CalFresh Program Information Guide 2024
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Introduction

This CalFresh Program Information Guide is intended for San Luis Obispo (SLO) County community members interested in learning more about the CalFresh program. This document is meant to answer basic questions for individuals and families who want to know more about how the program works, the eligibility requirements, and how to apply. While this guide provides general information about the program, each CalFresh case varies and the local Department of Social Services can answer questions specific to individual situations.

CalFresh Basics

CalFresh is California's nutrition assistance program, known as the Supplemental Nutrition Assistance Program (SNAP) nationally and formerly known as "Food Stamps." CalFresh benefits are loaded onto an Electronic Benefits Transfer (EBT) card each month and can be used like a debit card at participating online retailers, stores, Farmers' Markets, and restaurants to purchase food.

Importance of CalFresh

The CalFresh program is a frontline defense against hunger. It provides a monthly allowance to spend on groceries to recipients who can then purchase the food they need. Because recipients spend these funds in the communities they live in, CalFresh utilization also infuses federal financial support into the local economy. CalFresh not only supports eligible clients with access to nutritious food but also has a positive economic ripple effect throughout the community.

CalFresh Utilization in San Luis Obispo County

In SLO County, participation in CalFresh among eligible clients has been constantly increasing. By sharing information about the program and encouraging eligible clients to apply, more community members can keep benefiting from access to healthy food.
Below are definitions of common terms used when discussing the CalFresh program.

**Certification Period**
The duration for which a household is approved to receive CalFresh benefits. The household must complete a recertification application before the end of this period to continue receiving benefits.

**Deductions**
These are expenses utilized to calculate your net income. Examples include housing costs, utilities and the cost of dependent care.

**Elderly**
For the CalFresh program, an elderly person is anyone over the age of 60.

**Electronic Benefit Transfer (EBT) card**
The “debit” card that is utilized by CalFresh recipients to purchase groceries, called The Golden State Advantage Card in California. Benefits are loaded onto this card monthly.

**Entitlement Program**
A government program that provides individuals with benefits to which an unlimited amount of beneficiaries have a legal right whenever they meet eligibility conditions.

**Expedited services**
People with very low incomes may qualify for this service and, in California, be eligible to receive CalFresh in three days.

**Gross Income**
Any income earned in a given month. This includes wages earned from a job, earnings from self-employment, and income from property. This also includes various benefits such as Veterans benefits, unemployment benefits, Supplemental Security Income, Social Security benefits, child support, and alimony.

**Household**
Everyone you buy and prepare food with. A household can be just yourself, your family, or roommates you live with. You do not need to be related to the person to be considered a household.

**Income exemption**
When determining gross and net incomes, certain household income sources are not counted towards the household’s total income eligibility. An example would be income from a college work-study program.
**CalFresh Vocabulary continued**

**Interview**
All CalFresh applicants must speak with an eligibility worker to learn about the program, address any questions, and provide necessary information for CalFresh eligibility. This takes place after you have submitted your application and can be done over the phone or in person.

**Maximum Shelter Deduction**
The maximum deduction that a household can receive regarding shelter costs and is adjusted annually by the USDA. This is used when determining a household’s net income. Elderly and disabled households do not have a limit to their shelter deduction.

**Mixed Status Household**
A household where some members are undocumented, and others are citizens or legal permanent residents.

**Monthly Benefit Allotment**
The dollar amount in the form of EBT benefits that you will receive each month to spend on groceries.

**Net Income**
Your gross income minus qualifying expenses like rent, utilities, childcare, and medical expenses. Net income is not “take home” pay after taxes. It is calculated by the Department of Social Services using the information you provide when applying.

**Recertification**
The process that involves the review of a household’s income, composition, and other factors to determine ongoing eligibility for CalFresh benefits. Not completing your recertification on time may lead to late dispersal or termination of benefits.

