

CalFresh and Seniors

- **CalFresh isn't only for households without children.** You could get CalFresh even if you don't have children or grandchildren in the household.
- **CalFresh isn't only for households without income.** You could get CalFresh even if you receive Social Security Retirement, have savings, and own property like a car or a home. Tell your worker about your medical bills and housing costs that could be deducted from your income when determining eligibility.
- **You may qualify for CalFresh,** provided you are a legal resident or U.S. Citizen, don't make too much money, and don't get SSI/SSP. Even if you aren't eligible, others who live in your household may be eligible, such as children or grandchildren.
- **CalFresh is not welfare,** and accepting it doesn't take it away from someone who needs it more. Everyone who qualifies for CalFresh can receive it.
- **There are no clumsy stamps** to use at the supermarket checkout. Benefits are provided discreetly on an electronic debit card that looks and works just like a bank card.
- **Applying is convenient.** You don't have to travel across town and stand in long lines to apply for CalFresh. You can apply by mail, or online at www.MyBenefitsCalWin.org; and you can ask to do your eligibility interview by phone. For more information, call toll-free: 1-866-404-4007.
- **CalFresh boosts your budget.** The average monthly benefit is \$118 per household member, but it's worth enrolling even if you only qualify for the minimum benefit amount of \$16 per month. Everything helps when you have so many expenses, like food, housing, utilities, doctors, and prescriptions.
- **Use it when you need it.** You don't have to spend the benefits right away—you can let them roll over from month to month (for under a year) to help you meet an unexpected expense, or to buy in bulk for better deals.
- **Rest easy.** If you accidentally receive more benefits than you're entitled to, the overpayment can usually be repaid automatically from your future benefits.
- **Save time and trouble.** If you're receiving CalFresh, you won't have to submit as much paperwork to qualify for other great [programs](#), like a free cell phone or discounts on home utilities.



CalFresh and Immigration

- **You may qualify for CalFresh**, provided you are a legal resident, don't make too much money, and don't receive SSI/SSP. Even if you aren't eligible, others who live in your home may be eligible, such as children or grandchildren born in the U.S.
 - **CalFresh will not affect your immigration status.** You can receive CalFresh and still get a green card. CalFresh benefits are non-cash assistance and do not make you dependent on the U.S. government, or what is called a "public charge." CalFresh will not affect your immigration status, and it will not hurt your chances of becoming a U.S. citizen.
 - **Your information is confidential.** Applying for CalFresh will never cause you or others in your household to be deported. When you apply for CalFresh benefits, the information you provide about yourself and your household is confidential and is not shared with other government agencies such as Immigration. This is the law, so you don't need to worry about providing personal information when you apply for CalFresh benefits.
- There is one exception: information can be shared if you are determined "indigent" and you have a sponsor, because the sponsor is supposed to be financially responsible for you. However, this will not cause any immigration action against you or your household. If don't want that information to be shared, you can opt out of applying for yourself, or any other sponsored household member may opt out for themselves.
- **It is easy to apply** for CalFresh benefits even if you do not speak English. You can get an application in other languages, and you can talk on the phone or meet in person with workers who either speak your language or will arrange for translation.



CalFresh and Former Foster Youth

- **Could your food budget use a boost?** Are you a former foster youth age 18-21, living on your own, continuing to receive county funds or services? (That is, a Non-Minor Dependent [NMD] in a Supervised Independent Living Placement [SILP]).
- **You may qualify for CalFresh.** Just because you get Foster Care Payments doesn't necessarily mean you can't get CalFresh too. Eligibility is determined on a case by case basis.
- **There's nothing to lose** by applying. There's no guarantee you will qualify... but if you do, CalFresh will put extra food buying power in your wallet every month!
- **CalFresh boosts your budget.** The average monthly benefit is \$118 per household member, but it's worth enrolling even if you only qualify for the minimum monthly benefit of \$16. Everything helps when you have so many expenses, like food, clothing, housing, utilities, and more.
- **Applying is convenient.** You don't have to travel across town and wait in long lines. You can apply for CalFresh online at www.MyBenefitsCalWin.org (or by mail), and you can ask to do your eligibility interview by phone. For more information, call toll-free: 1-866-404-4007.
- **There are no clumsy stamps** to use at the supermarket checkout. Benefits are provided discreetly on an electronic debit card that looks and works just like a bank card.
- **We consider several factors** to determine eligibility, including the following:
 - ◇ *Immigration status:* you must be a legal resident or U.S. citizen.
 - ◇ *Income:* earned and unearned, including wages and foster care payments.
 - ◇ *SSI/SSP:* you can't get CalFresh if you receive SSI/SSP.
 - ◇ *Expenses:* rent and utilities.
 - ◇ *Medical deductions:* if you are disabled.
 - ◇ *Student status:* eligibility considerations are different if you are attending college.
 - ◇ *Household composition:* CalFresh is provided to a "household" rather than an individual, so we look at the income and resources of everyone living in the SILP who purchases and prepares food together.
- **Save time and trouble.** If you're receiving CalFresh, you won't have to submit as much paperwork to qualify for other great [programs](#), like a free cell phone or discounts on internet service and other home utilities.



CalFresh and Students

You may have heard that college and university students aren't eligible for CalFresh, but in fact there are many exceptions. Like anyone else, you must be a legal U.S. resident, not make too much money, and not get SSI/SSP. Beyond that, as a student, you may qualify, but only if you meet one of the following conditions. Don't assume you aren't eligible—if in doubt, apply and find out for sure.



You are not considered a student, and thus you could still get CalFresh, if you are any of the following:

- under age 18 or over age 49
- disabled
- deemed physically/mentally unfit for employment
- enrolled less than half-time
- enrolled in programs or classes that don't require a high school diploma or GED
- enrolled in a school not considered an institution of higher education

Even if you are considered a student, you could get CalFresh if you are any of the following:

- working an average of 20 or more hours a week
- approved for and planning to engage in state or federal work-study
- enrolled in WIOA, EOPS, WTW, or another job training program accepted by CalFresh

If you are a student with one or more children, you could get CalFresh if you are any of the following:

- enrolled part time, with a child under age 6
- enrolled part time with a child age 6-11 without adequate child care
- enrolled full time, with a child under 12
- receiving CalWORKs
- enrolled in WIOA, EOPS, WTW or another job training program accepted by CalFresh

