



Get Emergency Food

You can get an Emergency Food Box (EFB) by visiting your local food pantry during normal distribution hours. To qualify for an EFB, you must self-declare that your income is below 185% of the current Federal Poverty Level (FPL) and bring your identification and proof that you live in the pantry's service delivery area. A full list of eligibility factors is also posted in every food distribution site.

You will never be charged a fee to apply for or participate in TEFAP.

Equal Opportunity Employer/Program • Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI & VII), and the Americans with Disabilities Act of 1990 (ADA), Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and Title II of the Genetic Information Nondiscrimination Act (GINA) of 2008; the Department prohibits discrimination in admissions, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, disability, genetics and retaliation. The Department must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity. For example, this means if necessary, the Department must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the Department will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy, contact local office; TTY/TDD Services: 7-1-1. • Free language assistance for DES services is available upon request.

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DEPARTMENT OF ECONOMIC SECURITY
Your Partner For A Stronger Arizona

TEFAP

When the cupboards are bare and you have nowhere to turn, the **Emergency Food Assistance Program** is here to help by providing quality food at no cost to you

Proper nutrition helps children to learn and grow and adults to live a healthier, more active life.

TEFAP Emergency Food Boxes (EFBs) contain a three to four day supply of wholesome, nutritious foods that you can use to help feed yourself and your family. Some food pantries supplement the items in the EFB with other donated or purchased foods.

EFBs may contain:

- Fresh Apples
- Ground Beef
- Whole Chicken
- Canned Peas
- Egg Noodles
- Tomato Juice
- Elbow Macaroni
- Spaghetti Sauce and much more!

To find your local TEFAP food distribution site, contact the Department of Economic Security's Coordinated Hunger Relief Program at 602-771-2788 or visit <https://des.az.gov/tefap>. If you are already receiving SNAP (Food Stamps) benefits, you automatically qualify for a TEFAP Emergency Food Box.