**Semi-Annual Reporting (SAR 7)**
A report that asks questions about changes to your household information, including the number of people living in your household or income. The SAR 7 is due every six months after your application is approved or after your recertification. Not all households will complete a SAR 7.

**Supplemental Nutrition Assistance Program (SNAP)**
Formerly known as the Food Stamp Program, it is a federal government program that provides direct food assistance to recipients with a monthly allowance that can be used to purchase groceries.

**Verification documents**
Documents may be requested by DSS during the application process. These documents provide a better understanding of your case and eligibility.
Eligibility

Who Qualifies?
U.S. citizens, legal residents, and specific groups of noncitizens who meet the income guidelines are eligible for CalFresh. CalFresh is an entitlement program, which means that if you meet the eligibility requirements, you have the right to receive benefits.

Income Guidelines
The income guidelines are determined by the size of your household and how much you earn monthly. Income guidelines are renewed each year based on the Thrifty Food Plan, which is created by the United States Department of Agriculture (USDA).

<table>
<thead>
<tr>
<th>People in Household</th>
<th>Gross Monthly Income</th>
<th>Net Monthly Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$2,430</td>
<td>$1,215</td>
</tr>
<tr>
<td>2</td>
<td>$3,288</td>
<td>$1,644</td>
</tr>
<tr>
<td>3</td>
<td>$4,144</td>
<td>$2,072</td>
</tr>
<tr>
<td>4</td>
<td>$5,000</td>
<td>$2,500</td>
</tr>
<tr>
<td>5</td>
<td>$5,858</td>
<td>$2,929</td>
</tr>
<tr>
<td>6</td>
<td>$6,714</td>
<td>$3,357</td>
</tr>
<tr>
<td>Each Additional Member</td>
<td>+$858</td>
<td>+$429</td>
</tr>
</tbody>
</table>

Source: CDSS, 2023-2024 CalFresh Income Guidelines & Eligibility Limits, available at [English FFY 2023-2024 Income Inserts (ca.gov)]

Are any expenses considered when determining eligibility?
Yes. Expenses like rent, utilities, childcare, and medical expenses are all taken into consideration when determining eligibility. These expenses are considered when determining net income. Individuals over the age of 60 or who are disabled are not restricted to the gross income guidelines and are only required to meet the net income guidelines.
Gross Income vs. Net Income

Gross income is any income earned in a given month. This could include wages earned from a job, earnings from self-employment, any income from property, or monetary support received through Veterans benefits, unemployment benefits, Supplemental Security Income (SSI), State Supplementary Payment (SSP), Social Security benefits, child support, alimony, etc. Net income is your gross income minus qualifying expenses like rent, utilities, childcare, and medical expenses. Net income is not just "take home" pay after taxes. It is calculated by the Department of Social Services using the information provided when applying.

Do you need to calculate your own gross and net income?

It is useful to estimate your gross income to determine if you are a good candidate for the program and to help you decide if you should proceed with the application process. Once you apply your caseworker will verify that your gross income was calculated correctly and will also calculate your net income.

How do you calculate your monthly earned income?

Calculating your monthly earned income can help determine if you are likely to be eligible for CalFresh before filling out an application. You can estimate your monthly earned income by using the chart equations on the following page.
Calculating Monthly Earned Income

<table>
<thead>
<tr>
<th>Pay Frequency</th>
<th>Monthly Gross Equation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekly</td>
<td>[ (\text{Hourly rate}) \times (# \text{ Hours Weekly}) \times 4.33 ]</td>
</tr>
<tr>
<td>Bi-weekly</td>
<td>[ \left[ \frac{(\text{Paycheck 1}) \times (\text{Paycheck 2})}{2} \right] \times 2.167 ]</td>
</tr>
<tr>
<td>2x a Month</td>
<td>( (\text{Paycheck 1}) \times (\text{Paycheck 2}) )</td>
</tr>
<tr>
<td>Fluctuates</td>
<td>( \frac{(\text{Annual Income})}{12} )</td>
</tr>
</tbody>
</table>

Source: CAFB, CalFresh 101 Income Handout, January 17, 2023

**Example:** Pam lives in a single-person household and her only form of income is from her job that pays her on a weekly basis. She is paid $15.25 per hour and works 25 hours per week.

