Welcome to the Applying for Food Benefits Workshop

If after viewing this presentation you have additional questions or want further assistance with applying for food benefits please contact us at:

(425) 576 – 5811
Or
BFET@lwtech.edu

We would be happy to help you apply!

(Logos link to websites within slide show)
What are food benefits?

- Food benefits or food stamps come from the Department of Social and Health Services (DSHS)
- There are 2 types of food benefits, state and federal, the type you get can be dependent on your citizenship/immigration status
- Food benefits are issued on an EBT card monthly. The amount depends on your family size and income
- Food benefits help you pay for groceries to feed you and your family
Why apply for food benefits?

Having federal food benefits gives you access to the Basic Food, Employment and Training (BFET) Program which can include:

- Funding for books & supplies (up to $250 per quarter)
- Childcare assistance through Working Connections Childcare (DSHS)
- Eligibility for food benefits if previously denied
- Educational & career advising
- Assistance with navigating Financial Aid (FAFSA) and scholarship applications

You must be enrolled in a Professional Technical Program or Basic Skills/ESL classes.
Who should apply?

Income guidelines for Pell Grant (FAFSA) are similar to those for food benefits - if you qualify for Pell you might qualify for food benefits.

Income guidelines to qualify for food benefits:

- 1 person family $2023 ($24,280 a year)
- 2 person family $2743 ($32,920 a year)
- 3 person family $3463 ($41,560 a year)
- 4 person family $4183 ($50,200 a year)
- 5 person family $4903 ($58,840 a year)
- 6 person family $5623 ($67,480 a year)
Who should apply cont.

- Food benefits are another form of financial aid available to students
- You can access BFET while you are on the Opportunity Grant waiting list
- Programs like BFET are designed to help support people while they are working to improve their lives
- Take the short anonymous quiz on Washington Connection to see if you qualify
Discounts available while receiving food benefits may include:

- Childcare assistance through Working Connections Childcare (DSHS)
- Buy $10 of fresh fruits & vegetables and get a $5 coupon at participating Safeway stores in Seattle. Learn more at Fresh Bucks Seattle. Or outside of Seattle at Complete Eats
- Pacific Science Center discounts
- Children’s Museum Discounts in: Everett, Bellevue, Seattle, and Olympia
- Woodland Park Zoo & Seattle Aquarium tickets. Limited tickets available at Renton Community Service Office (DSHS Office)
- Tacoma: Art, Glass, and History Museum discounts
Where do I apply for food benefits?

Washington Connection is a one stop website for resources, including food benefits:
Washington Connection

- Washington Connection’s website has links to community resources
- Washington Connection is where you apply for DSHS services and find DSHS forms
- Washington Connection allows you to create your DSHS account so that you can check the status of your application as well as submit paperwork required to keep your benefits
- Take the short anonymous “see if I qualify quiz” to find out what resources you might be eligible for
See If I Qualify

Let's find out. It's easy. And it's secure.

Many Washington residents need help but don't know what services are available. You or your family may qualify for any number of Federal, State, City or other local benefits.

**Step 1: Answer a few questions as completely as possible.**

These questions are about you and others in your home. If you are answering these questions for someone else, answer the questions as if you were that person. This process takes about 15 minutes.

**Step 2: Review the results.**

The results you see are based on the answers to the questions you were asked. Services or programs you see listed are services or programs you might be eligible for.

**Step 3: Apply for services.**

Some services you can apply for on the website. Those are indicated with a checkbox on the Results page. Select the program(s) you wish to apply for and then start an e-Application. For more detailed descriptions of programs you can apply for click [here](#).

**Additional programs.**

Some programs can't be applied for directly on the site but still show on the Results page. For more detailed descriptions of these programs, click [here](#).
**Washington Connection**

This is the first step in applying for food and other benefits with DSHS, and for becoming eligible for the BFET program. If you did the See if I Qualify assessment you can start your application directly from there.

