

## What are the FoodShare work rules and the FoodShare work requirements?

Some FoodShare applicants and members must follow the FoodShare basic work rules or meet a work requirement to keep getting benefits:

- If you are age 16 through 59, you must follow basic work rules unless you are exempt. When you complete a FoodShare application or renew your benefits, you are agreeing to follow the FoodShare basic work rules and are registered for work.
- If you are age 18 through 64 with no children aged 13 and under living in your home, you may only get three months of FoodShare benefits in a three-year period unless you meet the FoodShare work requirement or are exempt.

Your agency will explain the FoodShare basic work rules and the work requirement to you in more detail during your interview.

## What is the FoodShare Employment and Training (FSET) program?

The FSET program is a free and voluntary program that helps FoodShare members build their job skills and find jobs. If you need to meet the FoodShare work requirement, or are currently working and want to increase your skills, FSET may be able to help you.

## Questions?

Contact your agency with any questions you have. To get the address or phone number for your agency, go to [dhs.wisconsin.gov/forwardhealth/resources.htm](https://dhs.wisconsin.gov/forwardhealth/resources.htm) or call Member Services at 800-362-3002 (TTY and translation services are available).



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### (1) mail:

Food and Nutrition Service, USDA  
1320 Braddock Place, Room 334  
Alexandria, VA 22314; or

### (2) fax:

(833) 256-1665 or (202) 690-7442; or

### (3) email:

[FNCSIVILRIGHTSCOMPLAINTS@usda.gov](mailto:FNCSIVILRIGHTSCOMPLAINTS@usda.gov)

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**WISCONSIN DEPARTMENT  
of HEALTH SERVICES**

Division of Medicaid Services  
P-16063 (02/2026)



# FoodShare



# WISCONSIN



## What is FoodShare Wisconsin?

FoodShare Wisconsin, also known as SNAP (which stands for Supplemental Nutrition Assistance Program), helps people with limited income buy the food they need for good health.

## Who can get FoodShare benefits?

The following people may be able to get FoodShare benefits:

- Senior citizens
- Families
- Qualifying immigrants
- Single adults
- People with disabilities

Even if you cannot get FoodShare benefits because you are not a U.S. citizen, your family members born in the U.S. may be able to get benefits.

## How much income can I have and still be eligible?

You may be able to enroll in FoodShare if all of your family's income is under the monthly limit. For current income limits, go to [dhs.wisconsin.gov/foodshare/fpl.htm](https://dhs.wisconsin.gov/foodshare/fpl.htm).

Some of the types of income that are counted include:

- Job wages.
- Disability benefits.
- Veterans benefits.
- Social Security benefits.
- Self-employment benefits.
- Unemployment insurance.

To see if you may be able to get benefits, go to [access.wi.gov](https://access.wi.gov) and click on "See if you can get help."

## How much will I get?

The amount of FoodShare benefits you will get is based on your income and household size.

## What can I buy with FoodShare benefits?

You can use your benefits to buy food such as:

- Breads and cereals.
- Fruits and vegetables.
- Dairy products.
- Meats, fish, and poultry.
- Plants and seeds to grow food for your family to eat.

You **cannot** use your benefits to buy:

- Nonfood items (pet foods, paper products, soaps, household supplies, grooming items, toothpaste, cosmetics, etc.).
- Beer, wine, liquor, cigarettes, or tobacco.
- Food that will be eaten in the store.
- Hot foods (food cooked and served hot at the store).
- Vitamins and medicines.

## How do I use my benefits to buy food?

Benefits are put in your FoodShare account using an electronic benefits transfer (EBT) system. You access your benefits with a plastic card called the Wisconsin QUEST card. You use this card like a debit card.

## Where can I use the QUEST card?

You can use the QUEST card to buy food at grocery and convenience stores that accept EBT payments.



You also can use your benefits:

- At some farmers markets.
- At group meal sites for senior citizens.
- For meal delivery services, such as Meals-on-Wheels.
- At some stores online. Go to [dhs.wisconsin.gov/ebt.htm](https://dhs.wisconsin.gov/ebt.htm) to see a list of stores where you can order and pay for food online.

## How can I apply for FoodShare?

To apply for FoodShare, you can complete an application:

- Online – Go to [access.wi.gov](https://access.wi.gov).
- By phone or in person – Contact your local agency.
- By mail – Go to [dhs.wisconsin.gov/forwardhealth/resources.htm](https://dhs.wisconsin.gov/forwardhealth/resources.htm) for the application, or contact your agency.

To get the address or phone number for your agency, go to [dhs.wisconsin.gov/forwardhealth/imagency/index.htm](https://dhs.wisconsin.gov/forwardhealth/imagency/index.htm) or call Member Services at 800-362-3002 (TTY and translation services are available).

Once you have submitted your application, you will need to have an interview with an agency worker either by phone or in person.

## Will I have to give my Social Security number?

Everyone who applies for FoodShare must give his or her Social Security number. If you do not have a Social Security number, you will need to apply for one in order to apply for FoodShare.