Using the CalFresh Gross Income Guidelines in the chart on page 2 as a reference, Pam’s monthly income would be:

\[ \left[ \frac{(15.25 \times 25)}{4.33} \right] \times 2.167 = 1,650 \]

According to this calculation Pam is likely to qualify for CalFresh benefits and should apply!

**What if you own a home or a car?**
You can own a home and a car and still qualify for CalFresh.

**Do you need to have a job to qualify?**
No, you do not need to have a job to qualify for CalFresh. It is a resource to help you when needed. Additionally, having a job does NOT disqualify you from receiving benefits. If you fall within the income guidelines, you qualify!

**Can you get CalFresh if you receive benefits from other assistance programs?**
Receiving support from other programs like Social Security, State Disability Insurance, Unemployment benefits, Supplemental Security Income (SSI), Special Supplemental Nutrition Program, Women, Infants, and Children (WIC), or Pandemic EBT (P-EBT) does not disqualify you from receiving CalFresh. In fact, you are more likely to qualify!
**Household Information**

A household is defined as a group of people who live together, purchase food and prepare meals together. Individuals in a household do not need to be related. Additionally, there can be more than one household at the same address if the individuals living there buy food and prepare meals separately. A household can be a single person or a group of two or more people.

**If you live with family or with others, can you receive CalFresh benefits as an individual?**

People who live together and purchase food and prepare meals together are grouped as a household. Husbands, wives, and their children who are under the age of 22 will be grouped as one household. If you do not purchase food and prepare meals with others, you can apply as a single-person household.

**Is there a limit to how many people can be in a household?**

No, there is no limit to how many people can be in a single household. As long as all members of the household meet the eligibility requirements, they can qualify for CalFresh.

**Can you qualify if you do not have a family?**

Yes, individuals can qualify for CalFresh. You do not have to have children or dependents to qualify.

**How does your household size affect the dollar amount you may be eligible for?**

Household size is one of the criteria used to determine the monthly allotment amount you are eligible for. Depending on your household size and income, you may be eligible for a larger benefit amount.

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### CalFresh Maximum Monthly Allotments

**October 1, 2023 - September 30, 2024**

<table>
<thead>
<tr>
<th>People in Household</th>
<th>Maximum CalFresh Allotment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$291</td>
</tr>
<tr>
<td>2</td>
<td>$535</td>
</tr>
<tr>
<td>3</td>
<td>$766</td>
</tr>
<tr>
<td>4</td>
<td>$973</td>
</tr>
<tr>
<td>5</td>
<td>$1,155</td>
</tr>
<tr>
<td>6</td>
<td>$1,386</td>
</tr>
<tr>
<td>Each Additional Member</td>
<td>$219</td>
</tr>
</tbody>
</table>

Citizenship

To qualify for CalFresh you must be a U.S. citizen or qualified noncitizen. Qualified noncitizens who meet the income guidelines but are ineligible for CalFresh solely due to immigration status may be eligible for CFAP (California Food Assistance Program). For more information about CFAP visit here.

Can you apply for CalFresh if someone in your household does not have qualified noncitizen status?
Yes, you can apply and receive CalFresh benefits even if individual household members do not have qualified noncitizen status.

What if someone in my household is sponsored?
Sponsored noncitizens may be subject to sponsor deeming rules. If sponsored noncitizens do not want to provide required sponsor information to receive CalFresh benefits, they have the option of opting out and will be considered an ineligible household member. The rest of their household may still get benefits. This is called a mixed status household. The income of the ineligible member will be prorated in the eligibility determination along with their contributions to household expenses. The eligibility worker can explain the noncitizen rules and options for the participant during the interview.

