Tribal Healthy Living Workgroup

Ruth Reifel
Program Director, FDPIR Rosebud Sioux Tribe
&
Bob Gorman
Program Specialist USDA
FDPIR – Food Distribution on Indian Reservations

FDPIR provides USDA Foods to over 76,000 low-income households living on approximately 276 Indian reservations.
What Foods are Available?

Many nutrient dense foods are available to customers

- Frozen beef and chicken
- Canned meats, stews and soups
- Assorted fresh fruits and vegetables
- Canned fruits & vegetables
- Pastas, cereals and other grains
- Cheese, 1% UHT and evaporated milk
- Flour, cornmeal, bakery mix
- Low-fat refried beans and dried beans
Fresh Produce

Vegetables

- Carrots
- Onions
- Potatoes
- Cauliflower
- Lettuce
- Radishes
- Squash
- Turnips
- Cabbage
Fresh Produce

Fruit

- Nectarines
- Apples
- Avocado
- Grapefruit
- Oranges
- Honey Dew
- Peaches
- Cherries
- Grapes
- Plums
- Kiwi
- Pears
FDPIR Nutritional Improvements

Over the years there have been many changes to the nutritional standards of the foods given out under FDPIR. The current food package complies with the 2010 Dietary Guidelines for Americans. Some of these changes include:

- 1% Ultra-high temperature (UHT) milk was added
- Lower sodium level in already reduced-fat cheese
- Fruits packed in juice or light sucrose syrup
- Low sodium canned vegetables
- Whole-grain pasta being offered
What's in the package?

The FDPIR monthly package helps supplement approximately 70% of the nutritional needs of participants for 1 month.
FDPIR Nutrition Education

- MPR Nutrition Advisory Committee
- Nutrition Education Grants
- Youth Cooking Camps
MPRO – FDPIR

- In FY 2012, the Mountain Plains region FDPIR programs served an average of 16,514 people through the 30 programs in the region.
Distribution

Three different types of distribution

1. Warehouse
2. Home delivery
3. Tailgate
Warehouse

Participants come to a warehouse where they are certified and receive their food.
Home Delivery

Home delivery at some reservations are made in certain circumstances for participants who are unable to pickup their goods.
Tailgate

On larger reservations, some programs may choose to deliver food to communities where participants receive their food at a location more convenient than the warehouse.
Rosebud Tailgate Program

The Rosebud Sioux Tribe has one of best and largest tailgate programs in the country.
Rosebud Tailgate Program

Their service area involves over 5,900 square miles while serving over 350 tailgate participants monthly.
Rosebud Tailgate

Delivers to 6 sites which include the communities of:

- Winner
- Milk’s Camp
- St. Francis
- Swift Bear
- Parmelee
- Black Pipe

A detailed schedule that is marketed to customers is a must!
# COMMODITY FOOD DISTRIBUTION PROGRAM

**PO BOX 84**  
**MISSION, SOUTH DAKOTA 57555-0084**  
**PHONE: (605)-856-4558 FAX: (605)-856-4283**  
**PLEASE BRING YOUR OWN BOXES**

## February 2013

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</table>
| 4) Warehouse Issuance  
8:30 AM – 4:00 PM  
Certification Hours:  
8:30 AM – 3:45 PM | 5) Winner / Ideal  
Gregory @ Winner Community Center:  
10:00 AM – 2:00 PM  
Warehouse Issuance  
8:30 AM – 4:00 PM  
Certification Hours:  
8:30 AM – 3:45 PM | 6) Warehouse Issuance  
8:30 AM – 4:00 PM  
Certification Hours:  
8:30 AM – 3:45 PM | 7) Warehouse Issuance  
8:30 AM – 4:00 PM  
Certification Hours:  
8:30 AM – 3:45 PM | 8) Bonesteel / Milk’s Camp @ Milk’s Camp Community Center  
11:00 AM – 2:00 PM  
Warehouse Issuance  
8:30 AM – 4:00 PM  
Certification Hours:  
8:30 AM – 3:45 PM |
| 11) Warehouse Issuance  
8:30 AM – 4:00 PM  
Certification Hours:  
8:30 AM – 3:45 PM | 12) Winner / Ideal  
Gregory @ Winner Community Center:  
10:00 AM – 2:00 PM  
Warehouse Issuance  
8:30 AM – 4:00 PM  
Certification Hours:  
8:30 AM – 3:45 PM | 13) Warehouse Issuance  
8:30 AM – 4:00 PM  
Certification Hours:  
8:30 AM – 3:45 PM | 14) Warehouse Issuance  
8:30 AM – 4:00 PM  
Certification Hours:  
8:30 AM – 3:45 PM | 15) St. Francis / Two Strike / Spring Creek @ St. Francis Community Center  
10:00 AM – 2:00 PM  
Warehouse Issuance  
8:30 AM – 4:00 PM  
Certification Hours:  
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Tailgate Operation

- Load list created - take rate established per household
- Food loaded into truck
- Complete physical inventory of items loaded
- Travel to Tailgate site(s)
- Disperse food
- Return to central warehouse
- Unload leftover food and take inventory
- Tailgate data returned to the main system
Questions?

Ruth Reifel
rosebudcfdp@gwt.net
(605) 856-4283

Bob Gorman
robert.gorman@fns.usda.gov
(303) 844-2507