

## Calfresh benefits 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 will I receive in Calfresh benefits each month?

- The amount you get depends on your income, expenses, and family size.
- Most households that receive Calfresh benefits get about \$200 each month.

## How long will it take to get Calfresh benefits?

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

## How much money can I have and still get Calfresh benefits?

### 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.



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 still be eligible.

## What about things I own?

When you apply for Calfresh you can have up to \$2000 in savings or other assets.

### Unless your household has:

- A child under 18 years old; then there is **no limit** on these assets.
- A person over 60 years old; then you can have up to \$3000.
- A person with a disability; then you can have up to \$3000.

You can own a house, have cars, and still qualify for Calfresh. These do not count toward the asset limit.



**Arnold Schwarzenegger**,  
Governor, State of California  
**Kimberly Belshé**, Secretary,  
Health and Human Services Agency  
**John A. Wagner**, Director,  
Department of Social Services  
**Mark B. Horton, MD, MSPH**, Director,  
Department of Public Health

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

Apply for Calfresh benefits today at:



Better Food for Better Living

## Special Rules

Immigrants, students, seniors, and former felons should check with the Calfresh office for more information. Rules can change so check with your worker.

People who get Supplemental Security Income/State Supplemental Payment (SSI/SSP) are not eligible for the Calfresh Program in California, but other household members may be.

## What should I bring when I apply?

- Identification Bring a driver's license or an I.D. card or a health card.
- Social Security numbers Bring one for all who live in your home and have one.
- Proof of immigration status (*if not a U.S. citizen*) Bring a resident alien card. Bring birth certificates for all the children born in the U.S.

### Your CalFresh worker may also ask for these:

- Proof of income Bring pay stubs, child support orders, and benefit statements. If what you earn will change soon and you know what you will be earning, bring that too.
- Proof of expenses Bring rent receipt, mortgage statement, utility bills (telephone, heat, gas/electricity and water/sewage/garbage), childcare receipts, and child support payments.



Fingerprints are taken when you apply for CalFresh. They **are not** shared with any other government agency.

## The Golden State Advantage Card

### If you qualify for CalFresh, you will:

Get a plastic electronic benefit transfer (EBT) card in the mail along with 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 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. 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.)



## Privacy

The fingerprints and information you give to your worker are not shared with any other government agency. Protective services, Immigration and law enforcement do not get a copy. The information is used only to make sure that you are not already getting benefits in another county.

## I am an immigrant. Can my children and I apply for the CalFresh Program?

- 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.



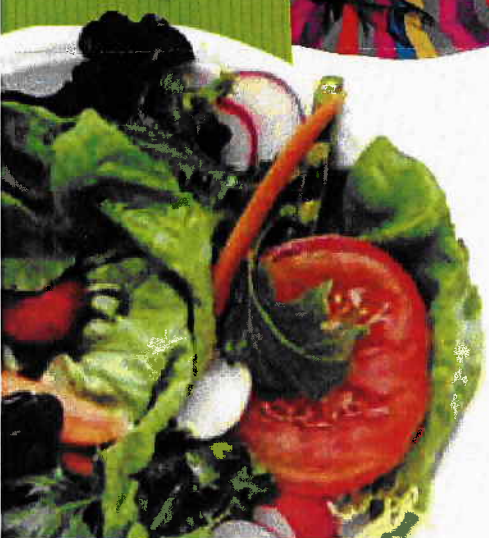
## Eat fruits, vegetables and other healthy foods and be active every day for better health!

CalFresh will stretch your food dollars. You can buy more fruit, vegetables, whole grains, lean protein 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.
- Being active every day will also help you and your family stay healthy.

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



## Immigration

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