

Do you qualify?

You may qualify if:

- You are not receiving TANF.
- You are able to work at least 20 hours per week.
- You receive less income than the guidelines below.

Number of people in household	Gross Monthly Income
1	\$2,265
2	\$3,052
3	\$3,839
4	\$4,625
5	\$5,412
6	\$6,199
7	\$6,985
8	\$7,772
9	\$8,559
10	\$9,345
Add for each person over 11+	\$787

Effective 10/2022

What can BFET 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 skills.
- Get your high school equivalency certificate.
- Learn new job skills in professional, technical or vocational programs.
- Finish your non-transferrable AA degree or certificate program.



What do you want for the future?

- A new career?
- Job training?
- Improved math or English skills?
- On the job training?

For provider information contact:
www.dshs.wa.gov/BFET

For college connections contact:
www.sbctc.edu/paying-for-college/bfet-student.aspx



This institution is an equal opportunity provider.

Funding provided by United States Department of Agriculture.
USDA is an equal opportunity employer, provider and lender.



DSHS 22-1682 (Rev. 1/23) REGION 2

Basic Food Employment and Training (BFET)

REGION 2

Looking for the next step to your future?



Employment and Training Assistance

October 2022

Free to those receiving Basic Food Assistance.

TANF/Workfirst recipients must contact their case manager.



Agencies in the Community



ISLAND COUNTY

Northwest Indian College (<i>Kingston</i>).....	(360) 297-6215
Skagit Valley College.....	(360) 679-6577
WorkSource Whidbey.....	(360) 675-5966

KING COUNTY

Auburn / Federal Way / Kent / Tukwila

Adonai Counseling and Employment Services.....	800-778-6310 or (253) 777-1434
Apprenticeship and Non-Traditional Employment for Women (ANEW).....	(206) 381-1384
Green River College (<i>Auburn, Kent, Enumclaw</i>).....	(253) 833-9111 x2211
Highline College.....	(206) 592-3802
Multi-Service Center.....	(253) 838-6810
Neighborhood House.....	(206) 272-0044 or (206) 307-8839
Northwest Indian College (<i>Muckleshoot</i>).....	(360) 392-4282 or (360) 202-6002

Orion Industries.....	(253) 661-7805
Port Jobs.....	(206) 787-7501
Renton Technical College.....	(425) 235-2352 x5569
YWCA BankWork\$.....	(206) 823-5753
YWCA Homeless Employment Project.....	(206) 436-8673

Bellevue / Bothell / Kirkland / Redmond

Bellevue College.....	(425) 564-4054
Cascadia College.....	(425) 352-8472 or (425) 352-8256
Goodwill Evergreen (<i>Bellevue</i>).....	(206) 812-8602
Lake Washington Institute of Technology.....	(425) 576-5811
Orion Industries.....	(425) 355-1253
YWCA Eastside Employment.....	(206) 773-4701
YWCA Homeless Employment Project.....	(206) 436-8673

Edmonds / Shoreline

Cares of Washington.....	(206) 434-6866
Edmonds College.....	(425) 640-1686
Goodwill Evergreen.....	(206) 812-8602
North Seattle College.....	(206) 934-3600
Orion Industries.....	(425) 355-1253
Shoreline Community College.....	(206) 546-7843

Renton

Apprenticeship and Non-traditional Employment for Women (ANEW).....	(206) 381-1384
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REGION 2

Orion Industries.....	(253) 661-7805
Puget Sound Training Center.....	(425) 656-5950
Renton Technical College.....	(425) 235-2352 x5569
YWCA Homeless Employment Project.....	(206) 436-8673

Seattle

Adonai Counseling and Employment Services.....	800-778-6310 or (253) 777-1434
Asian Counseling and Referral Services ² (ACRS).....	(206) 695-7590
Bellevue College.....	(425) 564-4054
Cares of Washington.....	(206) 938-1253
FareStart.....	(206) 443-1233
Goodwill Evergreen.....	(206) 812-8602
Highline College.....	(206) 592-3802
Neighborhood House Raven Terrace at Yesler Terrace.....	(206) 272-0044 or (206) 307-8839
Neighborhood House New Holly Learners Building.....	(206) 272-0044 or (206) 307-8839
Pacific Associates ^{1,2}	(206) 728-8826
Port Jobs.....	(206) 787-7501
Refugee Federation Service Center.....	(206) 501-4110
Seattle Central College.....	(206) 934-3854
Seattle Jobs Initiative.....	(206) 628-6975
South Seattle College.....	(206) 934-5835
TRAC Associates ² (<i>Seattle</i>).....	(206) 443-9999
Uplift Northwest.....	(206) 728-5627
Washington Beauty School.....	(206) 856-2837
Weld Seattle.....	(206) 571-4938
YWCA BankWork\$.....	(206) 823-5753
YWCA Homeless Employment Project.....	(206) 436-8673

SNOHOMISH COUNTY

Everett Community College.....	(425) 388-9928
Goodwill Evergreen (<i>Everett, Marysville</i>).....	(206) 812-8602
Housing Hope.....	(425) 903-4913
Northwest Indian College (<i>Tulalip</i>).....	(360) 392-4282 or (360) 202-6002
Orion Industries.....	(425) 355-1253

SKAGIT, WHATCOM COUNTIES

Bellingham Technical College.....	(360) 752-8351
Cares of Washington.....	(206) 434-6866
Northwest Indian College (<i>La Conner</i>).....	(360) 594-4094
Northwest Indian College (<i>Whatcom</i>).....	(866) 676-2772
Opportunity Council.....	(360) 734-5121
Skagit Valley College (<i>Mt. Vernon, Oak Harbor</i>).....	(360) 416-7948
Whatcom Community College.....	(360) 383-3185
WorkSource Skagit.....	(360) 230-1027
WorkSource Whatcom.....	(360) 676-1521

STATEWIDE

Code Fellows.....	(206) 681-9318
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¹ Sub-contractor of Seattle Jobs Initiative

² Sub-contractor of Seattle King WorkForce Development Council

Refugee and Immigrant Agencies

BELLINGHAM

Refugee and Immigrant Services NW.....	(360) 714-4190
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EVERETT

Refugee and Immigrant Services NW.....	(425) 388-9307
TRAC Associates (<i>Everett</i>).....	(425) 514-3358

LYNNWOOD

Refugee and Immigrant Services NW.....	(425) 399-4026 or (425) 977-6404
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SKAGIT

Refugee and Immigrant Services NW.....	(360) 429-2871
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SEATTLE / KENT

Asian Counseling and Referral Services (ACRS).....	(206) 695-7590
Partner In Employment (PIE).....	(206) 429-3824
Refugee Federation Service Center.....	(206) 501-4110
Refugee Women's Alliance.....	(206) 957-2029 x230
TRAC Associates.....	(Seattle) (206) 443-9999 (Tukwila) (206) 574-0863 (Kent) (253) 856-8880
World Relief (<i>Kent</i>).....	(253) 277-1121 x226

In addition to BFET, you may be eligible for Employment Pipeline services

The Employment Pipeline is a voluntary Employment and Training program offered by the Community Service Division of DSHS. EP Navigators leverage local system resources and help individuals navigate the local workforce development systems in these areas for better connection with employment and training opportunities and the necessary supports, including referrals to address barriers, and 12 months of employment retention services. EP has Navigators in the following Workforce Development Areas: Spokane, King County, Snohomish, Olympic, Pacific Mountain, Tacoma-Pierce County, Yakima County, and Southwest Washington. For more information on how Employment Pipeline can help you, send an email to the EP Navigator in your region.

Email: R2EPNavigators@dshs.wa.gov

