

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 2019 was \$209. The maximum benefits are:

People in Household	Maximum Benefit*
1	\$250
2	\$459
3	\$658
4	\$835
5	\$992

*Amounts updated every October

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 DO I APPLY?

You may apply by phone at **877-501-2233** or at the nearest Community Services Office. You don't have to fill out an application before you have your eligibility interview.

Scan with your mobile phone camera or QR code reader.



You may also apply online 24/7 at www.washingtonconnection.org or by mail. Follow up to complete your eligibility interview at **877-501-2233** or the nearest Community Services Office.

Fax: 888-338-7410

Mailing address:

DSHS Customer Service Contact Center

PO Box 11699

Tacoma, WA 98411-6699



Transforming lives

DSHS 22-1301 (Rev. 4/22)

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Healthy Food Choices for a healthier lifestyle

Basic Food



SNAP
Supplemental
Nutrition
Assistance
Program

What is Basic Food?

Basic Food, also known as the Supplemental Nutrition Assistance Program or SNAP, helps people buy groceries.

Eligible households receive an Electronic Benefits Transfer, or EBT, card with monthly benefits to buy food at participating grocery stores.



Did you know? You can use Basic Food EBT benefits at farmers markets. You can also use them 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 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, child care or other resources that can help you work toward your career goals. Services are provided through community-based organizations and cover a wide variety of job sectors and career fields.

For more information on BFET services,
go online to:

www.dshs.wa.gov/BFET

What should I know about Basic Food benefits?

People in Household	Monthly Income Limit*
1	\$2,265
2	\$3,052
3	\$3,839
4	\$4,625
5	\$5,412

*Amounts updated every April

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

- You can apply:
 - Online at www.washingtonconnection.org.
 - By phone, without submitting an application, at 877-501-2233.
 - By mail to DSHS Customer Service Center, PO BOX 11699, Tacoma, WA 98411-6699
 - In person at a local Community Service Office.
- Phone interviews save time and we can help you get the information we need.
- Call toll-free 877-501-2233 for more information.
- When you get Basic Food, you may qualify for other programs:
 - Free or reduced school meal program.
 - Special nutrition program for Women, Infants, and Children or WIC.