



Lakeland One Stop
 309 N. Ingraham
 Lakeland, FL 33801
 (863) 508-1100 or TTY: 711
 (863) 603-7817 fax

Winter Haven One Stop
 500 E. Lake Howard
 Winter Haven, FL 33881
 (863) 508-1100 or TTY: 711
 (863) 401-3616 fax

Food Stamp Employment and Training (FSET)

Food Stamp Employment and Training (FSET) is a program through the Florida Department of Children and Families (DCF) to help low-income households to buy nutritious food. Polk Works assist eligible Food Stamp customers in employment and training and community service opportunities.

- **One-on-one assistance from a trained Career Counselor:** Speak to a career counselor concerning barriers to employment, job fairs, resume workshops and other resources available to job seekers.
- **Job Search Assistance:** Referrals available for qualified applicants. **Learn about Employ Florida Marketplace!**
- **Referrals to Community Resources:** See a Career Counselor about referrals.
- **Training Information:** See a Career Counselor for Information on training programs.
- **Up to \$20 per month for transportation reimbursement** upon documentation of participation and expense i.e.: gas receipts or bus pass receipts

To access FSET services follow the below steps:

Date Completed

- _____ 1. Apply for Food stamps at Department of Children and Families
<http://www.myflorida.com/accessflorida/> or (866) 762-2237
- _____ 2. **Upon receipt of Invitation to Participate** from Polk Works **follow Instructions on Letter by completing orientation** at: <https://www.myfloridajobs.com/casetracking/default.cfm>
- _____ 3. If You Would Like To Participate and Did Not Receive A Letter: CONTACT A CAREER COUNSELOR (YOU MUST BE RECEIVING FOOD STAMPS)
- _____ 4. Contact a career counselor for ongoing Career Counseling Services and participation opportunities

WALK IN HOURS: Monday – Thursday 9:00 AM – 11:00 AM & 1:00 PM – 3:00 PM

Food Stamp Employment and Training (FSET) Activities

Community Service Work Experience of at least 28 hours per month at a non profit of your choice. You may receive assistance in choosing a non profit by contacting your career counselor.	Job Search for at least 10 hours per month. Includes interviews, job fairs and on line searches.
Education Attending schooling for at least 8 hours per month.	WIA/TAA enrollment counts as an activity. Get a paid education at an eligible training provider for high demand job in local area. (Eligibility requirements must be met)
Employment for at least 30 hours per week at minimum wage for those employed after referral to the FSET program. Can count for 90 days as an activity in FSET program.	Job Search Training at workshops and classes offered on job readiness and soft skill trainings available in local area.

Contact any FSET Representative

Lakeland One Stop Center

(863) 508-1100 x 3107
 Jennie_Santos@polkworks.org

 (863) 508-1100 x 3116
 Lynda_Crist@polkworks.org

Winter Haven One-Stop Center

(863) 508-1100 x 3371
 Stella_Joiner@polkworks.org

An equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. TDD/TTY (via the Florida Relay Service) 711. Member Employ Florida.

