



2023 - QUARTER 1: JANUARY, FEBRUARY, & MARCH

# FAMILY NOURISHMENT PROGRAM

*THE EMERGENCY FOOD ASSISTANCE PROGRAM  
(TEFAP)*



## WHAT IS TEFAP?

The Emergency Food Assistance Program provides food nutrition and education to individuals and families, to alleviate some food costs and provide a means for families to make meals, in the home.

Food bags are issued quarterly within each of the nine counties. Our quarters, usually, go as follows.

**Quarter 1:**  
January, February, and March

**Quarter 2:**  
April and May

**Quarter 3:**  
July, August, and September

**Quarter 4:**  
October and November

Sign-up can be done at the distribution site, on the day of distribution. The household income will need to be verbalized, as eligibility is based on household size and income. Proof of ID will need to be shown.

This is a USDA distribution site.  
This is an equal opportunity provider.

## WHAT'S INSIDE THIS ISSUE:

- WHAT IS TEFAP?
- WHO/WHAT IS ARVAC, INC.?
- ELIGIBILITY REQUIREMENTS.
- QUARTER 4 DISTRIBUTION DATES, TIMES, AND LOCATIONS.
- NON-DISCRIMINATORY STATEMENT.
- WHAT IS INCLUDED IN A BAG?

# WHO/WHAT IS ARVAC, INC.?

This is a USDA distribution site. This is an equal opportunity provider.

ARVAC, Inc. promotes self-sufficiency and provides pathways out of poverty for individuals, families, and communities.

ARVAC is committed to providing thoughtfully designed services to children and families. Our approach demonstrates several pathways out of poverty through high-quality, comprehensive programming. Our vision for education, health, and additional services is that the individuals, families, and communities who partner with us will be fully prepared economically to succeed.

Since its inception in 1965, the Arkansas River Valley Area Council (ARVAC), Inc. has been dedicated to building a diverse portfolio of services to meet the needs of low-income families in the region. We serve a nine-county area in the Arkansas River Valley, including Conway, Franklin, Johnson, Logan, Scott, Perry, Polk, Pope, and Yell counties.

Established as part of President Johnson's War on Poverty to eliminate the pervasive indigence existent in Central Arkansas, particularly within the counties that we serve, ARVAC's programs have consistently been shaped around providing residents access to resources that increase self-sufficiency and provide opportunities to move into the middle class.

## INCOME ELIGIBILITY

This is a USDA distribution site. This is an equal opportunity provider.

### INCOME ELIGIBILITY GUIDELINE THE EMERGENCY FOOD ASSISTANCE PROGRAM (TEFAP) Effective July 01, 2022 to June 30, 2023

FAMILY SIZE	WEEK	MONTH	YEAR
1	\$ 340	\$1,473	\$17,667
2	\$ 458	\$1,984	\$23,803
3	\$ 576	\$2,495	\$29,939
4	\$ 694	\$3,007	\$36,075
5	\$ 812	\$3,518	\$42,211
6	\$ 930	\$4,029	\$48,347
7	\$1,048	\$4,541	\$54,483
8	\$1,166	\$5,052	\$60,619
Each additional family member	+ \$118	+ \$512	+ \$6,136

The above income guidelines are based on 130% of the Federal Poverty Guidelines.

ARKANSAS RIVER VALLEY AREA COUNCIL, INCORPORATED (ARVAC, INC.), IS THE LOCAL COMMUNITY ACTION AGENCY FOR CONWAY, FRANKLIN, JOHNSON, LOGAN, SCOTT, PERRY, POLK, POPE, AND YELL COUNTIES.

June 16, 2022

The Department of Human Services is in compliance with Titles VI and VII of the Civil Rights Act.



# TEFAP

2023 Quarter 1- January, February, & March

This is a USDA distribution site. This is an equal opportunity provider.

**THURSDAY, JANUARY 19, 2023**

## Polk County

9:00 a.m. – 11:00 a.m.

(or until bags run out)

Polk County Fairgrounds

156 Polk Road 43, Mena, AR 71953

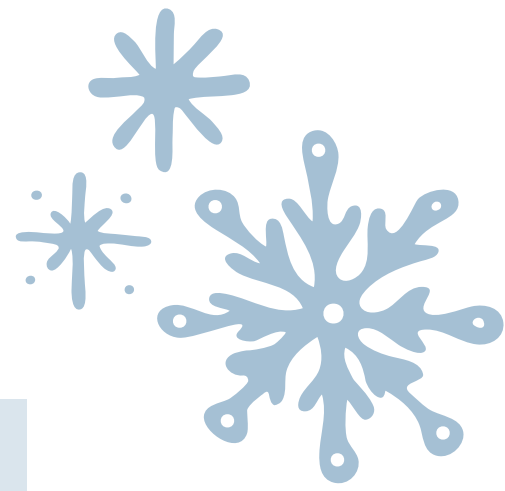
## Scott County

1:00 p.m. – 3:00 p.m.

