



Makes Wisconsin Healthier

FoodShare Helps People with Low Income Buy Food

You can apply for FoodShare online at access.wi.gov or with you agency by mail, phone or in person. You will need to have an interview with a worker. Your interview will be done by phone, unless you want to have the interview in person at the agency. To find your agency, call 1-800-362-3002 or go to dhs.wi.gov/em/CustomHelp.

FoodShare benefits come on a plastic card called the Wisconsin QUEST card. You use it just like a credit or bank debit card. Most stores that sell food will take the QUEST card.

To enroll, you must:

- File an application
- Have an interview
- Meet basic program rules
- Provide proof of certain answers
- Have income at or below program limits

There is no asset limit for FoodShare.

People who live together and buy food and prepare meals together are a “household”. Husbands and wives and usually, their children under age 22 must be one household.

Most types of income are counted. After adding all of your household's income, certain expenses (child care costs, child support paid, etc.) are subtracted from your gross monthly income to find out your net monthly income. The amount of FoodShare benefits you get is based on the number of people in your household and your total net monthly income.

What You Can Buy With FoodShare:

FoodShare benefits can be used to buy:

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

Food items in a container that has a deposit fee cannot be paid for with FoodShare benefits or returned for credit.

FoodShare benefits cannot be used to buy:

- Nonfood items including pet foods, soaps, paper products, and household supplies, grooming items, toothpaste, and cosmetics,
- Alcoholic beverages and tobacco,
- Vitamins and medicines,
- Any food that will be eaten in the store, or
- Hot foods.

CHOOSE FOODS TO PROMOTE A HEALTHY FUTURE AT EVERY STAGE OF LIFE!

Find Your Balance Between Food and Physical Activity

- Be sure to stay within your daily calorie needs.*
- Be physically active for at least 30 minutes most days of the week
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

Know The Limits on Fats, Sugars and Salt (sodium)

- Get most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats and sodium low.
- Choose food and beverages that are low in added sugars. Added sugars contribute calories with few, if any, nutrients.

Want to know the amount of each food group you need daily? Go to choosemyplate.gov/myplate/index.aspx and enter your information to find out and get a customized Daily Food Plan.

If you have more questions contact 1-800-362-3002 or go to dhs.wi.gov/em/CustomHelp.

The Department of Health Services is an equal opportunity employer and service provider. If you have a disability and need to access this information in an alternate format, or need it translated to another language, please contact (608) 266-3356 or 1-888-701-1251 (TTY) toll free. All translation services are free of charge. For civil rights questions, call (608) 266-9372 or 1-888-701-1251 (TTY) toll free.

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the base of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected by genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities).

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.usda.gov/USDAProgramDiscriminationComplaintForm), found online at ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the [State Information/Hotline Numbers](http://www.fns.usda.gov/snap/contact_info/hotlines.htm) (click the link for a listing of hotline numbers by State); found online at fns.usda.gov/snap/contact_info/hotlines.htm.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

