How much CalFresh Food benefits will I receive each month?

- The amount you get depends on your household size, income, and expenses such as rent and utilities.
- Households with at least one older adult or person with a disability with medical expenses over $35 a month may qualify for more benefits.
- Households can report daycare expenses for a child or dependent adult in order to work, look for work, or attend school.

How long will it take to get CalFresh Food benefits?

- If eligible, you will get your CalFresh Food benefits within 30 days.
- If your income and savings meet certain conditions, you may get CalFresh Food benefits in 3 days or less. Your county social service worker will let you know if you qualify for expedited service.





If I have money, can I still get CalFresh Food benefits?

Yes, you can:

- Earn money from working, self-employment, or your own business.
- Get unemployment benefits.
- Get general assistance/relief.
- Get child support.
- Get disability benefits.
- Get Social Security benefits.
- Get Supplemental Security Income (SSI)/State Supplementary Payment (SSP) benefits.
- Have money in savings, retirement accounts, or education accounts.

*Look at the CalFresh Food income and eligibility limits to see if you may be eligible.

If you are an older adult (over 60 years old) or person with a disability tell your county social service worker. The table may not apply to you. You can earn more money and be eligible.

*Please refer to the income insert guidelines.

CalFresh FOOD

Gavin Newsom, Governor
State of California

Mark Ghaly MD, MPH, Secretary
Health and Human Services Agency

Kim Johnson, Director
Department of Social Services

Funded by USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

CalFresh Food provides nutrition assistance to people with low income. Use CalFresh Food benefits to buy fresh fruits and vegetables, whole grains, lean proteins, and more.

Visit **BenefitsCal.com** to apply online

Call **(661) 631-6062** for the CalFresh Application Line

Or call **1(877) 410-8812** for information on CalFresh

Apply for CalFresh Food benefits today at:

BenefitsCal.com

CDSS
CALIFORNIA DEPARTMENT OF SOCIAL SERVICES

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CalFresh FOOD



What information would be helpful when I apply for CalFresh Food benefits?

- Identification – Bring a driver's license, an I.D. card, a health card, or other identification document.
- Social Security Numbers – Be ready to give your number and a number for all those persons for whom you are applying, if they have one.
- For non-U.S. citizens – Bring a resident alien card or other proof of immigration status.

To avoid delays, it may be helpful to bring:

- Proof of income – Bring pay stubs, child support orders, and benefit statements.
- Proof of expenses – Bring utility bills, child care receipts, child support payments, proof of medical expenses for household members who are older adults or people with disabilities.



The Golden State Advantage Card

If you qualify for CalFresh Food benefits, you will:

Get a plastic electronic benefit transfer (EBT) card and your Personal Identification Number (PIN). Your CalFresh Food benefits will be added to your account each month.



Shop at any grocery store or farmers market that accepts EBT cards.

Swipe your EBT card like an ATM card in the ATM/debit/credit card machine at checkout.

Enter your PIN. The amount you spend will be taken from your CalFresh Food benefits account.

Enjoy healthy, nutritious food for you and your family.

If you are an older adult (over 60 years old), person with a disability, or homeless, you may be eligible to purchase prepared meals at certified restaurants in some counties, through the Restaurant Meals Program (RMP).

For more information on the Restaurant Meals Program, please contact your local county social service office.



I am an immigrant. Can my children and I apply for CalFresh Food benefits?

Yes! All children born in the U.S. can get CalFresh Food benefits, if they qualify, no matter where their parents were born. Immigrant parents and immigrant children may qualify if they have or are applying for a valid Social Security Number. Parents who do not qualify themselves may apply for their children born in the U.S.

To find out if you qualify for CalFresh Food benefits,

- Visit **BenefitsCal.com** to apply online
- Call **(661) 631-6062** for the CalFresh Application Line
- Or call **1(877) 410-8812** for information on CalFresh

Eat fruits and vegetables and be active every day for better health!

Stretch your CalFresh Food benefits, so you can buy more fruits, vegetables, and other healthy foods for the whole family.

Stay healthy! Here are some tips for you and your family:

- Include fruits and vegetables with meals throughout the day.
- Buy fresh, frozen, canned, and dried fruits and vegetables at the grocery store or farmers market.
- Place fruits and vegetables where you will see them and are within easy reach.
- Be active every day to help you and your family stay healthy.

