



د افغان ګټه  
**Afghan Advantage™**  
منفعت افغان

## What if...I need food assistance?

*There are government programs and community food banks that provide food assistance.*

# Government Food Programs

## SNAP (in Pashto [here](#))

The Supplemental Nutrition Assistance Program (SNAP) is a nationwide program that offers electronic payments for groceries to people with low incomes. In Washington, the program is called Basic Food or EBT. To apply, call 877-501-2233 Monday - Friday 8:00 am to 3:00 pm.

✓ **Good to know:** Provide proof of your identity, family income, and immigration status. Non-citizens are eligible if their status is refugee, Afghan parolee, or Afghan SIV holder.

## WIC

The Women, Infants and Children Nutrition Program (WIC) is a nationwide program that offers healthy foods for children under age 5, and pregnant or breastfeeding women. To find a WIC clinic, call 1-800-322-2588.

✓ **Good to Know:** Your first appointment will take about 30-45 minutes, and you'll receive food benefits the same day. Amount may increase when you add a pregnancy or a new baby, so report any changes.

## [Within Reach](#) / [Parent Help 123](#)

A statewide resource that provides a simple, integrated phone screening to determine [eligibility](#) for SNAP, WIC and Apple Health. Screeners will help fill out online applications for benefits and give a tracking number immediately. They will explain what documents are required. Take the verified eligibility information to appointments. Hours: Monday to Thursday 8am to 5pm and Friday, 8am to 5:30pm. 1-800-322-2588

✔ **Good to Know:** Once eligibility is determined through the phone screening, the next step is to bring required documents to an in-person interview with SNAP or WIC. For SNAP call the DSHS # for an appointment or walk in to the nearest DSHS office. Screeners from the Within Reach helpline will provide the address to the nearest SNAP office or WIC clinic, plus phone number and hours of operation.

## [SNAP Market Match \(food benefit program at farmers' markets\)](#)

You can use EBT card at farmers markets. Markets match EBT money and give you tokens so spend so you can buy fresh food. [Find a market near you.](#)

✔ **Good to Know:** Go to a participating market's information booth and tell them you'd like SNAP Market Match. Swipe your EBT card for the amount you want to spend. You will receive that amount in tokens and an additional amount for the Market Match. Different markets have different match amounts. Some markets are open year round (Burien) and some only in the summer months (Tukwila).

## [Community Gardens \(P-Patch\)](#)

Many cities and community organizations set aside land for community members to plan their own gardens and grow food. Usually there is a fee to reserve a garden space. There may be fee waivers available.

✔ **Good to Know:** Search for a "p-patch" or community garden in your area. [Seattle](#), Kent, Pierce County, Snohomish County, [Tukwila](#), Burien

## [National School Lunch Program](#)

The National School Lunch Program (NSLP) offers nutritious meals to children in school and during the summer. Children in households with incomes below 130 percent of the poverty level or those receiving SNAP or TANF qualify for free meals. Those with family incomes between 130 and 185 percent of the poverty level qualify for reduced-price meals. Select "I am a parent/caregiver" for the application.

✔ **Good to Know:** Children 18 and younger are eligible to participate in the Summer Food

# Community Food Banks

## Food Pantries and Food Banks

Hundreds of locations in Washington state offer food at no cost. Local "food banks" or "food pantries" can help feed your family every week. Most offer canned and boxed items. Some offer fresh produce and meat. Most serve only residents of a particular zip code area.

✔ **Good to Know:** Call first to verify hours and services. Bring photo ID and proof of residency/zip code. Bring your own boxes or bags.