REMINDER

Households are required to report the following changes within ten calendar days after the change becomes known to the household:

- A change in household size or composition, such as the addition or loss of a household member;
- An increase in gross monthly income of more than $125;
- A change in residence and/or address;
- When the household no longer incurs a shelter or utility expense; or
- A change in the legal obligation to pay child support.

Failure to report a change may result in a household receiving food they were not entitled to receive. In such cases, a claim for the value of food received will be filed against the household.

DUAL PARTICIPATION

Household members are not permitted to participate simultaneously in the Supplemental Nutrition Assistance Program (SNAP) and the Food Distribution Program. Dual participation by any household member in the SNAP or another Food Distribution Program 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 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, audiotape, 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: https://www.fermi-usda.gov/filing-program-discrimination-complaint-usda-customer, 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.

This institution is an equal opportunity provider.
What is the Food Distribution Program?

The Food Distribution Program is a federal program that provides USDA foods to low-income American Indian and non-Indian households residing on a reservation and to households living in approved areas near a reservation that contain at least one person who is a member of a federally-recognized tribe. Eligible households are certified based upon income standards set by the federal government. Participating households must be recertified or receive a follow-up at least once every 12 months.

The Food Distribution Program is available to all eligible households that reside south of the established border within the reservation boundaries of the Saint Regis Mohawk Tribe. Also included are the following “near areas” Bombay, Fort Covington.

How Do I Apply?

Program staff is available at the distribution sites and at the main office to certify and distribute. Application forms can be requested by phone, mail, or at the main office. Households may file an application on the same day they contact the Food Distribution Program. A monthly calendar provides the date(s) and time(s) of each tailgate and warehouse distribution. Calendars are posted at all distribution sites such as the Tribal Governor’s Office, Post Office, and Elderly Centers.

All applications received by the program will be processed within seven days (excluding weekends & holidays) of the date received.

What Foods Does the Program Offer?

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

参与者可以从超过70种产品中选择，包括：
- 冻结的地面牛肉、牛肉烤肉、猪肉排和鸡肉
- 肉类罐头、家禽和鱼
- 新鲜水果和蔬菜
- 水果和蔬菜罐头
- 汤和意大利面酱
- 麦格里和奶酪；面食；谷物；米饭；和其他谷物
- 奶酪和蛋糊
- 超高温（UHT）低脂牛奶，非脱脂奶粉，和脱脂干牛奶
- 小麦粉；玉米粉；低脂烘焙混合物；和低钠饼干
- 低脂豆饼，干豆，豆罐；和脱水土豆
- 果汁瓶和干果
- 坚果，花生酱，和果仁混合
- 植物油，黄油和黄油

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