

FOOD BENEFIT AMOUNTS

Monthly benefits are based on how many people live in your household, your income, and living expenses.

The average monthly benefit for families in 2016 was \$223. The maximum benefits are:

Household Size	Maximum Benefit
1	\$194
2	\$357
3	\$511
4	\$649

YOU DON'T HAVE TO BE A U.S. CITIZEN TO GET FOOD BENEFITS

Immigrants who meet specific program rules under the Federal Supplemental Nutrition Program may be eligible for Food Benefits.

Undocumented immigrants, tourists, and other non-immigrants aren't eligible for Food Benefits.

HOW MUCH COULD I RECEIVE?

Monthly benefits are based on how many people live in your household, your income, and living expenses.

To see what you may be eligible for, go to www.foodhelp.wa.gov and choose **Benefit Estimator**.

Scan with a
mobile phone
barcode reader



HOW DO I APPLY?

The fastest way to apply is online at www.washingtonconnection.org.

Scan with a
mobile phone
barcode reader



You may also apply at the nearest Community Services Office or by mail.



Transforming lives

DSHS 22-1301 (Rev. 2/17)

USDA is an equal opportunity provider, employer, and lender.
This institution is an equal opportunity provider.

Healthy Food Choices for a healthier lifestyle **Basic Food**



SNAP
Supplemental
Nutrition
Assistance
Program

What is SNAP?

Supplemental Nutrition Assistance Program (SNAP), called Basic Food in Washington, is a USDA program that helps people make ends meet and improve their diet.

Eligible households receive an electronic benefits (EBT) card with monthly benefits to buy food at participating grocery stores.



Did you know? Households can use SNAP EBT benefits at Farmers Markets. You can also use your SNAP EBT benefits to buy food producing plants or seeds.



Can Basic Food help me with training or finding a job?

- Yes! If you get Basic Food, you can volunteer for the Basic Food Employment & Training (BFET) Program.
- BFET provides job search, job search training, educational services, skills training, and other employment opportunities to people who receive Basic Food.

Many organizations may provide help with transportation, childcare, or other resources that can help you work toward your career goals. Services are provided through community based organizations (CBO) and cover a wide variety of job sectors and career fields.

For more information on BFET services, go online to:

www.dshs.wa.gov/esa/employment-and-training-programs

What should I know about Basic Food benefits?

Household Size	Monthly Income Limit
1	\$2,010
2	\$2,707
3	\$3,403
4	\$4,100
5	\$4,797

There are no resource or net income limits for most people.

- You can apply:
 - Online at www.washingtonconnection.org.
 - By mail.
 - In person at a local Community Service Office (CSO).
- Phone interviews save time and we can help you get the information we need.
- Call toll-free 1-877-501-2233 for more information or to request an application.
- Nearly half of all applications are processed in less than a week.
- If you receive Basic Food Benefits:
 - School-aged children are automatically enrolled in the free school meal program.
 - Your family meets the Women Infants and Children (WIC) income test.