

# Food Distribution Program

Household Size	Income Guidelines
<b>1</b>	<b>\$1,208</b>
<b>2</b>	<b>\$1,577</b>
<b>3</b>	<b>\$1,945</b>
<b>4</b>	<b>\$2,324</b>
<b>5</b>	<b>\$2,724</b>
<b>6</b>	<b>\$3,123</b>
<b>7</b>	<b>\$3,491</b>
<b>8</b>	<b>\$3,860</b>
<b>Each Additional member</b>	<b>add \$369</b>



**Please contact us at 701.572.1130 with questions.**

The Food Distribution Program is in Building 3 at Tisa. Our distribution hours are Monday and Tuesday from 8:30am to 4:00pm, Wednesday and Thursday 8:00am to 6:00pm, Fridays 8:00am to 11:30am.

Eligibility is based on three criteria: Income (as per chart), Native American enrollment or descendent, and residency within our service area. **Participants are prohibited from receiving SNAP benefits if they are enrolled in the Food Distribution Program. You will need to provide birthdates and social security numbers.**

## Income Deductions

- Dependent Care Deduction-Households that qualify for dependent care deduction are allowed a deduction of actual dependent care costs paid monthly to a non-household member.
- Earned income Deduction- Households with earned income are allowed a deduction of 20% of their earned income.
- Medicare Part B Medical Insurance and Part D Drug Coverage Premiums-Households that incur the cost of Medicare Part B Medical Insurance and /or Part D Drug Coverage are allowed a deduction for the monthly cost of the premiums.
- Child Support Deduction-Households that incur the cost of legally required child support to or for a non-household member are allowed a deduction for the amount of monthly child support paid.
- You are allowed a \$450 shelter deduction.

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 participation in or administering USDA programs are prohibited from discrimination based on race,

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color, national origin, religion, sex, gender identity ( including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA ( not all busses apply to all programs).

Remedies and complaint filling deadlines vary by program or incident. 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 responsible Agency or USDA's TARGET Center at 9202) 720-2600 ( voice and TTY) or 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 discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [HOW to File a Program Discrimination Complaint](#) 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 to 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](mailto:program_intake@usda.gov).

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## **Food Distribution Staff**

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Julie Longie- Certification  
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Olaf Nelson- Warehouse  
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Phone number is 701.572.1130

**nutrition**  
the right balance of real foods



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