FOOD BENEFIT AMOUNTS

Monthly benefits are based on how many people live in your household, your income, and living expenses.

The average monthly benefit for families in 2018 was $211. The maximum benefits are:

Household Size	Maximum Benefit
1	$192
2	$353
3	$505
4	$642

YOU DON'T HAVE TO BE A U.S. CITIZEN TO GET FOOD BENEFITS

Immigrants who meet specific program rules under the Federal Supplemental Nutrition Program may be eligible for Food Benefits.

Undocumented immigrants, tourists, and other non-immigrants aren't eligible for Food Benefits.

SNAP Supplemental Nutrition Assistance Program

HOW DO I APPLY?

The fastest way to apply is online at www.washingtonconnection.org.

WASHINGTON CONNECTION your link to services

Scan with a mobile phone barcode reader

You may also apply at the nearest Community Services Office or by mail.

Washington State Department of Social & Health Services

Transforming lives

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Healthy Food Choices for a healthier lifestyle

Basic Food

SNAP

Supplemental Nutrition Assistance Program

What is Basic Food?

Basic Food, also known as the Supplemental Nutrition Assistance Program or SNAP, helps people buy groceries.

Eligible households receive an electronic benefits (EBT) card with monthly benefits to buy food at participating grocery stores.

Did you know? You can use Basic Food EBT benefits at Farmers Markets. You can also use them to buy food producing plants or seeds.

Can Basic Food help me with training or finding a job?

- Yes! If you get Basic Food, you can volunteer for the Basic Food Employment & Training (BFET) Program.
- BFET provides job search, job search training, educational services, skills training, and other employment opportunities to people who receive Basic Food.

Many organizations may provide help with transportation, childcare, or other resources that can help you work toward your career goals. Services are provided through community based organizations (CBO) and cover a wide variety of job sectors and career fields.

For more information on BFET services, go online to:

www.dshs.wa.gov/BFET

What should I know about Basic Food benefits?

Household Size	Monthly Income Limit
1	$2,082
2	$2,818
3	$3,555
4	$4,292
5	$5,028

There are no resource or net income limits for most people.

- You can apply:
  - Online at www.washingtonconnection.org.
  - By mail.
  - In person at a local Community Service Office (CSO).
- Phone interviews save time and we can help you get the information we need.
- Call toll-free 1-877-501-2233 for more information or to request an application.
- Nearly half of all applications are processed in less than a week.
- When you get Basic Food, you may qualify for other programs:
  - Free or reduced school meal program.
  - Special nutrition program for Women, Infants, and Children (WIC).