

REMINDER



Households are required to report the following changes within ten (10) days of the date the change becomes known to the household:

- ✓ Changes in income which would affect program eligibility.
- ✓ All changes in household composition, such as the addition or loss of a household member.
- ✓ Income deductibles include (but not limited to): Standard 20% Earned Income Deduction; Shelter/Utility Deduction (\$350), Medical Deduction for anyone disabled or for seniors 60 years of age and older; Child Support and/or Home Care.

Failure to report changes may result in adverse action against eligibility.

DUAL PARTICIPATION

Household members are **NOT** permitted to participate in both the Food Stamp Program and the Food Distribution Program at the same time.

FAIR HEARING

Individuals who disagree with any action taken on their case have the right to request a fair hearing. You or your representative may request a fair hearing in writing or orally.

To request a fair hearing, call or write within 90 days from the date of the action to request a fair hearing.

USDA NON-DISCRIMINATION STATEMENT
In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

Food Distribution Program *on Indian Reservations (FDPIR)*

3900 Ambassador Drive, Suite 401
Anchorage, AK 99508
907-729-2975 (Direct)
907-729-8719 (Fax)
E-mail: glnothstine@anthc.org

What is FDPIR and how do Alaska tribes apply?

The FDPIR is a federal program that provides a month's supply of supplemental nutritious foods to income eligible Alaska Native, American Indian, and non-Indian households residing on a reservation or in a federally recognized (Alaska Native) tribal community, or in approved near areas which contain at least one tribally enrolled member of a federally recognized tribe.

Federally recognized tribes in Alaska are all eligible to administer FDPIR provided they can follow USDA regulations to guarantee food safety, protect client privacy, and meet on-time reporting requirements. To download an ANTHC FDPIR Tribal Application simply go online and visit:

www.anthctoday.org/community/fdpir.html.

Household Eligibility

A household application for FDPIR is available in select tribal communities. Households can apply and be deemed income eligible on the same day they contact a *tribal agency* in their community. To view a current list of active federally recognized tribes administering the FDPIR program in Alaska visit:

www.anthctoday.org/community/fdpir.html.

What foods does the program offer?

Each month income eligible households receive a food package to help them maintain a nutritionally balanced diet.



Participants may select from over 70 products including, but not limited to:

- Fresh Produce
- Canned fruits and vegetables
- Canned meats, poultry, and fish
- Canned soups and spaghetti sauce
- Macaroni and cheese; pastas; cereals; rice; and other grains
- Cheese; egg mix; and nonfat dry and evaporated milk
- Flour; cornmeal; bakery mix; and reduced sodium crackers
- Low-fat refried beans; dried beans; and dehydrated potatoes
- Canned juices and dried fruit

- Peanuts and peanut butter
- Low fat buttery spread, butter & vegetable oil.

FDPIR offers recipes and preparation tips to help make nutritious use of the available foods. In addition, basic nutrition and proper storage information are provided. This information can be accessed online over the internet at:

www.fns.usda.gov/fdd/programs/fdpir/

Additional nutritious education material and information can be found at:

<http://www.choosemyplate.gov/>