Will applying for CalFresh affect your immigration status?
No, applying for CalFresh will not affect the immigration status of you or anyone in your household. It will also not affect your chances of receiving legal permanent residence. For more information about CalFresh and immigration status visit getcalfresh.org/en/immigrants.

Can parents of U.S. citizens apply for CalFresh on behalf of their children?
Yes, parents of U.S. citizens can apply for CalFresh on behalf of their children regardless of the parent’s legal status.

Can you be eligible for benefits if you just received your green card?
Yes, new green-card holders can be eligible for CalFresh. There is not a 5-year waiting period for green-card holders to receive CalFresh benefits in California. Additionally, receiving CalFresh will not be counted against you in the future when applying for citizenship.

Will the immigration status of any household member be shared?
No, CalFresh is strictly confidential including client and case information. The immigration status of any household member will NOT be shared with any authorities.
Citizenship continued

Will you be considered a "public charge" if you or a person in your household receives CalFresh?
No, receiving CalFresh benefits will not factor into a public charge determination.

The U.S. Department of Homeland Security (DHS) and U.S. Citizenship and Immigration Services (USCIS) do not consider health, food, and housing services as part of the public charge determination. Public charge rules do not apply to programs like CalFresh, Special Supplemental Nutrition Program, Women, Infants & Children (WIC), or school meal programs. Additionally, benefits received by family members other than the applicant will also not be considered in public charge determinations.

For more information regarding public charge visit the U.S. Citizens and Immigration Services website.

How is income determined for mixed status households?
Households applying for CalFresh that have a mix of citizens and non-citizens are still eligible to receive benefits. Income is prorated when someone is ineligible for CalFresh due to their immigration status or a sponsored individual in the household wishes to “opt out” of applying. Income from the ineligible individual is assigned equally to everyone in the household and only the income assigned to eligible household members is counted.

Example: A mother without citizenship is applying for CalFresh for her two children who are citizens. She makes $4,200 a month. We would equally assign her income to each household member and then add how much each child is assigned to determine the income for her qualifying children.

$4,200
$1,400
$1,400
$2,800
Mother’s income divided by # of household members.
$2,800 is the counted income for the two qualifying children.

Since only two people in this household are U.S. citizens, this family would be identified as a household of two. According to the income guidelines and based on the calculation above, This family would likely be eligible for CalFresh and should apply!
How long will it take to know if you have been approved?

In most cases, the County has 30 days after you turn in your application to determine if you will receive CalFresh benefits. During those 30 days, the County will interview you. The interview will be either over the phone or in person. In certain cases, if an application meets expedited service criteria, then an application can be approved in as little as three (3) days.

Applied for CalFresh, What’s Next? flyer

Do you have to go into the office to apply?

No. You can apply for and receive CalFresh benefits without ever going into a Department of Social Services office. You can apply online, complete your interview over the phone, and have your EBT card mailed to you. To speed up your application process, it is best to provide as many supporting documents as possible when you fill out your application.

Why do you need to complete an interview?

Though it is called an interview, it is nothing to stress about. The purpose of the interview is to verify that your application and supporting documents are accurate and to get the most information about your case so that you can receive all of the benefits you are eligible for. This interview can be done over the phone or in person at your local county office.

What is CalFresh Expedited Service?

CalFresh Expedited Service means that you can get your CalFresh benefits in three (3) days if you meet special expedited criteria. Households with monthly gross incomes less than $150 and less than $100 in available resources, households whose shelter costs are more than their gross income plus money on hand, migrant or seasonal farm workers who are destitute, or households with an emergency need for housing may qualify. Ask your caseworker if you think you may be eligible for expedited services.
What if you have a job but don’t have hours and are not getting paid, what do you report for income?
If you still have a job but have zero hours or are not getting paid, then you would report "yes" to having a job. You can report a current income of $0.

