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US Department of Agriculture (USDA) Foods programs for households - The Emergency Food Assistance Program (TEFAP), The Food Distribution Program on Indian Reservations (FDPIR), and the Commodity Supplemental Food Program (CSFP) - provide nutritious foods at no cost to income-eligible individuals.

The Healthy Eating Research (HER) Nutrition Guidelines for the Charitable Food System were used to evaluate the quality of foods in each program. Foods are categorized into a three-tiered system based on levels of saturated fat, sodium, and added sugar per serving, and presence of whole grains:

- **Green** (Choose Often)
- **Yellow** (Choose Sometimes)
- **Red** (Choose Rarely)
- **Not Ranked** (Condiments and Cooking Staples)

### Frequency and Examples of Foods in Each HER Rank

Foods in All Programs Combined (n = 152)

- Green = 57%
- Yellow = 36%
- Red = 3%
- Unranked = 4%

### Percentages by Program

- **TEFAP** (n=134)
- **FDPIR** (n=84)
- **CSFP** (n=60)

### Conclusions

- USDA Foods programs provide nutritious choices aligned with national dietary guidelines
- Most items were fruits and vegetables; lean proteins; whole grains; and low-fat dairy options
- Adjustments to some specifications would further strengthen the nutritional value of USDA Foods