

# DSHS Program Information Sheet

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## Food

- Basic Food, the state's food stamp program, helps people in Washington make ends meet by providing monthly benefits to buy food.
- Eligibility depends on the income of everyone in the household who shares food.

## Medical

- DSHS offers medical programs for children (Apple Health for Kids), pregnant women (First Steps), and families (Family Medical).
- Eligibility depends on income and, in some cases, resources.

***For more information, call the Family Health Hotline at 1-800-322-2588.***

## Applying is easy!

1. **Fill out the paper application or apply online at [www.parenthelp123.org](http://www.parenthelp123.org).**
2. **Submit the following information by mail with your application (or separately if applying online):**
  - Proof of income for the last 30 days such as pay stubs or a letter from your employer stating your gross monthly wages. If you're self-employed, a current profit and loss statement or business tax return for the last year. If you are not working, a statement explaining how you are supporting yourself.
  - Copy of Photo ID or Driver's License (for the head of household)
  - Copy of Social Security card (for the head of household)
  - If you are not a US Citizen, proof of alien/residency status for everyone in the household
  - Proof of dependent care costs (child care, daycare, babysitter receipts)
  - Proof of medical expenses – only if you someone you are applying for is over the age of 60 and/or disabled (doctors' bills, pharmacy receipts)
3. **On each document you mail in, clearly print the following in blue or black ink:**
  - Full name** of head of household (or main applicant)
  - Client ID** for the head of household (or main applicant) if you are a previous or current DSHS client
  - Social Security number** and/or **birth date** if no client ID
4. **Mail the paper application and additional documents to DSHS:**

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

5. **To check on the status of your application, call DSHS directly at 1-877-501-2233.**
  - **If you applied for Basic Food, call 1-877-501-2233 about one week after submitting your application to complete your interview over the phone.**