

## Who Is Eligible for FDPIR?

- Income-eligible households residing on a reservation that operates FDPIR
- Income-eligible Tribal households living in an approved area near the reservation
- Income-eligible Tribal households in Oklahoma living in an approved service area

## How Long Does Eligibility Last?

Most households are certified for up to 12 months at a time. Households in which all adult members are elderly and/or disabled may be certified for up to 24 months at a time.



## Does FDPIR Participation Impact My Eligibility for Other Federal Nutrition Assistance Programs?

Households cannot participate in FDPIR and the USDA Supplemental Nutrition Assistance Program (SNAP) in the same month. FDPIR households may participate in other USDA nutrition assistance programs in the same month, if eligible, including the National School Lunch Program (NSLP), the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), the WIC Farmers Market Nutrition Program (FMNP), the Commodity Supplemental Food Program (CSFP), and The Emergency Food Assistance Program (TEFAP).

To find out whether you are eligible for FDPIR and to apply for benefits, please contact the Tribal organization or State agency responsible for administering FDPIR in your area by visiting:  
[fns.usda.gov/fns-contacts/fdpir](https://fns.usda.gov/fns-contacts/fdpir).

## Additional FDPIR Information

For additional information on FDPIR, including nutrition education resources, visit: [fns.usda.gov/fdpir](https://fns.usda.gov/fdpir).



# Food Distribution Program on Indian Reservations (FDPIR):

## Supporting Nutrition Security Through Food and Education



## The United States Department of Agriculture (USDA), Food Distribution Program on Indian Reservations (FDPIR) provides USDA Foods through a supplemental monthly food package to help participants maintain a nutritionally balanced diet.

Participants may select from more than 100 foods that provide the nutrients needed to promote good health, including traditional foods such as bison, blue cornmeal, wild salmon, catfish, walleye, and traditionally harvested wild rice. Program participants also have access to nutrition education, which may include nutrition counseling and classes, cooking demonstrations, and healthy recipes to help them better utilize the USDA Foods in the FDPIR food package. USDA provides FDPIR administering agencies with funds for program administrative costs.

## What's in the FDPIR Food Package?

USDA Foods in the FDPIR food package are 100 percent American grown and support the recommendations outlined in the Dietary Guidelines for Americans. The Dietary Guidelines provide science-based advice on what to eat and drink to meet nutrition needs, promote health, and prevent disease. The FDPIR food package offers a variety of USDA Foods that are low in sodium, saturated fat, and added sugars.

Through a partnership with the Department of Defense (DoD) Defense Logistics Agency (DLA), the USDA DoD Fresh Fruit and Vegetable Program provides domestically grown and produced fresh fruits and vegetables and fresh eggs.

Each month, participants can select an assortment of foods from each food group including but not limited to:



### Protein

- Frozen beef, bison, chicken, pork, and fish including wild salmon, walleye, and catfish
- Canned meats
- Peanuts and peanut butter
- Dried and canned beans
- Fresh shell eggs and dried egg mix



### Fruits

- Fresh, frozen, canned, dried fruits, and 100% juice



### Vegetables

- Fresh, frozen, and canned vegetables
- Canned soups
- Dehydrated potatoes



### Grains

- Yellow cornmeal, low-fat bakery mix, crackers, and long-grain rice
- Enriched and whole-grain cereals and pastas
- Whole-grain blue cornmeal, tortillas, flour, oats, and traditionally harvested wild rice



### Dairy

- Regular and reduced fat cheese
- Low-fat milk, nonfat dry milk, and evaporated milk



### Oils

- Light buttery spread
- Vegetable oil

## How Will I Receive My Food?

Each local FDPIR decides how USDA Foods are distributed. The following distribution models are common in FDPIR:



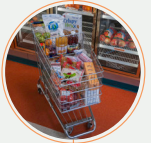
### Warehouse Model

USDA Foods are stored at a local FDPIR warehouse. Households go to the FDPIR warehouse to pick up their monthly food package.



### Grocery Store Model

The FDPIR organizes USDA Foods like a retail grocery store and participants can shop for their foods each month.



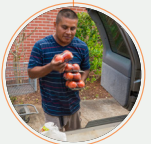
### Home Delivery Model

Households place orders, FDPIR staff prepare the food package and deliver it to the participant's home.



### Tailgate Model

FDPIR staff fill a delivery truck with USDA Foods and drive to established delivery locations where households pick up their monthly food package.



For additional details, contact your local program operator by visiting:  
[fns.usda.gov/fns-contacts/fdpir](https://fns.usda.gov/fns-contacts/fdpir)