



## Makes Wisconsin Healthier

### ***FoodShare Helps People With Low Income Buy Food***

You can apply for FoodShare online at [access.wi.gov](http://access.wi.gov) or with your 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, go to [dhs.wi.gov/em/CustomHelp](http://dhs.wi.gov/em/CustomHelp) or call 1-800-362-3002. 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 with a FoodShare worker
- 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, 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 reported expenses such as 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.

### ***FoodShare benefits cannot be used to buy:***

- Nonfood items including pet foods, soaps, paper products, 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.

\*For a 2,000-calorie diet, you need the amounts below from each food group.

- Grains - 6 ounces every day.
- Vegetables - 2 1/2 cups every day.
- Fruits - 2 cups every day.
- Milk - for kids aged 2 to 8 get 2 cups every day, all others 3 cups.
- Meats and Beans - 5 1/2 ounces every day.

**Note:** To find the amounts that are right for you based on your age, sex and activity level, go to [MyPyramid.gov](http://MyPyramid.gov).



If you have more questions contact 1-800-362-3002 or go to [dhs.wi.gov/em/CustomHelp](http://dhs.wi.gov/em/CustomHelp).

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