

New CalFresh Work and Community Engagement Requirements Start June 1, 2026

What are the new requirements?

Starting **June 1, 2026**, you may have to work or participate in a community engagement activity to keep getting CalFresh if you:

- Are between the ages of 18 and 64, and
- Do not have a disability.

This is called the **Able-Bodied Adults Without Dependents (ABAWD)** rule.

If these requirements apply to you, then you are limited to receiving 3 months of CalFresh every 36-months (3 years). To continue getting CalFresh, you will need to work or participate in a community engagement activity or be excused.



What are work and community engagement activities?

If you are not excused from these requirements, you will need to **work or participate in a community engagement activity for** a combined total of **20 hours per week, or an average of 80 hours per month**, to keep your CalFresh benefits.

Work and community engagement activities include, but are not limited to:

- Working (including self-employment) or earning \$217.50 per week before taxes
- Going to school (student eligibility rules may apply) or training
- Participating in an Employment and Training Program
- Volunteering, doing community service, or in-kind work (trading work for something else, such as reduced housing costs)

You can do any of these types of activities alone or combined to meet the 20 hours, or an average of 80 hours per month.

Turn over for more information on how you may be excused from these requirements →

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You are excused from the requirements if you are:

- Under the age of 18 or over the age of 64
- Unable to regularly work 20 hours per week because of a physical or mental health issue
- Pregnant
- Responsible for the care of a dependent child under the age of 14 in your CalFresh household
- Caring for a sick, injured, or disabled person
- Going to school at least half-time (student eligibility rules may apply)
- Meeting or excused from the CalWORKs Welfare-to-Work rules
- Getting or applying for Unemployment benefits
- Getting or applying for disability benefits including, but not limited to Veteran's disability benefits, workers' compensation, Supplemental Security Income (SSI), or State issued temporary or permanent disability benefits
- Participating in an Office of Refugee Resettlement Training Program
- An Indian, Urban Indian, or California Indian (a member or descendant of federally recognized tribes)

If you are experiencing physical or mental health challenges that make it difficult to meet the work and community engagement requirements, talk to your eligibility worker to see if you may be excused from this rule.

You may be asked to give your county proof to be excused. Your county worker can help you get proof.

If you have questions, ask.

Contact your county to learn more about:

- These new requirements,
- How you may be excused from these requirements, and
- How you can get connected to a work or community engagement activity, if needed.

To contact us:



Click: BenefitsCal.com



Call: 1-877-847-3663 (FOOD)/For speech and/or hearing assistance call **711 Relay**.



Come in: Visit your local county social service office. Find locations at CalFreshFood.org