



# Seniors, Put Healthy Foods on Your Table with CalFresh!

## Get Healthy Food.

Use CalFresh benefits to buy fresh fruits and vegetables, whole grains, lean proteins and more.

## It's Easy!

CalFresh benefits are issued on an electronic benefit transfer (EBT) card – like an ATM card. Use your EBT card at most grocery stores, neighborhood stores, and farmers' markets. Most CalFresh participants get more than \$100 each month.

## You May Be Eligible.

If you have a limited income, you may be eligible. **You are NOT eligible if you get Supplemental Security Income (SSI)**, but Social Security Retirement Benefits are OK.

## Special Rules Make It Easier for Older Adults to Get CalFresh.

When you call:

1. Tell the eligibility worker if you are 60 years or older.
2. Ask for a phone interview – you may not need to apply in person.
3. You can have savings, a house, and cars and still qualify.
4. Tell your worker about your medical bills and housing costs that may be deducted from your income.



**Call Today and Learn How to Apply!**

English: 1-(877)-847-3663

Spanish: 1-(888)-926-6432

[www.calfresh.ca.gov](http://www.calfresh.ca.gov)



- Funded by the USDA SNAP, known in California as CalFresh.
- California Department of Social Services and California Department of Public Health.
- CalFresh is California's new name for the Food Stamp Program.
- Developed in cooperation with the California Department of Aging.