

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.

Local Contact Information

Spivey-Lewis Food Distribution Program
P.O. Box 14
Fort Totten, ND 58835
701-765-4534

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>

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United States Department of Agriculture

Food and Nutrition Service

Food Distribution Program on Indian Reservations 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 food benefits for a one-person household

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

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 on a reservation and non-Indian households on a reservation.

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

Households that meet program eligibility requirements may be certified to participate up to 12 months. Households in which members are elderly or disabled may be certified for up to 24 months. Households cannot participate in FDPIR and the USDA Supplemental Nutrition Assistance Program (SNAP) in the same month but may participate if eligible in many of the other assistance programs, such as the National School Lunch Program (NSLP), the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), and The Emergency Food Assistance Program (TEFAP).

