

# 10 Facts Young Adults Should Know About Basic Food

**Fact #1:** Nutrition—Not welfare: The Basic Food program wants you to have access to healthy foods like everyone else.

**Fact #2:** You receive benefits by using an EBT card. An EBT card is much like a debit card and can be used at almost all supermarkets and grocery stores, as well as at many farmers' markets.

**Fact #3:** Basic Food is for people who meet certain requirements. It doesn't matter if you're 18 or 55, whether you have a home or are homeless, working or unemployed, able bodied or disabled – you may qualify.

**Fact #4:** In 2018, individual people living in Washington getting Basic Food nutrition assistance received an average of **\$123** per month in benefits out of a possible \$194.

**Fact #5:** Some people think that if you have money in the bank or a car then you are automatically disqualified from the program. Not true! Whether or not you qualify is usually based on just your income.

**Fact #6:** If you are pregnant or recently gave birth, you may get Basic Food along with WIC.

**Fact #7:** Young adults and children attending school who receive Basic Food are automatically enrolled in free- or reduced-price school nutrition benefits such as the School Lunch and School Breakfast programs at participating schools.

**Fact #8:** Most of the time, all you need to apply for Basic Food is some form of identification and proof of your household income like pay stubs.

**Fact #9:** If you receive Basic Food you may be eligible for help through the Basic Food Employment and Training program. BFE&T can help pay for school, training and support services that help you get a job. More information about BFE&T can be found at [www.dshs.wa.gov/esa/community-partnership-program/basic-food-employment-training-bfet](http://www.dshs.wa.gov/esa/community-partnership-program/basic-food-employment-training-bfet).

**Fact #10:** Applying for Basic Food is easy. You can apply for Basic Food benefits online at: [www.washingtonconnection.org](http://www.washingtonconnection.org), or submit a paper application by fax or mail, or apply in person at your local CSO. Find the nearest CSO at: [www.dshs.wa.gov/office-locations](http://www.dshs.wa.gov/office-locations).

Fax: 1-888-338-7410

Mailing address: DSHS Customer Service Center, PO Box 11699, Tacoma, WA 98411-6699

For more information about the Basic Food program and where to apply, call **1-877-501-2233**.



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**For help in applying for Basic Food contact:**