



What to Expect: Basic Food Referral and ORCA Lift

Thank you for completing an online Basic Food and/or ORCA Lift Program referral, your first step in receiving additional money for groceries or money for the bus. After your referral is received by staff at WithinReach, they will call or email you to see if you're eligible, and help you enroll in these programs.



When to expect follow up: You will receive up to two phone calls and an email from a Basic Food specialist at WithinReach, one week after your referral. If you don't hear from a WithinReach Basic Food specialist within one week, call their Family Health Hotline at: 1-800-322-2588.



What to have ready: To help your enrollment go smoothly, please make a list of everyone in your household who buys and shares food together. Please include:

1. Names and birthdays.
2. Social Security numbers if you have them.
3. How much income do these people receive per month, before taxes?
4. What type of income is it (wages, salaries, tips, social security, pensions, unemployment, alimony, rental income)?
5. Is anyone paying for child support or child care?
6. How much is your household paying for utilities, rent, or mortgage?

More information: You can find more information and additional health resources by visiting www.parenthelp123.org/resources or calling the Family Health Hotline at 1-800-322-2588.



United Way of King County