

## 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](http://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](http://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



For more information:

1-877-501-2233

[www.foodhelp.wa.gov](http://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.



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**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](http://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.