CalFresh can help you and your family.

- If you are the only person in your household, you can apply for *CalFresh.*
- If you work full time, you and your family may still qualify for *CalFresh.*
- You can buy food at any grocery store or farmers' market that accepts EBT cards.
- You never have to pay back *CalFresh* benefits if you are eligible for them.

How much *CalFresh* will I receive each month?

- The amount you get depends on your income, expenses, and family size.
- Most households that receive *CalFresh* get more than $200 each month.

How long will it take to get *CalFresh?*

- If eligible, you will get your *CalFresh* within 30 days.
- You may get *CalFresh* in three days if you earn less than $150 in the month you apply and if you have less than $100 in cash. Ask your worker if you can get emergency service when you apply.

How much money can I have and still get *CalFresh?*

You can:

- Earn money from a job.
- Get unemployment benefits.
- Get general assistance/relief.
- Get child support.
- Be part of CalWORKs.
- Get disability benefits.
- Have money in savings.
- Own certain retirement accounts.
- Have certain education savings accounts.

Look at the table to see if your income makes you eligible.

If you are a disabled or an elderly person (over 60 years old) tell your worker. The table may not apply to you. You can earn more money and be eligible.

What about things I own?

When you apply for *CalFresh* you may own a house, have cars, and still qualify. These do not count toward the asset limit. Some rules apply to savings and other assets. Ask your worker for more information.

People who get **Supplemental Security Income/State Supplemental Payment (SSI/SSP) *are not*** eligible for *CalFresh,* but other household members may be.

cal fresh
BETTER FOOD FOR BETTER LIVING

EDMUND G. BROWN JR.
GOVERNOR
State of California

Diana S. Dooley, Secretary
Health and Human Services Agency

John A. Wagner, Director
Department of Social Services

Mark B Horton, MD, MSPH, Director
Department of Public Health

Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. *CalFresh* – Better Food for Better Living. ▪ California Department of Social Services and California Department of Public Health.

CalFresh provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. **For information on *CalFresh,* call 1-877-847-FOOD (3663) or visit www.calfresh.ca.gov.**

Apply for *CalFresh* today at:

CDSS

CDPH California Department of PublicHealth

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Better Food for Better Living

CalFresh formerly known as Food Stamps

What should I have when I apply?

- **Identification –** You may bring a driver's license or an I.D. card or a health card or other identification document.
- **Social Security numbers –** Be ready to give your number and a number for all who live in your home and have one.
- **For non-U.S. citizens –** Bring a resident alien card or other proof of immigration status.

You may also need these:

- **Proof of income –** Bring pay stubs, child support orders, and benefit statements.
- **Proof of expenses –** Bring rent receipt or mortgage statement, utility bills (telephone, heat, gas/electricity and water/sewage/garbage), child care receipts, child support payments, and proof of other expenses.

Fingerprints are taken when you apply for *CalFresh*. They **are not** shared with any other government agency, such as protective services, immigration, and law enforcement. The information is used **only** to make sure that you are not already getting *CalFresh* in another county.

The Golden State Advantage Card

If you qualify for *CalFresh,* you will:

Get a plastic electronic benefit transfer (EBT) card and your Personal Identification Number (PIN). Your *CalFresh* benefits will be added to your account each month. (If you are homeless, you and your *CalFresh* worker will agree on how to pick up your EBT card.)

Shop at any grocery store or farmers' market authorized to accept EBT cards.

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

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

Enjoy healthy nutritious food for you and your family, **and** better food for better living.

Purchase prepared meals at certified restaurants in some counties if you are elderly or homeless. (These counties are Los Angeles, Sacramento, San Francisco, Santa Clara and Tuolumne.)

How do I apply?

You may apply:

- in person at your local county human services office
- in the mail or by fax
- online at www.mycalfresh.org

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

Yes! All children born in the U.S. can get *CalFresh* if they qualify, no matter where their parents were born. Parents may qualify if they have a valid social security number and meet certain other guidelines. Parents who do not qualify themselves should apply for their children born in the U.S.

Immigration

If you get *CalFresh* it **will not count against you** when you apply to become a citizen or legal permanent resident of the U.S.

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

CalFresh will stretch your food dollars. You can buy more fruit, vegetables, and other healthy foods for the whole family.

Eating more fruits and vegetables each day can help you and your family stay healthy.

- Eat fruit with breakfast.
- Eat fruits and vegetables as a snack.
- 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 within easy reach.
- Be active every day to help you and your family stay healthy.

To find out if you qualify for *CalFresh,* call 1-877-847-FOOD (3663) today!