

Questions? Call 1-800-362-3002 or go to dhfs.wisconsin.gov/em/customerhelp.

One size doesn't fit all. MyPyramid Plan can help you choose the foods and amounts that are right for you. To find out what type of food and how much you need to eat, go to MyPyramid.gov. When you go to the MyPyramid Plan at MyPyramid.gov. You will need to enter your age, sex, and physical activities such as riding a bike, walking fast, yard work and jogging.



Your food and physical activity choices each day affect your health — how you feel today, tomorrow and in the future.

Find your balance between food and physical activity. Know the limits on fats, sugars and salts.

This information is general. For detailed information, please contact your local county or tribal office or call Member Services at 1-800-362-3002.

FoodShare WISCONSIN

A Recipe for Good Health

To see if you may be able to get FoodShare or to apply, go to access.wi.gov.

ACCESS

Apply today at access.wi.gov!

This institution is an equal opportunity provider.

For civil rights questions call (608) 266-9372 (voice) or 1-888-701-1251 (TTY), or you may file a complaint at the federal level if you have been discriminated against on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.



Wisconsin Department of Health Services

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FoodShare Makes Wisconsin Healthier



What is FoodShare Wisconsin?

FoodShare Wisconsin helps people with limited income to buy food.

How can I apply?

You can apply online at access.wi.gov or with your local county or tribal agency. Call 1-800-362-3002 to find your local agency's telephone number or address.

If you apply online, you will still need to do an interview. Interviews are done by phone, unless you prefer to have an interview in person.

Can I get FoodShare just for myself if I live with my family and others?

People who live together, buy food and prepare meals together are a "household." Husbands and wives and most children under age 22 must be one household.

Will I have to give my Social Security Number?

Yes, all family members who want benefits must give his/her Social Security Number. If you don't have one and you want benefits, you'll need to apply for one.

How do I use my benefits to buy food?

FoodShare benefits come on a plastic card, called the Wisconsin QUEST card. You use this card just like a bank card. Most food stores take the QUEST card.

Can immigrants get FoodShare benefits?

Many legal immigrants are able to get FoodShare benefits. Talk with a worker at the local agency about this. Even if you can't get FoodShare benefits, family members born in the United States may be able to.

Getting FoodShare benefits will not count against you if you want to become a citizen.

How much income can we have?

You may be able to enroll in FoodShare if all of your family's gross income* is under the Gross Monthly Income amount (see table below). The amount of benefits you get is based on the number of people in your household and your net monthly income. Certain credits such as some shelter, child care and child support costs are subtracted from your gross monthly income to find out your net monthly income.

*By gross income we mean your income before taxes or anything else is taken out.

For October 1, 2008, through September 30, 2009, the monthly income limits are:

Family Size	Gross Monthly Income	Net Monthly Income
1	\$1,734	\$ 867
2	\$2,334	\$1,167
3	\$2,934	\$1,467
4	\$3,534	\$1,767
5	\$4,134	\$2,067
6	\$4,734	\$2,367
7	\$5,334	\$2,637

What credits can I get?

- 20 percent of job income and wages;
- standard credit of \$144,*
- medical expenses over \$35 a month for people who are elderly, blind or have a disability,
- child care costs when needed for work, training or education,
- child support that you pay,
- percent of shelter costs.

**Some larger households will get a higher deduction.*

How many benefits can I get?

For October 1, 2008, through September 30, 2009, the table below shows the most you could get, once you were enrolled, if you have no net income. As your net income goes up, the amount of FoodShare benefits you will get goes down.

Family Size	Maximum Monthly Benefit Amount
1	\$176
2	\$323
3	\$463
4	\$588
5	\$698
6	\$838
7	\$926

Can I get help finding a job?

You can volunteer for the FoodShare Employment and Training program to get job training or help finding a job. To get the address or phone number of the agency in your area, call 1-800-362-3002.