(or until bags run out)

Scott County Fairgrounds

165 Mill St., Waldron, AR 72958



**TUESDAY, JANUARY 24, 2023**

## Perry County

9:00 a.m. – 11:00 a.m.

(or until bags run out)

Diane Wilson Senior Activity Center

107 N. Magnolia St., Perryville, AR 72126

## Conway County

1:00 p.m. – 3:00 p.m.

(or until bags run out)

Conway County Fairgrounds

901 E. Elm St., Morrilton, AR 72110





# TEFAP

2023 Quarter 1- January, February, & March  
This is a USDA distribution site. This is an equal opportunity provider.

## THURSDAY, FEBRUARY 16, 2023

### Johnson County

9:00 a.m. – 11:00 a.m.

(or until bags run out)

Johnson County Fairgrounds

1315 W. Sevier St., Clarksville, AR 72830

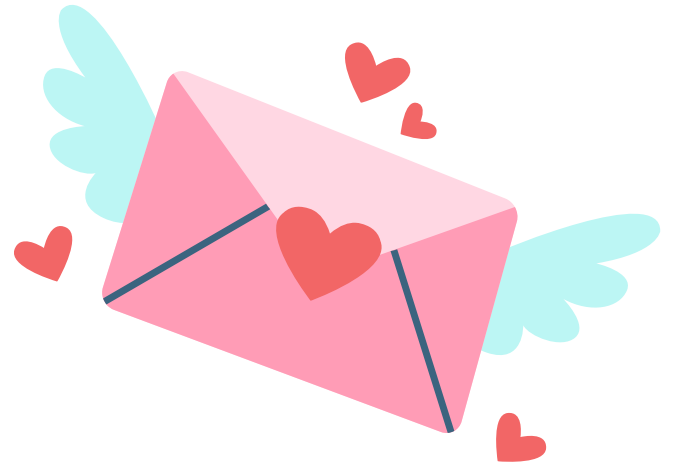
### Pope County

1:00 p.m. – 3:00 p.m.

(or until bags run out)

Pope County Fairgrounds

500 S. Knoxville Ave., Russellville, AR 72801



## THURSDAY, FEBRUARY 23, 2023



### Logan County

9:00 a.m. – 11:00 a.m.

(or until bags run out)

North Logan County Fairgrounds

540 Airport Industrial Rd., Paris, AR 72855

### Franklin County

1:00 p.m. – 3:00 p.m.

(or until bags run out)

Gardner Memorial Family Life Center

104 S. 5th St., Ozark, AR 72949

# FRIDAY, MARCH 24, 2023

2023 Quarter 1- January, February, & March  
This is a USDA distribution site. This is an equal opportunity provider.



## Yell County

9:00 a.m. – 11:00 a.m.  
(or until bags run out)

Dardanelle/Yell County Food Bank  
504 Union St., Dardanelle, AR 72834

## Yell County

1:00 p.m. – 3:00 p.m.  
(or until bags run out)

First Baptist Church of Plainview  
3rd St., Plainview, AR 72857  
(W 3rd St. & S Monroe Ave., Plainview, AR 72857)

## WHAT IS INCLUDED IN A BAG?

This is a USDA distribution site. This is an equal opportunity provider.

"The commodities that the USDA donates may vary from time to time depending on which foods products are available. Because of the nutritional needs of participants in the TEFAP program most foods are purchased based on their protein value. Foods presently available are peanut butter, canned vegetables, fruits, fruit juices, meats, and dry packaged goods such as rice, pasta, and beans or peas.

All of the commodities purchased by the USDA must be certified by the USDA's inspection services to assure specifications are met. Only high grades of meats, fruits and vegetables are accepted. Specifications for the quality of the commodities are constantly updated. Recently revised specifications have reduced the fat, sugar and salt contents of foods purchased. For example, USDA is buying canned meats with less salt and beef with lower fat content."

-Arkansas Department of Human Services Division of Child Care and Early Childhood Education

ARKANSAS RIVER  
VALLEY AREA COUNCIL,  
INCORPORATED  
(ARVAC, INC.), IS THE  
LOCAL COMMUNITY  
ACTION AGENCY FOR  
CONWAY, FRANKLIN,  
JOHNSON, LOGAN,  
SCOTT, PERRY, POLK,  
POPE, AND YELL  
COUNTIES.





## **NON-DISCRIMINATORY STATEMENT**

This is a USDA distribution site. This is an equal opportunity provider.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632- 9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov) This institution is an equal opportunity provider.

**ARKANSAS RIVER  
VALLEY AREA COUNCIL,  
INCORPORATED  
(ARVAC, INC.), IS THE  
LOCAL COMMUNITY  
ACTION AGENCY FOR  
CONWAY, FRANKLIN,  
JOHNSON, LOGAN,  
SCOTT, PERRY, POLK,  
POPE, AND YELL  
COUNTIES.**