

# Do You Need Food Assistance Right Away?

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## Can I get expedited food assistance?

[WAC 388-406-0015](#)

Maybe, if one of these is true:

- Your income for the month is \$150 or less AND you have limited cash available.
- Your income and available cash are not enough to pay your rent or mortgage and utilities.

## How much help can I get?

It will depend on your income and expenses such as housing and medical.

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- ❖ People who do field work in agriculture may have different eligibility requirements.
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## How does DSHS count income?

DSHS does not count all types of income when deciding if you are eligible. Examples: They do not count tax refunds and some child support payments. [WAC 388-450-0015](#).

## Do I have other options?

You can get more help if the President ([WAC 388-437-0001](#)) or Governor ([WAC 388-436-](#)

[0055](#)) has declared an emergency or disaster where you live.

## How do I apply?

- Go to any DSHS office.
- Call your local DSHS office. Ask them for expedited food assistance. Ask them to send you a food stamp application.
- Apply online at <https://www.washingtonconnection.org/home/>.

## What if they deny my application?

You can appeal:

- Ask in writing for an administrative hearing. Write the Office of Administrative Hearings (OAH), P.O. Box 42488, Olympia, WA 98504.

OR

- Call the local DSHS office. Ask for the Administrative Hearing Coordinator.

If it is an emergency, call OAH at (360) 407-2700 or 1-800-583-8271. Ask them to hold the hearing as soon as possible. This is an “expedited” hearing. See [Representing Yourself at an Administrative Hearing](#).

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