or reservation and non-Indian households on a reservation.

Income Eligible households living in ac areas near a reservation or in Oklahoma one member of a Federally Recognized

Households that meet program eligibility requirements may be certified to partici up to 12 months. Households in which members are elderly or disabled may be for up to 24 months. Households canno in FDPIR and the USDA Supplemental I Assistance Program (SNAP) in the same but may participate if eligible in many of assistance programs, such as the Natio Lunch Program (NSLP), the Special Sur Nutrition Program for Women, Infants, a (WIC), and The Emergency Food Assista Program (TEFAP).