You will need this information in order to complete your application:

- Social Security Numbers for all members of your family
- Total monthly income amounts
- Total monthly mortgage, rent, gas, electric, heat, and phone costs
Online application cont.

After completing your online application, call for phone interview
(30 minutes or more after submitting online application):

1 (877) 501-2233

Mon — Fri between 8:00am — 3:00pm

***If you are denied because you are in school, DO NOT GIVE UP***

WorkForce Development Staff can provide you with a referral

CONTACT US AT
BFET@lwtech.edu
(425) 576-5811
Paper Application

1. Fill out a paper application
2. Go to the CSO (DSHS Office) to turn in and do your intake interview on the same day
   - Or- Submit via drop box in the CSO Office, then call for intake interview in 2 days
   - Or- Mail in application then call for intake interview 1 week after mailing your application

Application: printable at DSHS online - Or- call your local DSHS office to have one mailed to you
How to find your local DSHS office

Find your local office

General DSHS Mailing address:

DSHS- CSD- Customer Service Center
PO Box 11699
Tacoma, WA 98411-6699

General DSHS Phone number: 1 (877) 501-2233
What to do once your food benefits are approved.

Once you are approved for Federal Food Benefits

Apply For BFET at Lake Washington Institute of Technology!

- **FUTURE STUDENTS:** Attend LWTech College Info Session & Campus Tour with Workforce Development Orientation - Wednesdays @ 11am in W305B

- **CURRENT LWTECH STUDENTS:** Contact us to schedule your Workforce Development Intake Appointment [WFD@lwtech.edu](mailto:WFD@lwtech.edu) or (425) 739-8339
Benefits of BFET Program may include:

- Funding for required books & supplies (up to $250 per quarter)
- Childcare assistance through Working Connections Childcare (DSHS)
- Eligibility for food benefits if previously denied
- Educational & Career advising
- Assistance with navigating Financial Aid (FAFSA) and scholarship applications

To qualify you:

- Are receiving or are eligible to receive federal food benefits
- Not receiving TANF
- Committed to getting a job upon program completion
- Are enrolled in a Professional Technical program or Basic Skills/ESL
BFET in the community

These programs offer:
- Individualized case management
- Employment assistance
- Financial Assistance which may include: transportation, clothing, certifications, textbooks, and lab fees
- Post-employment job retention services
Workforce Development

When you complete a WorkForce Development Application we will also evaluate it for these programs:

- Worker Retraining
- Opportunity Grant

Filling out one application could make you eligible for 3 funding sources
Worker Retraining

**Worker Retraining is a program that offers:**
- Tuition Payment for up to 2 quarters
- Funding for required books & supplies (up to $250)
- Educational & Career advising

**Eligibility includes:**
- **LAIRED OFF WORKERS:** collecting or have exhausted UI benefits in the past 48 months
- **VULNERABLE TO LAYOFF:** at risk of layoff & have not earned a certificate/degree
- **DISPLACED HOMEMAKERS:** recently lost primary source of income due to household change of circumstances (divorce, separation, layoff, death, etc.)
- **MILITARY VETERANS:** discharged within the past 48 months
- **ACTIVE DUTY MILITARY:** with separation orders
- **PREVIOUSLY SELF-EMPLOYED:** business closed due to economic condition
Opportunity Grant

Opportunity Grant is a program that offers:
- Up to 45 credits of tuition and fees
- Up to $1,000 for required books and supplies
- Educational & Career advising
- Assistance navigating Financial Aid (FAFSA) and scholarship applications

To qualify you must:
- Meet income guidelines
- Have not earned a degree
- Be a Washington State resident
- Be enrolled in qualified LWTech Program:
  - Accounting
  - Healthcare
  - I-Best
  - Business Technology
Help with job search

Employment Resource Center is a resource that offers:

- Online job search
- Career Events & Workshops
- Educational & Career advising
- Resume assistance
- Interview preparation
- Career planning

CONTACT US AT
Job.placement@lwtech.edu
(425) 739-8113
Thank you!

Come and see us in W207 once you get approved for food benefits or if you have any questions.

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