

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.

You can now shop online at Albertsons, Safeway, Vons, Amazon and Walmart.

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.

We are here to help

The Food Bank of Contra Costa and Solano has bilingual staff ready to assist you with the CalFresh eligibility evaluation and application process.

Think you won't qualify? The CalFresh team can also assist you with locating food resources near you.



You can fill out an application online at www.benefitscal.com/r/fbcss

or use your smartphone to scan the QR below:



Call our CalFresh team for more information and application assistance.



925-603-3316
foodbankccs.org/calfresh

GET HELP PAYING FOR GROCERIES



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Apply for CalFresh Today!

CalFresh is a grocery assistance program that offers low income individuals and families a supplemental monthly benefit. CalFresh helps people buy the food they need by easing the burden of grocery shopping.

Who is eligible?

CalFresh is for everyone — employed and unemployed individuals, families, seniors, people with disabilities, those experiencing homelessness, active and non-active military personnel. If you're within the income limits below, you may be eligible.*

CalFresh Income Guidelines

October 1, 2025-September 30, 2026

Household Size	Gross Monthly Income Limit
1	\$2,610
2	\$3,526
3	\$4,442
4	\$5,360
5	\$6,276
6	\$7,192

*Each additional household member adds \$918.

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

What if I am an undocumented immigrant?

- Undocumented immigrants 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 of the U.S. (CalFresh is not a public charge.)
- At least one household member must have a valid Social Security Number.

You can still qualify for CalFresh if...

- You own your house or mobile home.
- You own a car, truck or motorcycle.
- You receive SSI/SSP benefits.
- You have a savings or retirement account.
- You are experiencing homelessness, do not have an address or a place to cook.



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)
- 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)

CalFresh EBT Perks! foodbankccs.org/calfresh

- No grocery bag fees when shopping!
- Get matched up to \$10 with market match!
- Discounted PG&E bill with the CARE Program!
- Discounted phone services with California Lifeline!
- Free or reduced entry to museums!
- No Amazon Prime membership required to shop eligible items!
- Discounted internet access from AT&T!