

Information for CalFresh Participants: Changes to CalFresh Benefits - Fall 2013

In October and November 2013, CalFresh monthly benefits will change.

Read more to learn about what these changes mean for you.

October 1, 2013: Most CalFresh participants will see an increase in their monthly benefits because of changes to the cost of living. This change is made every year.

November 1, 2013: Most CalFresh participants will see a decrease in their monthly benefits because of the end of the 2009 federal stimulus package.

- **How much will my benefits change on November 1, 2013?** Your CalFresh benefits depend on many things. It is hard to know how your benefits will change. The table below gives you an idea of what the new benefit amount may be for a household with no income.

CalFresh Maximum Monthly Benefits

Household Size	October 1, 2013 (With stimulus funds)	November 1, 2013	Difference
1	\$200	\$189	-\$11
2	\$367	\$347	-\$20
3	\$526	\$497	-\$29
4	\$668	\$632	-\$36
5	\$793	\$750	-\$43
6	\$952	\$900	-\$52
Add on	\$150	\$142	-\$8

How will I know about a change to my CalFresh benefits?

You will be told by the State of California. You may get a notice in the mail about the changes.

You may also hear about these changes in the news, on posters in your county office, or in stores where you use your benefits.

How do I find out how much I have in CalFresh benefits?

You can:

- Call the toll-free number on the back of your EBT card: 1-877-328-9677.
- Check your CalFresh account online at <http://www.benefitscal.org/>

What if there is a mistake in my new benefit amount?

If you think there may be a mistake, contact your county office. You can ask for a fair hearing. Someone will look at your case to make sure the rules were followed correctly.

What should I do if I need food right away?

- Contact your [local food bank](#) and ask for help.
- Call 1-877-847-3663 or visit http://cafoodbanks.org/Find_A_Food_Bank.html