

The Emergency Food Assistance Program (TEFAP) Frequently Asked Questions

Q. What is The Emergency Food Assistance Program?

The Emergency Food Assistance Program (TEFAP) is a Federal program that helps supplement the diets of low-income Americans, including elderly people, by providing them with emergency food and nutrition assistance at no cost. The amount of food that Mississippi receives from the United States Department of Agriculture (USDA) is based on the number of unemployed persons and the number of people with incomes below the poverty level in the State. States provide the food to the Mississippi Food Network , which in turn, distributes the food to local organizations such as soup kitchens and food pantries that directly serve the public. Recipients of food for home use must meet income eligibility.

Q. Who is eligible to get food?

A. Your household may apply at your local food pantry so eligibility can be determined based on your income.

Q. What foods are available through TEFAP?

A. The types of commodity foods USDA purchases for TEFAP distribution vary depending on the preferences of States and agricultural market conditions but may include:

- Canned and dried fruits
- Dried beans
- Canned vegetables
- Fruit juice
- Dried egg mix
- Meat/poultry/fish
- Pasta products
- Peanut butter
- Rice/grits/cereal

For a complete list of foods available for TEFAP, visit the Food Distribution web site at:
www.fns.usda.gov/fns.