

MONTHLY BASIC FOOD BENEFIT AMOUNTS

Monthly benefit amounts vary based on the number of people living in your household, your income, and living expenses you pay for such as: rent, mortgage, utilities, childcare, and child support.

The **average** monthly benefit families received in February 2009 was about \$216. The **highest** monthly benefits are:

- \$200 for a one-person household;
- \$367 for a two-person household;
- \$526 for a three-person household;
- \$668 for a four-person household.

YOU DO NOT HAVE TO BE A U.S. CITIZEN TO GET BASIC FOOD BENEFITS

While the federal Food Stamp Program is limited to U.S. citizens and immigrants who meet specific program rules, the state does pay for Basic Food benefits for *legal immigrants* who may not meet the citizen rules for the federal program.

Undocumented immigrants and non-citizens who are tourists or other non-immigrants are not eligible for Basic Food.



Basic Food helps people in Washington state get more food.





"Thank you so much for the food stamp card. It has helped me so much... This helps me buy things I have not been able to buy for a long time, like greens and fresh fruit."

– Anna R., Colfax, WA

"Thank you! The new amount (of food benefits) will help me greatly, and the fewer reviews and less paperwork will be good for me, too."

– Richard G., Puyallup, WA

WHAT IS BASIC FOOD?

Basic Food is a food and nutrition program for individuals and families who meet income guidelines. Also known as the food stamp program, **Basic Food** helps people afford a nutritious diet by providing eligible households an electronic benefits card and monthly benefits to buy food at participating grocery stores.



What Should You Know About Basic Food?

HIGHER INCOME LIMITS

Household	Monthly Income
1	\$1,805
2	\$2,429
3	\$3,052
4	\$3,675
5	\$4,299

The monthly gross income limits for Basic Food have increased. Additionally, net Income limits and asset limits are now waived.

GETTING BASIC FOOD IS EASIER

- You may apply in person at a local office, by mail, or online at www.foodhelp.wa.gov.
- Phone interviews are available and can help verify any required information.
- You can call toll-free 1-877-514-FOOD for more information or to request an application.
- Nearly half of all applications are approved in less than 6 days.

THERE ARE ADDITIONAL BENEFITS WHEN YOU RECEIVE BASIC FOOD

Besides monthly benefits to buy food, receiving Basic Food:

- Qualifies you for low-cost local phone service through the Washington Telephone Assistance Program. People getting Basic Food can learn more by calling 1-888-700-8880.
- Automatically enrolls school-aged children in the free school meal program.
- Shows that your family meets the Women Infants and Children (WIC) income test.