



Need Help With Your Heating Bill or PSE Bill?

Do you fit the following Income Guidelines?

Household size	LIHEAP Average Monthly Income*	PSE Help Monthly Income*
1	\$1,083	\$1,300
2	\$1,458	\$1,750
3	\$1,833	\$2,200
4	\$2,208	\$2,650
5	\$2,583	\$3,100
6	\$2,958	\$3,550
7	\$3,333	\$4,000

*Gross Earned Income Less a 20% Deduction.

To apply, call 425-432-8139 ext 3 or make an appointment at MVFB&ES during food bank hours.

Documents needed:

- Social Security Card or legal document indicating name and social security number for **all household members**.
- Picture ID with birth date for the applicant.
- Verification of **total household income for the three months** prior to the month of the appointment (income for everyone 18 and older, unless still in high school).
- Current month's energy bill
- Current PSE bill
- Disconnection notice with current address (if applicable)
- Rent/lease agreement or proof of residence.