

## 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.
- ✓ When cash on hand, stocks, bonds, and money in the bank or savings institution reach or exceed a total of \$2,000 (*or* \$3,000 for all households if at least one member is 60 years or older).

Failure to report any changes may result in a household, receiving food they were not entitled to receive, having a claim filed against them for the value of food received.

## Dual Participation

Household members are **not** permitted to participate in both the Food Stamp Program and the Food Distribution Program at the same time. Dual participation is prohibited.

## 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.

If you request a fair hearing, your case may be presented by a household member or representative, such as a legal counsel, a relative, a friend or other spokesperson.

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



“In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.”

## Seldovia Village Tribe



Our Mission: We promote the wellness of our people and communities through health care and social services, economic development and education.



# Food Distribution Program

Drawer L  
Seldovia, AK 99663  
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## What is the Food Distribution Program?

The Food Distribution Program is a federal program that provides commodity foods to low-income Native American **and** non-Native households residing on or around an Alaska Native tribal village, and households living in approved near areas which contain at least one member of a federally recognized tribe.

Eligible households are certified based on income and resource standards set by the federal government, and must be re-certified at least every 12 months.

The area served by the Seldovia Village Tribe (SVT) Food Distribution Program is the Seldovia Village and surrounding area of Seldovia, Alaska.



## How Do I Apply?

Applications for the SVT Food Distribution Program are available at SVT's office. Households may file an application on the same day they contact the Food Distribution Program.

All applications received will be processed within seven business days.

## What Foods Does the Program Offer?

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

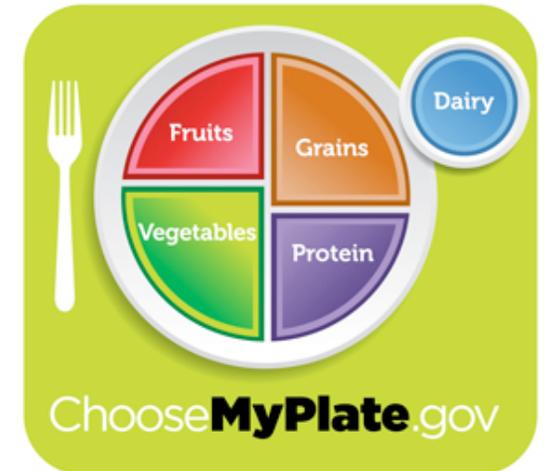


Participants may select from more than 70 products including:

- Canned meats, poultry and fish
- Canned fruits and vegetables
- 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 & vegetable oil.

The Food Distribution Program offers recipes and preparation tips to help participants make nutritious use of these foods. In addition, basic nutrition and proper storage information are provided.



MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal. Before you eat, think about what goes on your plate or in your cup or bowl.

