Do I have to get my food assistance through WASHCAP?
Under some circumstances, you may choose to receive Basic Food instead of WASHCAP. Please contact WASHCAP if you have further questions about opting out.

What do you need to know about Electronic Benefits Transfer (EBT)?
- If you already have a Washington EBT card, you can use it and your current Personal Identification Number (PIN).
- If you don’t have an EBT card you can ask us to send a card in the mail. The card should arrive within 5-7 business days.
- You will receive an instruction pamphlet with your EBT card.

Can you give your EBT card to someone to shop for you?
- You should never give your EBT card or PIN to others.
- To authorize others to shop for you, please call WASHCAP to request an Alternate EBT cardholder authorization form.

What are your rights and responsibilities?
- You have the right to ask for a hearing if you don’t agree with a decision we make about your food assistance.
- You are required to report all changes in your situation to your Social Security Administration (SSA) worker.
- You may also call WASHCAP at 1-877-380-5784 to see if these changes affect your food assistance.
What are the benefits of WASHCAP?
- Your interview for SSDI benefits may be your interview for food assistance.
- We will not ask you to fill out a lot of forms.
- You may have a longer certification period.
- You may never have to go to a Department of Social and Health Services (DHS) office.
- Your food benefits will go into an electronic benefits transfer (EBT) account. We will send you a card to use when you buy groceries. An EBT card works just like a bankcard or debit card.

How can I get on WASHCAP food assistance?
You will get WASHCAP when you are approved for food assistance and you:
- Receive SSDI;
- Are at least 18 years old;
- Not married - OR - married but not living with your spouse;
- Not living with your children under 22 years old;
- Are not working; and
- Live alone or buy and fix your food apart from the other people who live with you.

What is the WASHCAP food project?
WASHCAP is the Washington State Combined Application Project. It is a special food program for some people who receive SSDI.

How do you report changes?
Report changes to the Social Security (SSA) Office at 1-800-772-1213.

What changes do you need to report to Social Security?
SSA will let you know what changes to report. Some types of changes you may need to report are:
- Income
- Resources
- Marital status
- Living situation

When will we review your case?
- When SSA reviews your case, your WASHCAP food assistance may also be recertified during the SSA review.
- If SSA doesn’t review your case, we’ll send you a form to complete and return before your benefits stop.

Please call WASHCAP at 1-877-380-5784 if you have any questions.