

Special Diet Allowance

Do you need assistance paying for your special diet?

If you are HIV+ or have hepatitis C and need a high protein diet, the Ministry may give you a special diet allowance of \$40/month. You can only have one diet allowance even if you have more than one medical condition. Apply for the diet allowance that will be most helpful to your health needs.

The Ministry offers a diet allowance for certain medical conditions:

- *High protein diet*
- *Diabetic diet*
- *Low sodium diet*
- *Gluten-free diet*
- *Diet for Dysphasia*
- *Diet for Cystic Fibrosis*
- *Diet for persons on kidney dialysis*

Step 1

- Make a doctor's appointment.

Step 2

- Go to your doctor's appointment.
- Bring a copy of the Ministry's [Diet Allowance Request form](#).
- Ask your Doctor to fill out the Diet Allowance Request form. The form must explain:
 - the medical condition that requires a special diet
 - the type of special diet you need
 - how long this diet will be needed
 - whether or not you need a blender for this diet (check the box on the form).

Step 3

- Go to the Welfare office to meet with your Worker.
- Tell your Worker that you need to be on a special diet because of your medical condition.
- Explain that you can't afford to buy the foods you need for your special diet.
- Give your Worker the completed Diet Allowance Request form.

Step 4

- If your Worker says "yes", you will go to the Welfare office to pick up your first cheque. After that, the special diet allowance will be added to your monthly assistance cheque.

Step 5

- If your Worker says "no", call a BCPWA Advocate at 604.893.2223.



Tip

If you require a blender for your diet, the Ministry will provide you with one.

Tip

The diet allowance usually lasts one year. If your doctor says that your health/diet needs are ongoing, this period can be extended, but your doctor must write this on the Diet Allowance Request form.

For more information,
please contact a
BCPWA Advocate
at 604.893.2223