DSHS Program Information Sheet

**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.

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**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.