What if you are missing certain verification documents?
Verification documents are not needed in order to apply for CalFresh. They may be requested following the CalFresh interview. You will need to provide the requested verification documents within 30 days of your application. If you do not have certain verification documents notify your caseworker to discuss your options.

Do you need a permanent address to apply?
You do not need to have a permanent address to apply for or receive CalFresh. However, a mailing address must be provided. This can be General Delivery, a P.O box, or a shelter address. Your CalFresh EBT card can also be picked up at any Department of Social Services office.

What if you have a job but don’t have hours and are not getting paid, what do you report for income?
If you still have a job but have zero hours or are not getting paid, then you would report "yes" to having a job. You can report a current income of $0.

What if you just lost your job?
If your income recently stopped, your caseworker will count the final payments you received in the last 30 days to calculate the benefit amount you are eligible for in the first month. If you still have any income, your ongoing benefits will be based only on that income, not income that has stopped. Clients should provide proof of any money received in the last 30 days if possible.

Proof that income has stopped is not required, but it can help assess a client’s case. This could be a letter or a screenshot of an email or text from your employer that explains that you are no longer working. If you can’t get proof, write a letter that explains that you aren’t working. Make sure to include the last date you worked, and sign and date it.

Verification Documents

Documents that may be needed to apply for CalFresh include a form of identification (Driver’s License, passport, work or school ID), Social Security card, or permanent residence card. Other documents you may need are proof of income, proof of housing expenses, proof of child support, and proof of medical expenses.

Verification Documents

Verification documents are not needed in order to apply for CalFresh. They may be requested following the CalFresh interview. You will need to provide the requested verification documents within 30 days of your application. If you do not have certain verification documents notify your caseworker to discuss your options.
What is a semi annual report?
A Semi-Annual Report (SAR 7) is used as an eligibility status check-in to report any changes to your income and household information. CalFresh households will be given a certification period at approval and are required to submit a SAR 7 at the halfway point during their certification period. CalFresh households with only elderly (age 60 or older) and/or disabled members and no earned income are not required to complete a SAR 7.

When do you complete a SAR 7?
The SAR 7 is due on the 5th day of the month, in the sixth month after your initial application or recertification. If a completed SAR 7 has not been received by the County by the 11th day of that sixth month, it is considered late. Your CalFresh case will be discontinued if a completed report is not received by the first business day of the following month, i.e., the seventh month. If a household turns in a completed SAR 7 any time in the month after the SAR 7 was due, the household (if otherwise eligible) will be restored to aid and any benefits for that month will be pro-rated from the date the form was turned in.

How do you complete a SAR 7?
There is no interview requirement for the SAR 7. The county in which your CalFresh case is active will send a notification through the avenues of communication you signed up to receive notices followed by the SAR 7 in the mail with the date it is due. SAR 7s can be returned by mail or fax, completed online at BenefitsCal.com, or completed in-person at your nearest Department of Social Services office. It is important to have your most up-to-date address on file to ensure all important documents are received.

What happens if you do not complete a SAR 7?
If you do not submit a complete SAR 7 report, your benefits may be delayed, changed, or stopped, or cause an overpayment that you will have to pay back. You must answer all the questions on the report and attach proof when it is asked for.

What happens if I report changes in my SAR 7?
If you report any changes like household size, or income and still meet the eligibility criteria for CalFresh, your benefit amounts may be adjusted. If you report a change in address that information will be updated in your case file to make sure your contact information is up to date.
How often do you have to recertify your benefits?
CalFresh recipients are required to complete a recertification while receiving benefits. The recertification process is used to determine if a household is still eligible for CalFresh and if there have been any changes in income, household size, or change of address.

Are you required to complete a recertification application?
All CalFresh households are required to complete a recertification application, but not all households will need to do so every year. Average households are subject to recertification every 12 months. Households with elderly or disabled individuals and earned income are subject to recertification every 24 months. Households with only elderly or disabled individuals with no earned income are subject to recertification every 36 months.

