



You may qualify for additional assistance

The Emergency Food Assistance Program



What is TEFAP?

TEFAP (The Emergency Food Assistance Program) a federally funded U.S. Department of Agriculture program that provides USDA foods to low-income households.



What food items are given?

Items will vary, but TEFAP foods generally include staple items such as milk, cereal, canned and frozen fruits and vegetables, dried beans, peanut butter, pasta and chicken.



How often can I get TEFAP?

Once a month. (see schedule on reverse)

NOTE: These visit types do not count against the one pantry visit per week rule.

Who is eligible for TEFAP?

Any household that meets the income guidelines or is participating in any of several other programs (see back side).

This institution is an equal opportunity provider.



The Emergency Food Assistance Program

A household may meet TEFAP income-based standards in either of the following two ways:

1. Participate in one of these public assistance programs (PA).

- Commodity Supplemental Food Program (CSFP)
- SNAP (formerly Food Stamps)
- Low-income Energy Assistance Program (LEAP)
- Temporary Assistance to Needy Families (TANF)
- Old Age Pension (OAP)

- Aid to Needy Disabled (AND)
- Aid to the Blind (AB)
- Supplemental Security Income (SSI)
- Medicaid Eligible Foster Children

2. If the household does not participate in any of the above public assistance programs, the household must have a combined gross income that does not exceed the maximum income limit for the applicable household size. (AI)

2025 Income Eligibility Guidelines

Household Size	Maximum Weekly Household Income	Maximum Monthly Household Income	Maximum Annual Household Income
1	\$601.92	\$2,608.33	\$31,300.00
2	\$813.46	\$3,525.00	\$42,300.00
3	\$1,025.00	\$4,441.67	\$53,300.00
4	\$1,236.54	\$5,358.33	\$64,300.00
5	\$1,448.08	\$6,275.00	\$75,300.00
6	\$1,659.62	\$7,191.67	\$86,300.00
7	\$1,871.15	\$8,108.33	\$97,300.00
8	\$2,082.69	\$9,025.00	\$108,300.00
For each additional family member, add	\$211.54	\$916.67	\$11,000.00

Does LIFT-UP distribute TEFAP?

YES! LIFT-UP currently has two sites that distribute monthly:

NOTE: Subject to availability

CARBONDALE

When: First Thursday of the Month*

Time: 2:00pm - 3:00pm

Where: 511 Carbondale Avenue

(Town Hall Parking Lot)

PARACHUTE

When: First Monday of the Month*

Time: 2:00pm - 3:00pm

Where: 201 East 1st Street

(LIFT-UP Pantry Parking Lot)

*Please visit liftup.org/calendar for up-to-date calendar



**FOOD FOR TODAY
HOPE FOR TOMORROW**