

Food Benefit Amounts

How much in monthly benefits can I receive?

Monthly benefits are based on your income, living expenses, and how many people buy, share and prepare food in your household.

The Department of Social and Health Services will help determine the amount of benefits any individual/family will receive on their EBT card, with the maximum benefits per household listed below.

Household Size	Maximum Benefit
1	\$234
2	\$430
3	\$616
4	\$782
5	\$929

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. Still not sure if you qualify? Give us a call at 1-800-322-2588

How Do I Apply?

You can apply:

- Over the phone by calling the **Help Me Grow Washington Hotline** at **1-800-322-2588**
- Or online at: www.washingtonconnection.org

After completing the application, you must do an interview in order to receive Basic Food benefits. Interviews can be done at your local Community Services Office or over the phone at 1-877-501-2233.

WithinReach™



Basic Food:

Healthy Food Choices for a Healthier Lifestyle

USDA is an equal opportunity provider and employer.



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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 and farmers markets.



Did you know? You can use Basic Food EBT benefits at Farmers Markets. Participating markets will also match every EBT dollar you spend*, which doubles your purchases!

Farmers Markets are an amazing way to double your EBT benefits while also supporting your local farmers and a healthy, holistic diet.

** Some markets may have a limit on how much they match.*

Those on Basic Food may qualify for the following incentive programs:

- Basic Food Employment & Training (BFET) program, which provides job search, job search training, educational services, skills training, and other employment opportunities.
- Women, Infants, Children (WIC), which helps pregnant women, new mothers, and young children buy nutritious food, learn about nutrition and stay healthy.
- Working Connections Child Care (WCCC), which helps families pay for child care.
- Free or reduced school meal program.
- Low-cost local phone service or free wireless programs.

For more information about the programs, please call the **Help Me Grow Washington Hotline at 1-800-322-2588.**

What should I know about Basic Food benefits?

Household Size	Monthly Income Limit
1	\$2,147
2	\$2,903
3	\$3,660
4	\$4,417
5	\$5,173

** Add \$756 for every additional household member*

- Eligibility depends on your income level, not your resources.
- It does not matter your age, whether you have a home or are homeless, working or unemployed, able bodied or disabled, you may qualify.
- Nearly half of all applications are processed in less than a week.
- Call toll-free 1-800-322-2588 to find out if you qualify and to complete an application.