

WHAT IS CALFRESH?

CalFresh, also known as food stamps, is a nutrition assistance program sponsored by USDA that helps people purchase healthy foods. Benefits are loaded on an EBT card, which functions like a debit card that can be used at most grocery stores!



DEFINITION OF A CALFRESH HOUSEHOLD:

An individual or group of people who **buy, share, and eat food together**. The people in a household do not have to be related to each other.

DO I QUALIFY FOR CALFRESH?

Students (ages 18-49) enrolled at least half time (6 units), or meet the Gross Monthly Income Limit, and meet **at least ONE** of the following conditions:

- Employed at least 20 hours a week
- Enrolled in/receiving work study or participating in a similar program
- Care for a child age 12 or under
- Do not plan to register for the next term

- If you are **under the age of 22** and live with your parents, you must include them in the application
- At least ONE person in the household must be a U.S. Citizen or a Legal Permanent Resident

DOES MY INCOME BEFORE TAXES MEET THE LIMIT?

Gross Monthly Income Limit Eligibility

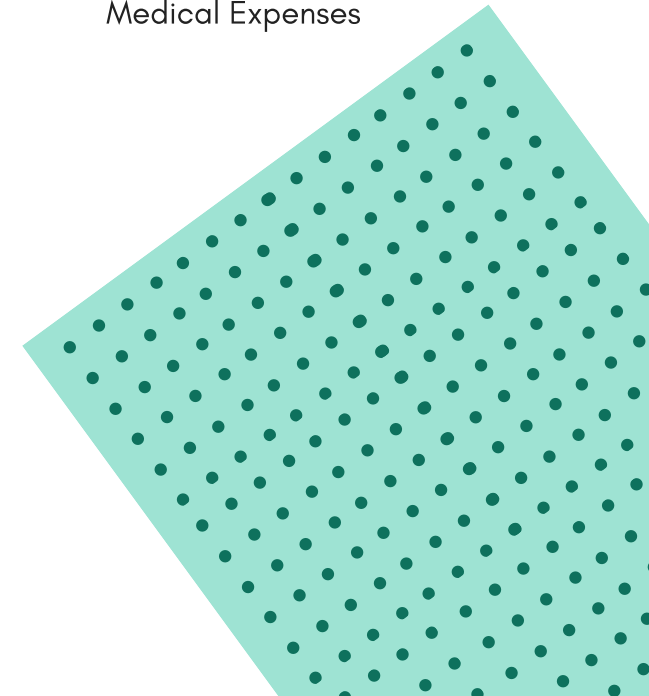
Household Size	Gross Monthly Income
1	\$2,082
2	\$2,820
3	\$3,556
4	\$4,292
5	\$5,030
6	\$5,766
7	\$6,502
8	\$7,240
Each Additional Member	\$738

HOW DO I APPLY?

Call or text us at **(323.234.3030 ext. 172/323.639.9595)** to make a private appointment with one of our friendly staff at 20 locations throughout LA County, or to ask any questions about CalFresh and the application process!

WHAT DOCUMENTS DO I NEED TO BRING?

1. ID for all adults in the household who are applying
 - Driver's License/Passport or Green Card
2. Social Security Card(s)
3. Proof of Income from the previous month
 - Earned Income: Pay Stubs
 - Unearned Income: Pension, Social Security Award Letters, Retirement Income, Disability Statements, Veteran's Benefits
4. Proof of Living Expenses
 - Rent, Utility bills, Phone bill, Medical Expenses



HOW DOES THE APPLICATION PROCESS WORK?

Process Online Application with us



Submit additional documents to CalFresh Outreach Worker. Conduct interview with Department of Social Services via Phone



Within 30 days of submitting your application: Approved or Denied by Department of Social Services



We will contact you to follow-up on the status of your case



Questions? Call or Text: Cinthia Onoa
Office: 323.234.3030 ext 169, Cell: 323.974.2252
conoa@lafoodbank.org

If you're a part of ONE of these programs, you most likely qualify for CalFresh!

- CalGrant A or B: For students attending CSU or UC Colleges
- CalGrant A: For students attending Community Colleges Work study
- Workforce Innovation and Opportunity Act (**WIOA**)
- Educational Opportunity Program (**EOP**)
- Extended Opportunity Programs and Services (**EOPS**)
- College Disabled Students Program and Services/Student Academic Support
- Cooperative Agencies Resources for Education (**CARE**)
- UC McNair Program
- Mathematics, Engineering Science Achievement (**MESA**) Program
- Puente Project
- Foster Youth Success Initiative
- Cooperative Agencies Foster Youth Educational Support (**CAFYES**)
- Extended Foster Care (**AB12/AB212**)
- Guardian Scholars Program
- Chafee Educational Training Voucher Program
- If your program is not on the list, contact us and we will see if you might still be eligible!

Please provide proof of enrollment.



STUDENTS: NEED GROCERIES? WE CAN HELP!



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