

Remember to be active and eat healthy foods every day!
CalFresh can help you stretch your food dollars.

information courtesy of



California's food stamp program is now CalFresh.



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Better food for better living.

What is CalFresh?

In 2008, Congress passed the Farm Bill (Public Law 110-246), which included a provision that renamed the Food Stamp Program the “Supplemental Nutrition Assistance Program” (SNAP). That same year, the California Legislature passed AB 433, which allowed for the development of a new name and brand for California’s SNAP that would reflect several facts: “stamps” no longer existed, the program would support healthy living and nutrition, and it would have benefits to California agriculture.

The CalFresh program helps to improve the health and well-being of qualified households and individuals by providing access to healthy and nutritious foods.

How can my family and I benefit from CalFresh?

- You can apply for CalFresh even if you are the only person in your household.
- You and your family may still be eligible for CalFresh, even if you work full-time.
- What you receive from CalFresh never needs to be paid back.
- You can buy food from any store or farmer’s market that accepts EBT (electronic benefit transfer) cards.

How much will I receive from CalFresh and how long will it take to get to me?

- The amount you receive depends on your income, expenses and family size.
- If you are eligible, you will receive CalFresh benefits within 30 days.

Are there household resources limit requirements for eligibility?

Yes. Households can only have a certain level of resources to be eligible. In most cases, you can:

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

How do I apply?

- At your local county welfare office.
- Online at WWW.CALFRESH.CA.GOV.
- Ask for a phone interview.

What do I have to bring when applying?

- Identification – bring a driver’s license or any other identification document.
- Social Security numbers – be ready to give your number and the numbers of all those for whom you are applying.
- Proof of income and expenses – bring pay stubs, child support orders, benefit statements, rent receipts, etc.
- For non-US citizens – bring a resident alien card or other proof of immigration status.
 - All children born in the US are eligible for CalFresh if they qualify, regardless of where their parents were born.
 - Receiving CalFresh will not count against you when you apply to become a citizen or legal permanent resident of the US.

What will I receive if I qualify?

- A plastic EBT card and your personal identification number (PIN). Each month, your benefits will be added to your account. Use it like an ATM card at any accepting store.
- If you are 60 or older, homeless, or disabled, you may be eligible to purchase prepared meals at certified restaurants in some counties.

What can I purchase with CalFresh benefits?

- Food for human consumption.
- Seeds and plants to grow food for household use.

Are there limits to what I can purchase with CalFresh benefits?

Yes. Benefits cannot be used to purchase:

- Any non-food item such as pet food, soaps, paper products, household supplies, beauty items or cosmetics.
- Alcoholic beverages or tobacco products.
- Vitamins and medicines.
- Any food that will be eaten in a store, or any food marketed to be heated in a store.



**CalFresh
hotline**

TEL 1.877.847.3663

WEB WWW.CALFRESH.CA.GOV