



(Food Stamps Assistance)

What is CalFresh?

CalFresh is a nutrition program that can help households buy healthy foods. In California, CalFresh used to be known as the Food Stamp Program.

Application Process

1. Fill out an application

You can complete the CalFresh application at your local county office or online at benefitscal.org. To learn where you can apply in-person in your county (or to find places that can help you fill out an application), please use our [Find Food Assistance tool](#).

2. Have a phone or in-person interview

In most cases, the county has 30 days after you turn in your application to determine if you will get CalFresh. During the 30 days, the county will interview you. The interview will be either over the phone or in person. During the interview, the county will go over your application with you.

3. Submit verifications

The county may ask you for “verifications” or proof of income and certain costs. You will have 10 days to turn in these items.

Here are some examples of items the county may ask you for:

- **Proof of identity** (examples: drivers license or identification card, passport, work or school ID, birth certificate, voter registration card)
- **Proof of where you live** (examples: drivers license or ID card, utility bill, rent receipt)
- **Proof of income** (examples: pay stubs, statement from employer, alimony check, award letter for unemployment or disability benefits)
- **Social security numbers** for everyone who is applying
- **Proof of housing costs** (examples: housing bills, utility bills, HOA fees, property tax statement)
- **Proof of child support paid**
- **Proof child or adult care costs** (example: bills)



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- **Proof of disability** (example: award letter)
- **Proof of medical costs if 60+ or disabled** (examples: receipts for prescriptions, copay, service animal costs, glasses, hearing aids)

Even if you do not have everything on the list, you should still apply. The county may be able to help you get the information.

If approved for CalFresh benefits, you will receive an EBT card.

For more information see the section on [using CalFresh](#).

Eligibility Basics

In CalFresh, a household is a group of people who regularly buy and eat food together. The people in a household do not have to be related to each other.

- Households can be as small as one person
- The same address can have more than one household
- You don't need to have a home to receive CalFresh

Basic Eligibility Questions:

Does anyone in your household have a social security number?

Is your monthly income before taxes less than the amount allowed?

Use this chart to see if your household's monthly income, before taxes and other deductions, is under the limit allowed for your household size.



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***Income Guidelines
October 1, 2019 – September 30, 2020***

Household Size	Gross Monthly Income
1	\$2,082
2	\$2,820
3	\$3,556
4	\$4,292
5	\$5,030
6	\$5,766
7	\$6,502
8	\$7,240
*Add this amount for each additional member	+ \$738

If you answered **YES** to both questions, you may qualify for CalFresh. You can [apply online](#) or [get more information about applying in your county](#).

If you answered **NO**, you may still qualify for CalFresh. There are special rules for households that have people who are over 60, disabled and immigrants. See [Seniors & Disabled People](#) and [Immigrants](#) for more information.

Seniors (60+) and Disabled People

There are special rules for households with a member who has a disability or is 60 years and older. The rules are complex but help more people qualify for the program.

Eligibility Questions:

Does your household have a member who has a disability or is at least 60?

Is your monthly gross income less than the amount allowed?



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Use this chart to see if your household's monthly income, before taxes and other deductions, is under the limit allowed for your household size.

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If you answered **YES** to both questions, your household may be eligible for at least \$15 in CalFresh each month. It is very likely that your household may qualify for more. Be sure to report your medical and housing costs when you apply.

If you answered **NO**, your household may still qualify for CalFresh if you have less than \$3,250 in assets and resources.

Examples of resources and assets:

- Cash – on hand or in the bank
- Stocks and bonds
- Money from insurance settlements
- Personal injury claims
- Inheritances
- State tax refund