



Your food benefits are changing

Here's what you need to know

Emergency food allotments are ending in **February** and your food benefit amount will decrease beginning March 2023.

From March 2020 to February 2023, the federal government issued temporary emergency funding to provide families with additional food benefits during the COVID-19 pandemic.

Starting in March 2023

The amount of food benefits you will receive without the emergency benefits will depend on your specific circumstances.



DSHS 22-1899 (1/23)

Here's what you can do

Learn what your new benefit amount will be

Call 877-501-2233 and choose the self-service option or log into your Client Benefit Account at WashingtonConnection.org.

Find local resources

Visit findhelp.org



or SNAP Match Programs increase your food benefits so you can buy more fruits and vegetables.



or 211.org



Report a change

If circumstances in your life have changed, you may qualify for a higher benefit amount. Call 877-501-2233, go to WashingtonConnection.org, or visit your local Community Services Office to report changes in household size, income or expenses.

We understand this will have a significant impact on families across Washington and we are here to support you during this transition.

If you have any questions, contact us at 877-501-2233.

Contact Us

For more information

visit us at dshs.wa.gov.

Apply online

at WashingtonConnection.org.

Call us for 24/7 self-service options or to speak with a specialist from 8 a.m. to 5 p.m. at 877-501-2233.

See us in person by visiting your local Community Services Office.

Find your local office:
dshs.wa.gov/office-locations.



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