



What documents do I need to apply?

- Identification
(like a driver's license)
- Proof of income
(pay stubs or benefit check)
- Proof of where you live
(if you have an address)
- Rent receipt or mortgage payment
(if you pay for housing)
- Utility bills
(if you pay for your utilities)
- Proof of child care costs
(if you pay for child care)
- Social Security Numbers
(only for eligible household members)
- Proof of Immigration Status
(only for eligible household members)
- Medical Expenses
(only for 60+ or disabled)

Apply for CalFresh Today!

CalFresh/Food Stamps is not a welfare program. It is a nutrition assistance program for low income individuals and families.



You can fill out an application online at www.getcalfresh.org/s/brochure or call the Food Bank for more information.



Call the Food Bank of Contra Costa & Solano for more information and application assistance.

1-925-603-3316
foodbankccs.org/calfreshhelp

GET HELP PAYING FOR GROCERIES



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How much money can I have and still get CalFresh?

- You can have income from a full or part-time job, unemployment, pension, social security or other cash assistance.

If your income is less than the amount on this chart, you may qualify.*

CalFresh Income Guidelines October 1, 2018 - September 30, 2019

Household Size	Gross Monthly Income Limit
1	\$2,024
2	\$2,744
3	\$3,464
4	\$4,184
5	\$4,904
6	\$5,624
7	\$6,344

*Actual eligibility is determined by additional calculations based on income and expenses



What if I Am An Undocumented Immigrant?

- If you are an undocumented immigrant your household may still be eligible for CalFresh. Parents who do not qualify should apply for their children born in the U.S.
- Applying for or receiving CalFresh will not count against you when you apply to become a citizen or legal permanent resident (Green Card) of the U.S.
- A household member must have a valid Social Security Number.
- Fingerprinting is no longer required to receive CalFresh.

What about things I own?

- You can own your house or mobile home and get CalFresh.
- You can own a car, truck or motorcycle and still qualify for CalFresh.

What if I Receive SSI?

If you are receiving SSI/SSP, you cannot receive CalFresh benefits in California. However other members in your household may be eligible to receive CalFresh benefits.

EBT CalFresh benefits on a plastic card!



In California, CalFresh benefits come on a plastic debit card. You can use this card to buy food at most grocery stores and farmers' markets.

All your CalFresh benefits are electronically transferred to your EBT card, also known as the Golden State Advantage Card.

How much in CalFresh benefits will I get each month?

The amount you get depends on your income, household expenses, and the number of people in your household.

For emergencies, you have a right to CalFresh benefits within 3 days.

You can get emergency CalFresh if your monthly gross income is less than \$150 and you have less than \$100 in cash, checking, or savings.