

# WASHINGTON BASIC FOOD PROGRAM – BASIC FOOD



## WHAT IS THE BASIC FOOD PROGRAM?

Basic Food is a food and nutrition program for individuals and families who meet income guidelines. Also known as the Food Stamp Program, Basic Food helps people to afford a nutritious diet by providing eligible households an electronic benefits card and monthly benefits to buy food at participating grocery stores.

## THE RULES HAVE CHANGED BEGINNING OCTOBER 1, 2008!

## THERE ARE ADDITIONAL BENEFITS WHEN YOU RECEIVE BASIC FOOD!

Besides monthly benefits to buy food, receiving Basic Food:

- Automatically enrolls school-age children in the free school meal program;
- Qualifies you for low-cost local phone service through the Washington Telephone Assistance Program (WTAP); and
- Shows that your family meets the Women Infants and Children (WIC) income test.

## HOW TO APPLY:

Submit an application in person at the local DSHS Community Services Office (CSO), by mail, or online at [www.onlinecso.dshs.wa.gov](http://www.onlinecso.dshs.wa.gov)

- Have an interview for benefits. We can arrange a phone interview if an in-office interview is inconvenient;
- Provide your social security number, proof of your identity, and proof of the income and living expenses for people you are applying for. We can help you get this proof if needed.

## DO ASSETS LIKE A HOME, CAR, OR MONEY IN THE BANK IMPACT ELIGIBILITY FOR BASIC FOOD?

No. There is **no asset test** for Basic Food. You can own a home, have a reliable car, and have money in checking, savings, or a retirement plan and still be eligible for Basic Food.

## HOW DO I GET MORE INFORMATION ABOUT BASIC FOOD?

- Call DSHS toll free at 877-514-FOOD (3663)
- Learn more online at [www.onlinecso.dshs.wa.gov](http://www.onlinecso.dshs.wa.gov). If you don't have the internet or a computer, you can use the computer at many public libraries.

## HAVE INCOME AT OR UNDER THE AMOUNTS BELOW BASED ON HOW OFTEN YOU ARE PAID:

HOUSEHOLD SIZE	MONTHLY	TWICE MONTHLY	EVERY-OTHER WEEK	WEEKLY
1	\$1,734	\$867	\$800.31	\$400.15
2	\$2,334	\$1,167	\$1,077.23	\$538.62
3	\$2,934	\$1,467	\$1,354.15	\$677.08
4	\$3,534	\$1,767	\$1,631.08	\$815.54
5	\$4,134	\$2,067	\$1,908.00	\$954.00
6	\$4,734	\$2,367	\$2,184.92	\$1,092.46
7	\$5,334	\$2,667	\$2,461.85	\$1,230.92
8	\$5,934	\$2,967	\$2,738.77	\$1,369.38
9	\$6,534	\$3,267	\$3,015.69	\$1,507.85
10	\$7,134	\$3,567	\$3,292.62	\$1,646.31
Add for each person over 10	\$600	\$300	\$276.92	\$138.46

