



The Emergency Food Assistance Program (TEFAP) Client Notification

TEFAP is a self-declaration program. In order to receive TEFAP commodities:

- You will **never** need to provide your social security number or proof of citizenship.
- You **must** reside in the state of Washington. (There is no minimum length of residency required).
- You **must** provide your name, current address (unless homeless), and household size.*
- You **must** self-declare your household income meets the income guidelines listed below; however, you will **never** need to provide proof of income.

TEFAP Income Guidelines — 400% of Poverty

Household Size	Annual Income	Monthly Income	Twice per Month Income	Every Two Weeks Income	Weekly Income
1	\$51,520	\$4,293	\$2,147	\$1,982	\$991
2	\$69,680	\$5,807	\$2,903	\$2,680	\$1,340
3	\$87,840	\$7,320	\$3,660	\$3,378	\$1,689
4	\$106,000	\$8,833	\$4,417	\$4,077	\$2,038
5	\$124,160	\$10,347	\$5,173	\$4,775	\$2,388
6	\$142,320	\$11,860	\$5,930	\$5,474	\$2,737
7	\$160,480	\$13,373	\$6,687	\$6,172	\$3,086
8	\$178,640	\$14,887	\$7,443	\$6,871	\$3,435
For each additional family member, add:	\$18,160	\$1,513	\$757	\$698	\$349

Effective from April 2021 until notification of the income guidelines for 2022

Important things to note:

- You will not be denied TEFAP food if you refuse to disclose any information that is not a requirement of TEFAP.
- TEFAP food is for home consumption only and cannot be sold, traded, or bartered.

**In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410

Fax: (202) 690-7442

Email: program.intake@usda.gov

* If your information changes, please notify this organization immediately.

** A copy of the USDA Nondiscrimination Statement is available upon request.

This institution is an equal opportunity provider.