



Food Distribution Program on Indian Reservations (FDPIR)

Healthy Foods

**OVER
90%**

of survey respondents said they were **satisfied** with the variety of food and its freshness, quality, nutritional value, taste, and visual appeal.



Food Package

Each month, participating households receive a food package to help them maintain a nutritionally balanced diet.



Participants select from more than 100 products, including:

- Frozen beef, chicken, and pork options
- Canned meat, poultry, and fish
- Fresh, dried, and canned fruit and juice
- Fresh and canned vegetables
- Soups
- A variety of pasta, rice, flour, cereals, and other grain products including whole grain options
- Canned and dry beans
- Peanuts and peanut butter
- Cheese
- Low-fat milk, nonfat dry milk, and skim evaporated milk
- Eggs



Traditional foods recently offered include:

- Bison
- Blue cornmeal
- Wild salmon
- Wild rice

FDPIR food packages achieved a Healthy Eating Index score of **73 out of 100** compared to 59 for the average American diet.*

