

What should I bring when I apply?

- *Proof of identification* – such as a driver's license, identification card, or health card
- *Social Security numbers* for all household members who have one
- *Proof of immigration status (if not a U.S. citizen)* – such as a resident alien card, other residency documents, or birth certificates for children born in the U.S.

Also take these if they apply to you:

- *Proof of income (if employed) for the past 30 days* – such as pay stubs, benefit checks, or a letter from your employer that states how much you get paid and how often
- *Bank account statements* for checking, savings, or retirement
- *Proof of expenses* – such as rent receipt or mortgage payment, utility bills (telephone, heat, gas/electricity, water/sewage/garbage), childcare receipts, and child support

You will have your fingerprints taken when you apply for the Food Stamp Program. Your fingerprints will only be used to see if you already get food stamp benefits. They will not be shared with any other organization or government agency.



The Golden State Advantage Card

- The Food Stamp Program has changed from paper coupons to the Golden State Advantage Card/Electronic Benefits Transfer (EBT) system.
- People who qualify for food stamp benefits will receive a plastic EBT card in the mail.
- You will be able to buy food with this card from any grocery store or farmers' market that accepts EBT.
- The card works like an ATM card. Swipe your EBT card in the device at the checkout stand and enter your Personal Identification Number (PIN). The amount you spend will be subtracted from your food stamp account.



I am an immigrant. Can my children and I apply for the Food Stamp Program?

- Some immigrants may be able to get food stamps.
- All children who are born in the United States can get food stamp benefits if their household qualifies, no matter where their parents were born.
- Receiving food stamp benefits will not affect you if you want to become a citizen or legal permanent resident.
- The information you provide is used only to see if you are eligible for food stamp benefits. It is never shared with Immigration officials.



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

- Food stamp benefits will stretch your food dollar. You can buy more fruits, vegetables, and other healthy foods for the whole family with food stamp benefits.
- Eating more fruits and vegetables each day can help you and your family stay healthy.
 - Eat fruit or drink 100% fruit juice with breakfast.
 - Eat fruits and vegetables as a snack.
 - Buy fresh, frozen, canned, and dried fruits and vegetables when you go to the grocery store or farmers' market.
 - Place fruits and vegetables where you will see them and within easy reach.
- Being active every day will also help you and your family stay healthy.

To find out if you qualify for food stamp benefits, call 1-877-847-FOOD (3663) today!



Food stamp benefits can help you and your family.

- Even if you work full time, you and your family may qualify for food stamp benefits.
- You can buy food at any grocery store or farmers' market that accepts EBT cards.
- No one in your household will ever have to pay back food stamp benefits that they were qualified to receive.



How much will I receive in food stamp benefits each month?

- The amount you get depends on your income, expenses, and family size.
- Most families who receive food stamp benefits get over \$100 each month.

How long will it take to get food stamp benefits?

- You will get your benefits within 30 days of applying.
- You can get food stamp benefits in three days if your income is less than \$150 in the month you apply and you have less than \$100 in cash. **Be sure to ask if you qualify for expedited service when you apply.**

How much money can I have and still get food stamp benefits?

- You can earn money from a job, unemployment, CalWORKs, General Assistance/Relief, or other cash assistance.
- People who get Supplemental Security Income (SSI/SSP) are not eligible for the Food Stamp Program in California, but other household members may be.
- See the Food Stamp Income and Eligibility Limits table to see if you may qualify for the Food Stamp Program.

What about things I own?

- You can have up to \$2,000 in the bank or other assets and still get food stamp benefits. Families with seniors or people with disabilities can have up to \$3,000 in assets. Seniors who live alone can have more than \$3,000 in assets.
- Your house and personal belongings (like furniture) do not count toward this limit.
- You do not have to spend down your savings to \$0 before qualifying for the Food Stamp Program.
- Households may own cars and still qualify for food stamp benefits.



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The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-877-847-FOOD (3663).

www.cachampionsforchange.net
www.networkforahealthycalifornia.net

Apply for food stamp benefits today at:



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Food Stamps Make California Stronger

