

Deadline For December Paper is Friday, November 20

November 2015
SAC AND FOX NATION
FOOD DISTRIBUTION PROGRAM

STROUD WAREHOUSE (918) 968-3030 1-800-256-3398
SHAWNEE OFFICE (405) 395-0063 1-866-622-2310

Mon	Tue	Wed	Thu	Fri
ELDERS DAY WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	ELDERS DAY WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30 SHIPMENT	WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	ELDERS DAY WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30
WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	CLOSED  Veterans Day	WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30 LITTLE AXE
WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30 SHIPMENT	WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30 PERKINS
LATE NIGHT WAREHOUSE 8:30-6:00 SHAWNEE 8:30-2:30	LATE NIGHT SHAWNEE 12:00-6:00 WAREHOUSE 8:30-2:30	CLOSED FOR INVENTORY	CLOSED	CLOSED  Happy Thanksgiving
CLOSED FOR INVENTORY				

Muscogee (Creek) Nation WIC Program Is All About

BREASTFEEDING!

For more information about breastfeeding and how to apply for WIC, please call:

1-800-648-2302 or 918-758-2722

This institution is an equal opportunity provider

Food Distribution Program Updates

FDPIR Income Guidelines: New Deductions Expected to Boost Participation Nationwide

With our increased FY14 Net Monthly Income Standards, new income deduction rules were also approved in the CFR. Households that pay rent or utilities, regardless of amount, are now allowed a Standard \$300 Deduction of their Net Monthly Income that is measured against the USDA Net Monthly Income Standards. For elderly or disabled household members there is now a Medical Expense Deduction that can be claimed for all out of pocket medical expenses with no limit regarding the amount. Also there is a new Meal Deduction that can be claimed should a household member require the full time services of a home health worker.

For more information on these deductions or to see if you qualify please call **(866) 622-2310 Shawnee Office or (800) 256-3398 Stroud Office.**

FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS (FDPIR) FY 2016 NET MONTHLY INCOME STANDARDS (Effective October 1, 2015 to September 30, 2016)

The net monthly income standard for each household size is the sum of the applicable Supplemental Nutrition Assistance Program (SNAP) net monthly income standard and the applicable SNAP standard deduction.

48 Contiguous United States:

Use this Amount

Household Size	SNAP Net Monthly Income Standard		SNAP Standard Deduction	=	FDPIR Net Monthly Income Standard
1	\$981	+	\$155	=	\$1,136
2	\$1,328	+	\$155	=	\$1,483
3	\$1,675	+	\$155	=	\$1,830
4	\$2,021	+	\$168	=	\$2,189
5	\$2,368	+	\$197	=	\$2,565
6	\$2,715	+	\$226	=	\$2,941
7	\$3,061	+	\$226	=	\$3,287
8	\$3,408	+	\$226	=	\$3,634
each additional member					+ \$347

Alaska:

Use this Amount

Household Size	SNAP Net Monthly Income Standard		SNAP Standard Deduction	=	FDPIR Net Monthly Income Standard
1	\$1,227	+	\$265	=	\$1,492
2	\$1,660	+	\$265	=	\$1,925
3	\$2,094	+	\$265	=	\$2,359
4	\$2,527	+	\$265	=	\$2,792
5	\$2,960	+	\$265	=	\$3,225
6	\$3,394	+	\$282	=	\$3,676
7	\$3,827	+	\$282	=	\$4,109
8	\$4,260	+	\$282	=	\$4,542
each additional member					+ \$434

FY 2016 FDPIR Income Deductions (see 7 CFR 253.6(e)) Effective October 1, 2015 to September 30, 2016

Earned Income Deduction	Households with earned income are allowed a deduction of 20 percent of their earned income.
Dependent Care Deduction	Households that qualify for the dependent care deduction are allowed a deduction of actual dependent care costs paid monthly to a non-household member.
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.
Medical Expense Deduction	Households that incur monthly medical expenses by any household member who is elderly or disabled are allowed a deduction in the amount of out-of-pocket medical expenses paid in excess of \$35 per month. Allowable medical expenses are provided at 7 CFR 273.9(d)(3).
Home Care Meal-Related Deduction	Households who furnish the majority of meals for a home care attendant are allowed an income deduction equal to the maximum SNAP benefit for a one-person household. The home care meal-related deduction amounts are as follows: 48 Contiguous U.S. States = \$194 Alaska by Area Designations <ul style="list-style-type: none"> • Urban = \$237 • Rural 1 = \$302 • Rural 2 = \$368 See 7 CFR 272.7(b) for area designations in Alaska.
Standard Shelter/Utility Expense Deduction	Households that incur at least one monthly shelter or utility expense are allowed a standard income deduction (see chart below). Allowable shelter/utility expenses are provided at 7 CFR 273.9(d)(6)(ii).

FY 2016 FDPIR Standard Shelter/Utility Expense Deductions Effective October 1, 2015 to September 30, 2016

Region	States Currently with FDPIR Programs	Shelter/Utility Deduction
Northeast/Midwest	Michigan, Minnesota, New York, Wisconsin	\$400
Southeast/Southwest	Mississippi, New Mexico, North Carolina, Oklahoma, Texas	\$300
Mountain Plains	Colorado, Kansas, Montana, Nebraska, North Dakota, South Dakota, Utah, Wyoming	\$400
West	Alaska, Arizona, California, Idaho, Nevada, Oregon, Washington	\$350

*If the geographic boundaries of an Indian reservation extend to more than one region per the identified regional groupings above, then a qualifying household has the option to receive the appropriate shelter/utility expense deduction amount for the State in which the household resides or the State in which the State agency's central administrative office is located.

Sac and Fox Nation USDA Commodity Food Demonstration



"Half Veggie Burger"

Monday, November 3rd
10:00 am - 1 pm

Shawnee USDA Warehouse
Hosted by Elizabeth Burgess,
Registered Dietitian for Sac and Fox Nation

Sac and Fox Nation
Food Distribution Program

CALL TODAY TO SEE IF YOU QUALIFY!!!

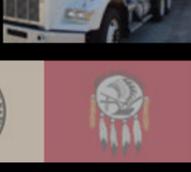
STROUD OFFICE
(800) 256-3398

SHAWNEE OFFICE
(866) 622-2310

If at least one member of your household is Native American, you reside within our service area, and you meet our income guidelines...
You May Qualify. Call Today!!!





Our Service Area includes all or part of Lincoln, Pottawatomie, Payne, Logan, Oklahoma, & Cleveland Counties.

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 Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20259-9410, or call toll free (866) 632-9922 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339, or (800) 845-8130 (TDD/voice). USDA is an equal opportunity provider and employer.

