

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.

People in Household	Monthly Income Limit*
1	\$2,510
2	\$3,407
3	\$4,303
4	\$5,200
5	\$6,097

*Amounts updated every April

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 affect the ability of anyone else to receive these benefits.

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

No. Some undocumented immigrants who meet specific program rules may be eligible for food benefits.

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

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

Yes. If your household has income within the income limits of the program, any other resources such as vehicles, retirement accounts, your home and other assets are not considered.

Do I have to go to an office to apply?

No. You can apply online at washingtonconnection.org or by phone, without having to submit an application, at 877-501-2233 or at your nearest Community Services Office. Find the nearest CSO at dshs.wa.gov/office-locations.

Fax: 888-338-7410

Mailing address:

DSHS Customer Service Contact Center

P.O. Box 11699

Tacoma, WA 98411-6699

What kind of paperwork do I need to provide?

You will need to present us with your Social Security number, proof of your identity and proof of the income and living expenses for your household. If needed, we can help you get the required information.

Some people only receive \$23 a month. Is it even worth applying?

Some people do receive the minimum monthly benefit for one- or two-person households, which is \$23. 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 us toll-free at **877-501-2233** or visit our website at washingtonconnection.org.

Are there any additional benefits to getting Basic Food?

When you get Basic Food, you may qualify for other programs, such as:

- Free or reduced price school meal program.
- Special nutrition program for Women, Infants and Children.

Can I get help with training or finding a job?

- Yes! If you get Basic Food, you can volunteer to participate in the Basic Food Employment and 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 or technical colleges and/or community-based organizations and cover a wide variety of job sectors and career fields. For information on BFET services, go online to dshs.wa.gov/BFET.

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

- On average, we approve applications for eligible households in about two weeks.
- 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.

This institution is an equal opportunity provider.



Transforming lives

DSHS 22-1302 (Rev. 4/24)

For more information:

1-877-501-2233

washingtonconnection.org