How do you complete your recertification?
At least 30 days before your recertification is due, the county in which your CalFresh case is active will send a notification through the avenues of communication you signed up to receive notices followed by your recertification application in the mail. Clients must fill out the recertification application and return it with any supporting documents to their county office by mail, online, by fax, or in person. It is important to have your most up-to-date address on file to ensure all important documents are received.

What happens if you do not turn in any recertification documents?
If recertification documents are turned in late, there may be an interruption in monthly CalFresh benefits. If the recertification application is turned in more than 30 days past the end of the certification period, you will have to reapply.

Do you have to complete an interview to recertify?
An interview is required for the recertification. This interview can be done over the phone or in person. The purpose of the interview is to determine if anything has changed in your household since you last applied or were recertified. If there have been any changes, benefit amounts may be adjusted.
Using CalFresh Benefits

Electronic Benefit Transfer (EBT) Card
Your CalFresh benefits are automatically loaded onto your EBT card every month. You will have a personal pin number associated with it that will allow you to use your card like a debit card to make purchases at all locations that accept CalFresh. Your EBT card number and pin number should NOT be shared with anyone.

Where can you use your CalFresh benefits?
You can use your CalFresh benefits at most grocery stores. An EBT or SNAP sticker is often displayed at the register or on the front door of the participating store. You can also use your EBT card at participating farmers’ markets and through some online retailers. If your household meets certain criteria, you may be eligible for the Restaurant Meals program that allows you to use your CalFresh benefits at participating restaurants in your area. Ask your caseworker about these programs, as they vary by county.

What foods can you buy with CalFresh?
You can buy most foods like milk, bread, cereal, produce, seasonings, and meat. You can also buy spices, cooking oils, and seeds to grow food, or live herbs. Items that cannot be purchased with CalFresh include hot prepared foods, supplements, non-food items, and alcohol.

When will benefits be loaded on to your EBT card?
Benefits are loaded onto your EBT card at the beginning of every month. The last digit of your case number will tell you which day of the month this will happen. For example, if your case number ends in 3, your benefits would be loaded onto your card on the 3rd of the month. If your case number ends in a 0, your benefits would be loaded on the 10th of the month.

Do CalFresh benefits expire?
If you don’t use all of your benefits in a month, your balance will roll over to the next month. If you have not used your EBT card in six months, your account will go dormant. If you haven’t used your EBT card in 9 months, benefits will be expunged from your EBT account. Benefits will not be removed from your EBT account as long as your card has been active.
Using CalFresh Benefits continued

How do you use CalFresh benefits at a farmers' market?
If your local farmers' market accepts EBT you can visit the information booth to exchange your benefits for tokens to use at the market stands. To find a farmers’ market in your area that accepts CalFresh visit FMFinder.org.

Find the farmers’ market information booth

Swipe your EBT card to get tokens

Use your tokens to buy locally grown, fresh produce!

What is Market Match?
Many farmers' markets in SLO County offer Market Match, a healthy food incentive program that doubles your CalFresh benefits up to a maximum amount, usually $5 - $20. For example, when you go to a farmers’ market that offers a $10 match, you can redeem $10 of your CalFresh EBT benefits (which will be given as tokens that can be spent on any CalFresh-eligible foods) and receive an additional $10 as a match in tokens that can be spent exclusively on fruits and vegetables. To find out if your farmers’ market participates in Market Match visit FMFinder.org.

What is the Restaurant Meal Program?
People aged 60 years and older, with a disability, or experiencing homelessness may qualify for the Restaurant Meals Program. This program allows you to use your EBT card at participating restaurants. Your caseworker will determine if you are eligible for this program, and your EBT card will be adjusted to allow you to participate. To find out which restaurants in SLO County participate in this program, visit slofoodbank.org/restaurantmealprogram

How can you use your CalFresh benefits at online retailers?
Certain online retailers including Amazon, Instacart, Vons, Albertsons, and Walmart accept EBT. To purchase food online, add your EBT card information in the checkout payment section. Delivery, taxes, and fees are not included and online services vary by county.
Using CalFresh benefits continued

I lost my EBT card. How do I get another one?
Call 1-877-328-9677 to report your EBT card lost or stolen. EBT cards can also be replaced at any Department of Social Services office.

