



## The FDPIR Food Package Is Nutritious!

The Food Distribution Program on Indian Reservations (FDPIR) offers a monthly food package with a variety of nutritious foods including fruits, vegetables, proteins, legumes, grains, dairy, soups, and traditional foods.

### Traditional foods

include bison, blueberries, blue cornmeal, salmon, walleye, and wild rice.

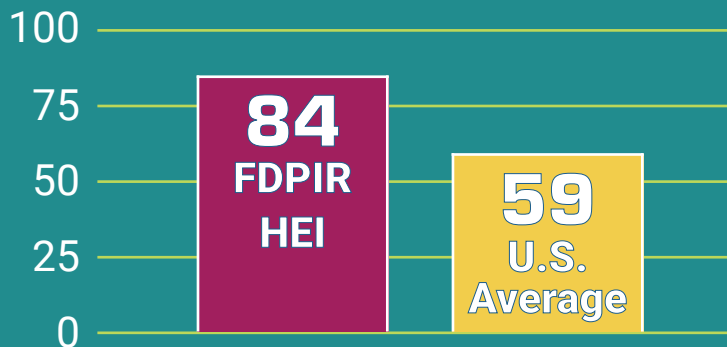


### Healthy Eating Index (HEI)

HEI scores range from 0 to 100 and are a measure of diet quality used to assess how well a set of foods aligns with the *Dietary Guidelines for Americans*. A higher score is ideal.

The FDPIR Food Package scores an 84. This is higher than the average U.S. diet, which scores a 59.

### The FDPIR Food Package Scores High!



Scan the QR code or visit [our website](#) to learn more!