

Help Paying for Groceries

Next-Steps Information



Thank you for completing an online referral for Basic Food (EBT/Food Stamps) — your first step in helping cover your grocery bills. After your referral is received by WithinReach, they will call or email you to see if you're eligible, and help you enroll.

When should I expect a call/email?

You will receive up to two phone calls and an email from a specialist at WithinReach, **one week** after your referral.

What information do I need to enroll?

To enroll for Basic Food (EBT/Food Stamps), you will need the following information for everyone in your household (or on your tax return):

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

What if I don't hear anything?

If you don't hear anything, you can get more information from the following:

Family Health Hotline: 1-800-322-2588

Website: www.ParentHelp123.org



United Way of King County