

# Basic Food Employment and Training (BFET)



- Welcome to the Basic Food Employment and Training (BFET) program. The BFET program is a partnership between the Department of Social and Health Services (DSHS), community agencies and colleges to provide you with employment and training services.



*Transforming lives*

DSHS 22-1578 (11/14)

This institution is an equal opportunity provider.

# What you need to know

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## *What can this program help you do?*

Some things BFET may help you do are:

- Write an effective resume;
- Improve your interviewing skills;
- Start a career;
- Improve your English, reading, writing and math in Adult Basic Education (ABE);
- Get your high school equivalency;
- Learn new job skills in professional, technical or vocational programs.

## *Other Services that BFET may help with:*

*(NOTE: Not all services available at all locations)*

- Qualifying for child care subsidies;
- Connecting you with other community resources;
- Paying for transportation, books, work/training clothes related to your employment and training goals;
- Post-employment support.

## *What are some of your responsibilities?*

- Follow your Individual Employment Plan that you created with your BFET case manager;
- Communicate with your BFET Case Manager at least once a month;
- Keep your Basic Food Assistance open by completing your reviews and reporting changes on time;
- If you are in college, apply for financial aid (FAFSA) and maintain satisfactory grades.

## *What can BFET not help with?*

- Transfer degrees;
- 4-year degrees;
- Paid internships or work study.

# Community Resource Websites

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- Washington Connection  
[www.waconnection.org/home/exploreeoptions.go](http://www.waconnection.org/home/exploreeoptions.go)
- Washington Information Network 211  
[win211.org](http://win211.org)
- Health care coverage  
[www.wahealthplanfinder.org](http://www.wahealthplanfinder.org)
- BFET main website  
[www.basicfoodet.org/clients](http://www.basicfoodet.org/clients)