

## SEASONAL HIGHLIGHTS JANUARY 2011

### QUESTIONS & ANSWERS ON BASIC FOOD

#### WHAT IS THE BASIC FOOD PROGRAM?

- Basic Food is a food and nutrition program for individuals and families who meet income guidelines. Basic Food used to be known as the Food Stamp Program.
- Basic Food helps people afford a nutritious diet by providing eligible households an electronic benefits card and monthly benefits to buy food at participating grocery stores.



#### THE RULES HAVE CHANGED!

Many people are eligible for Basic Food and don't know it. If your monthly income is at or below \$1,805 for a one person, or \$2,429 for a two person family, you may qualify for help with food. If eligible, benefits range from \$16 to \$200 per month.

#### DO ASSETS LIKE A HOME, CAR, OR MONEY IN THE BANK IMPACT ELIGIBILITY FOR BASIC FOOD?

No. There is **no asset test** for Basic Food. You can own a home, have a reliable car, and have money in checking, savings or a retirement plan and still be eligible for Basic Food.

#### WHERE CAN I USE BASIC FOOD BENEFITS?

You can use your Basic Food benefits at any grocery store, convenience store, or discount retailers that accept Basic Food or Food Stamp benefits. Most of these stores, including the major chains, accept Basic Food. You can also donate to Meals on Wheels using your benefits.

#### HOW DO I APPLY?

Contact Barb Thomas in the Senior Services Nutrition Program at 425-265-2283 or E-mail [basicfood@sssc.org](mailto:basicfood@sssc.org).

