

FACTS ABOUT BASIC FOOD



Can I have a job and still receive Basic Food?

Yes. Your household can have income up to 200% of the Federal Poverty Guidelines and be eligible for Basic Food. Asset limits also don't apply to households with total monthly income under this limit.

Household Size	Monthly Income Limit
1	\$1,980
2	\$2,670
3	\$3,360
4	\$4,050
5	\$4,740

Do I have to have children to be eligible?

No. Households of any size may be eligible to receive Basic Food.

What about other people who need it more than me?

There is no limit to the number of eligible people who can receive Basic Food. Getting Basic Food for you or your family will not impact the ability of anyone else to receive these benefits.

Do I have to be a U.S. Citizen?

No. However, the Federal Supplemental Nutrition Assistance Program (SNAP) is limited to U.S. citizens and immigrants that meet specific program rules.

Getting Basic Food benefits will not impact someone's immigration status with the U.S. Citizenship and Immigration Service.

Undocumented immigrants and non-citizens who are tourists or other non-immigrants cannot receive Basic Food.

Can I own my house and a car and still be eligible?

Yes. If you are income-eligible, any other resources such as vehicles, retirement accounts, your home and other assets are not considered.

What kind of paperwork do I need to provide?

When you apply for benefits, you can submit your application in-person at the local DSHS Community Services Office (CSO), by mail, or online at www.washingtonconnection.org.

You will also need to present us with your social security number, proof of your identity, and proof of the income and living expenses for the household you are applying for. If needed, we can help you get the required paperwork.

Some people only receive \$16 a month – Is it even worth applying?

Some people do receive the minimum monthly benefit for one- or two-person households, which is \$16. People who receive the minimum amount often save the benefits for a few months to cover the cost of a trip to the grocery store. Others use the benefits to add fresh fruits and vegetables to their food budget.

Most people receive a higher monthly benefit.

For an estimate of the monthly benefits you could receive, call our toll-free Basic Food line at 1-877-501-2233 or visit our website at www.foodhelp.wa.gov.

Are there any additional benefits to getting Basic Food?

Besides monthly benefits to buy food, receiving Basic Food:

- Automatically enrolls school-aged children in the free school meal program; and
- Shows that your family meets the Women Infants and Children (WIC) income test.

Can I get help 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 or technical colleges and/or community based organizations (CBO) and cover a wide variety of job sectors and career fields. For information on BFET services, go online to <http://www.basicfoodet.org/>.

Do I have to go to an office to apply?

No. You can apply online at www.washingtonconnection.org or by mail. If your work schedule, childcare, or other circumstances make it inconvenient to have an in-office interview for benefits, we can arrange a phone interview.

If approved, how long will it take to receive my benefits?

- On average, we approve applications for eligible households in about 10 days.
- Nearly half of all applications are approved in less than six days.
- When we approve an application for Basic Food, benefits go back to the date of the application.

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

This institution is an equal opportunity provider.



Transforming lives

DSHS 22-1302 (Rev. 3/16)

For more information:

1-877-501-2233

www.foodhelp.wa.gov