



## **The Emergency Food Assistance Program (TEFAP)** *USDA Commodity Foods*



The Emergency Food Assistance Program (TEFAP) is a Federal program administered through the United States Department of Agriculture (USDA) that helps supplement the diets of low-income Americans, including elderly people, by providing them with emergency food and nutrition assistance at no cost.

### **Where:**

**TEFAP Agency Name:**

**Address:**

### **When:**

**Hours of Operation for TEFAP distribution**

### **WHAT DO YOU NEED TO BRING?**

- Proof of residency
  - Drivers' license, rental agreement, utility bill, etc.

**\*You must have a combined gross income which does not exceed the maximum income limit for the applicable household size**

## WHAT KINDS OF FOOD WILL I RECEIVE?

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?

During the COVID-19 pandemic clients are not restricted on how often they can receive TEFAP

## How do I qualify?

**You may meet TEFAP income-based standards in either of the following two ways:**

1. Participate in one of these public assistance programs:

- 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 you are not participating in any of the above public assistance programs, you must have a combined gross income which does not exceed the maximum income limit for the applicable household size.

### 2026 Income Eligibility Guidelines

Household Size	Maximum Weekly Household Income	Maximum Monthly Household Income	Maximum Annual Household Income
1	\$613.85	\$2,660.00	\$31,920.00
2	\$832.31	\$3,606.67	\$43,280.00
3	\$1,050.77	\$4,553.33	\$54,640.00
4	\$1,269.23	\$5,500.00	\$66,000.00
5	\$1,487.69	\$6,446.67	\$77,360.00
6	\$1,706.15	\$7,393.33	\$88,720.00
7	\$1,924.62	\$8,340.00	\$100,080.00
8	\$2,143.08	\$9,286.67	\$111,440.00
For each additional family member, add	\$218.46	\$946.67	\$11,360.00

**For more information call or email the Programs Team at**  
Care and Share Food Bank  
(719) 434-4683 or [Agencies@careandshare.org](mailto:Agencies@careandshare.org)

