



## FOODS YOU CAN RECEIVE

- Canned fruits
- Dried fruits
- Canned vegetables
- Fruit juice
- Rice
- Cereal
- Dry beans
- Meat
- Poultry
- Fish
- Pasta
- UHT 1% milk
- Peanut Butter



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# The Emergency Food Assistance Program (TEFAP)

INDIANA STATE  
DEPARTMENT OF  
HEALTH



**800.522.0874**

# The Emergency Food Assistance Program (TEFAP)

The Emergency Food Assistance Program (TEFAP) is a federal program that helps improve the diets of low-income Americans, regardless of age, by providing them with emergency food and nutrition assistance at no cost. TEFAP plays a vital role in providing food assistance by supplementing other donated foods distributed by the emergency feeding organizations.



Under TEFAP, commodity foods are made available by the U.S. Department of Agriculture (USDA) to the states. The states provide the food to eligible recipient agencies that they have selected and which in turn distribute it to the needy through the local emergency feeding organizations.

Local emergency feeding organizations include:

**Food Banks** - Provide donated food to other organizations like food pantries, soup kitchens, hunger relief centers, or other food or feeding centers. While some food banks may also operate a food pantry, most food banks do not issue food directly to individuals.

**Food Pantries** - Distribute food to low-income and unemployed households for home consumption.

**Soup Kitchens and Other Feeding Sites** - Provide meals to the needy and the homeless on a regular basis.

A list of food pantries and soup kitchens can be found on the Indiana's Food for the Hungry Website:  
<http://www.cfs.purdue.edu/safefood/sfhungry.html>



**INDIANA'S FOOD FOR THE HUNGRY**  
 Welcome to the new website!!!!

If your household meets the following income guidelines you are eligible to receive food:

### Income Guidelines for Indiana

Household size	Household income
1	\$1,430 mo \$17,160 yr
2	\$1,925 mo \$23,130 yr
3	\$2,420 mo \$29,040 yr
4	\$2,915 mo \$34,980 yr
5	\$3,410 mo \$40,920 yr
6	\$3,905 mo \$46,860 yr

*For each additional household member add \$495mo/\$5940yr.*

Guidelines are updated every April.

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