

# GOOD LAWS, GOOD FOOD: PUTTING FOOD POLICY TO WORK IN THE NAVAJO NATION



## Section VII: Food Assistance Programs Summary and Handout

### Overview

SNAP, FDPIR, and WIC are three major food assistance programs that operate on the Navajo Nation. While federal and state governments largely fund these programs, Indian Tribal Organizations (ITOs) have authority to decide how FDPIR and WIC are administered. States primarily administer SNAP. Individuals cannot accept SNAP and FDPIR benefits at the same time; however, individuals can receive WIC benefits in addition to SNAP or FDPIR benefits. Tribal authority over these programs should be expanded. These programs should also extend benefits to those who need them, work to increase administrative efficiency, and ensure that traditional Navajo food values are considered.

Program	What is it?	Recommendations
<b>Supplemental Nutrition Assistance Program (SNAP)</b>	SNAP is the largest hunger relief program in the US offering nutrition assistance to millions of low-income individuals across the country. Participants can purchase a wide variety of food items from eligible locations that accept EBT cards.	<ul style="list-style-type: none"> <li>-Continue to push for tribal administration of SNAP.</li> <li>-Encourage Utah to remove the asset limit for the purpose of determining SNAP eligibility in order to increase the number of people eligible for SNAP.</li> <li>-Encourage Utah and Arizona to keep work requirement waivers in place and push Utah to drop work requirements for able-bodied adults without dependents so that individuals who cannot find work do not lose their benefits.</li> <li>-Push for local farmers' markets to accept SNAP as payment to facilitate purchasing healthy foods.</li> <li>-Require SNAP retailers to carry more nutritious options.</li> </ul>
<b>Food Distribution Program on Indian Reservations (FDPIR)</b>	FDPIR offers USDA food assistance to low-income Native American households living on or near a reservation. Administering ITOs distribute foods to participants via tailgate drop offs or warehouse pick-ups.	<ul style="list-style-type: none"> <li>-Continue to push for more culturally relevant foods to be included in the FDPIR list.</li> <li>-Push for improved delivery and distribution of FDPIR foods so that vulnerable populations are not put at a disadvantage in receiving their benefits.</li> <li>-Implement streamlined data sharing procedures with SNAP and other food assistance programs to increase the efficiency of program administration and allow for more thorough study of FDPIR.</li> </ul>
<b>Special Supplemental Nutrition Program for Women, Infants and Children (WIC)</b>	WIC is a nutrition program offering supplemental foods, healthcare referrals, and nutrition education to low income pregnant, breastfeeding, and postpartum women and children up to age 5 deemed to be at a nutritional risk. WIC participants use vouchers to purchase pre-approved foods from eligible retail locations.	<ul style="list-style-type: none"> <li>-Encourage the inclusion of more traditional foods in the Navajo WIC package.</li> <li>-Support subsidized transportation to WIC appointments so that women can more easily attend their required appointments.</li> <li>-Pass more policies to encourage and facilitate breastfeeding so that more mothers and children benefit from the health advantages of breastfeeding and formula costs are lowered for low-income families.</li> </ul>