

Take a Fresh Look



**Basic  
Food**

For more information  
or to apply for Basic Food:

**1-877-514-FOOD**

**[www.foodhelp.wa.gov](http://www.foodhelp.wa.gov)**

# Basic Food is a food and nutrition program for people in Washington State.

Beginning October 1, 2008, income limits will increase helping more people afford more food.

- Apply in person, by mail or online
- School-aged children are automatically enrolled for free school meals
- Qualify for low-cost local phone service

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