

Basic Food Resources

Applying for Basic Food

To apply for basic food, or to report a change in income, lost employment, or household expenses, go to <https://www.washingtonconnection.org/home/> or call 1-877-501-2233.

For a paper application and mailing instructions, go to <https://www.dshs.wa.gov/sites/default/files/forms/pdf/14-001.pdf>

Basic Food program summary

https://www.dshs.wa.gov/sites/default/files/ESA/csd/documents/Basic%20Food_Q_and_A.pdf

Basic Food Estimator

Use this calculator to estimate your Basic Food benefit:

https://www.dshs.wa.gov/sites/default/files/ESA/csd/documents/bfcalculator/bf_benefit_estimator.htm