

# 10 Facts for Seniors (60 or above) About Basic Food

**Fact #1:** If you are a senior, 60 or above, you may be eligible for Basic Food even if; you are employed or retired, receiving Social Security or have other income.

**Fact #2:** Basic Food is a nutrition assistance program; it helps people who meet the income limits buy nutritious foods.

**Fact #3:** If you are age 60 or above, the application process is simple and the interview is usually waived.

**Fact #4:** Some people think that if you have a car or money in the bank then you can't qualify for Basic Food. DSHS will decide your eligibility based on income and, while we may ask about resources, this is usually not used to decide if you qualify.

**Fact #5:** Basic Food is now given on an Electronic Benefit Transfer (EBT) card. An EBT card is much like a debit card and can be used at almost all grocery stores.

**Fact #6:** Unused Basic Food benefits rollover. This means if you do not use all of your benefits in one month, they will carry over to the next month for you to use!

**Fact #7:** You can name someone to use your EBT card on your behalf if you are unable to get out of the house to shop.

**Fact #8:** You can use Basic Food EBT benefits at Farmers Markets. You can also use your EBT benefits to buy food producing plants and seeds.

**Fact #9:** If you qualify for Basic Food, you may also qualify for other services such as discount telephone services from Lifeline's Free Cell Phone Assistance or the King County Reduced Fare ORCA Lift Cards.

**Fact #10:** Applying for Basic Food is easy! You can apply for Basic Food benefits:

- 1) Online at [www.WashingtonConnection.org](http://www.WashingtonConnection.org);
- 2) With a paper application by fax or mail;
- 3) Or in person at a local community service office.

For more information about Basic Food, and to apply, **call 1-877-501-2233**.

*This institution is an equal opportunity provider.*



DSHS 22-1610 (Rev. 6/18)



**For help applying  
for Basic Food contact:**