How do you check the balance on your EBT card?
You can check the balance on your EBT card by calling the toll-free number on the back, or by looking at the bottom of your receipt next time you use your card at the store.

How can you best manage your CalFresh benefits?
Managing your CalFresh benefits has never been easier. You can manage your EBT card by downloading the ebtEDGE mobile app or online at www.ebt.ca.gov. Features on the ebtEDGE app and online portal include: ability to lock and unlock your EBT card when needed, block unauthorized transactions, change your EBT card pin, replace your EBT card, and more.

Remember it is important to NEVER share your CalFresh EBT card information with anyone. This includes your card number or pin. The Department of Social Services will never message or contact you to provide your card information.
Frequently Asked Questions

Will CalFresh benefits need to be paid back?
You will not have to pay back any benefits that you were eligible to receive. If you do not report necessary changes based on your household’s reporting requirements, however, you are responsible for paying back any CalFresh benefits you were not eligible to receive. To avoid this, be sure to communicate changes to your caseworker.

If you receive CalFresh, are you taking benefits away from other people?
By signing up for CalFresh you are NOT taking benefits away from someone else. CalFresh is an entitlement program. This means that if you qualify, you have the right to receive benefits. There is not a cap on the number of people who can participate. In California, there are about 4 million people who are eligible but not receiving CalFresh. Additionally, by spending your CalFresh benefits at local grocery stores and farmers’ markets you are also contributing to the strength of your local economy by helping to support jobs and businesses in the community.

Can you receive CalFresh if you are in college?
Yes, you can receive CalFresh benefits if you are a college student. College student eligibility recently expanded, and even if you weren’t eligible previously, you may be eligible now. For more information about applying as a student in SLO County, visit BenefitsCal.com/StudentCenter/Home or BenefitsCal.com
To apply as a student, visit students.getcalfresh.org.

Can you receive CalFresh if you are in the military or are veteran?
If you meet the eligibility requirements, you can qualify for CalFresh if you are in the military or a veteran.

What happens to your CalFresh benefits if you move?
If you move to a city in the same county, update your address by calling a DSS office right away. This will ensure that you will still get important notices about your CalFresh benefits. If you moved to a different county, contact either the SLO County DSS office or the DSS office in your new county right away and request an Inter-County Transfer. Your case should be transferred, and you should not have to reapply.

Can you receive CalFresh if you receive SSI/SSP?
Yes, as of June 1, 2019, individuals receiving Supplemental Security Income or State Supplemental Payment (SSI/SSP) are eligible for CalFresh.

Receiving CalFresh will not impact your SSI/SSP benefits. For more information visit SSI and CalFresh | CalFresh Food
Can family members or caregivers apply for CalFresh on behalf of a relative?

Yes, family members or caregivers can apply for CalFresh on behalf of a qualifying individual. A family member or caregiver can be declared an authorized representative of the qualifying CalFresh recipient. This allows the authorized representative to speak to the County on behalf of the individual, complete forms and report any household changes, and purchase groceries.

Declaring a family member or caregiver an authorized representative can be done during the application process, or by contacting your county caseworker.

Can you visit a food bank if you participate in CalFresh?

Yes. Food banks and their agency partners can help you stretch your food budget by providing many staple food items that can supplement what you purchase with your EBT card. Locally, the SLO Food Bank works with organizations throughout the county that provide a variety of services to community members, from food pantries to hot meals. The SLO Food Bank also offers monthly free food distributions at sites throughout SLO County. To find out more about SLO Food Bank resources and partners, visit our food locator page on our website at slofoodbank.org/food-locator/.
References

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