FOOD BENEFIT AMOUNTS

Monthly benefit amounts are based on the number of people in your household and your income.

The average monthly benefit for families in 2013 was \$233. The maximum benefits are:

| Household Size | Maximum Benefit |
|----------------|-----------------|
| 1 | \$189 |
| 2 | \$347 |
| 3 | \$497 |
| 4 | \$632 |

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.



HOW MUCH COULD I RECEIVE?

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

To see what you may be eligible for, go to www.foodhelp.wa.gov and choose **Benefit Estimate**.

Scan with a mobile phone barcode reader



HOW DO I APPLY?

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

Scan with a mobile phone barcode reader



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



USDA is an equal opportunity provider and employer.

Make Your Food Dollars Go Further With SNAP

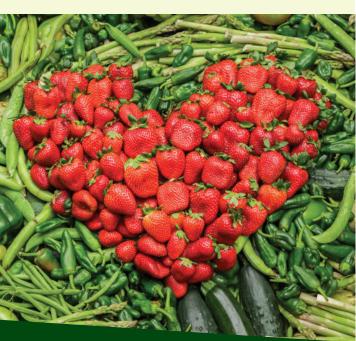


1-877-501-2233 www.foodhelp.wa.gov

What is SNAP?

Supplemental Nutrition
Assistance Program
(SNAP), called Basic Food
in Washington, is a USDA
program that helps people
make ends meet and
improve their diet.

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



For more information: 1-877-501-2233 www.foodhelp.wa.gov



Did you know? Households can use SNAP EBT benefits (Food Stamps) to buy food producing plants or seeds to grow these plants.



What Should I Know About Food Benefits?

HIGHER INCOME LIMITS

| _ | Household Size | Monthly Income Limit |
|---|----------------|----------------------|
| | 1 | \$1,945 |
| | 2 | \$2,622 |
| | 3 | \$3,299 |
| | 4 | \$3,975 |
| | 5 | \$4,652 |

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

GETTING FOOD BENEFITS IS EASIER

- 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.

THERE ARE ADDITIONAL
BENEFITS WHEN YOU
RECEIVE FOOD BENEFITS

- If you receive Basic Food Benefits:
 - You are eligible for low-cost local phone services from the Washington Telephone Assistance Program. Call 1-888-700-8880 to learn more.
 - School-aged children are automatically enrolled in the free school meal program.