

Attention: WIC Participants YOU MAY BE ELIGIBLE FOR FOOD STAMPS!



Food Stamps are easy to use.

You use a "Link Card" that works just like a debit card from a bank.

Food Stamps can be used to buy most food items on your grocery shopping list.

They can be used to buy food, even seed and plants to grow your own food that your family needs. But they can't be used to buy alcohol or tobacco, housewares or cleaning supplies.

Food Stamps can be used at most grocery stores.

Your favorite grocery store, or another store nearby, probably accepts the Link Card. Look for the "Link Card" sign in the store window or ask your grocer.



Getting Food Stamps is easy using any of the following options:

Visit the DHS web site – <http://www.IDHSLINK.com>

Select "Apply for Food Stamps Benefits" to complete an application that you can print then take, mail or fax to the DHS local office in your community.

Go to the DHS local office in your community.

You can find your local DHS office by calling 1-800-843-6154 or 1-800-447-6404 (TTY) or on the web visit <http://www.dhs.state.il.us/>, click on "Office Locator" and follow the instructions.

Write Illinois Department of Human Services

Bureau of Customer and Provider Assistance
425 South 4th Street
Springfield, Illinois 62701

