

# CalFresh

## Education & Application Assistance Program Overview and Income Guidelines

### What is CalFresh?

CalFresh is a nutrition assistance program that helps income-eligible households including individuals who are currently employed, unemployed, or retired buy nutritious food they need to maintain a healthy lifestyle. Benefits are given on EBT cards (similar to ATM cards) and can be used at most grocery stores.

### The following people can qualify for CalFresh:

- Single person or families
- Children under 18 living on their own
- Legal permanent Residents including refugees and asylees.
- U.S. born children regardless of parent’s immigration status.
- U.S. citizens
- Victims of human trafficking
- Working people
- SSI/SSP recipients

Household Size	Gross Monthly Income*	CalFresh Benefit Range
1	\$2,430	\$23 - \$291
2	\$3,288	\$23 - \$535
3	\$4,144	\$23 - \$766
4	\$5,000	\$23 - \$973
5	\$5,858	\$23 - \$1,155
Each Additional Member	+\$858	+ \$23 - \$219



### It's easy to apply!

Call the Food Bank over the phone. We will help determine your eligibility and assist you in completing a CalFresh application. We will submit your application to the county on your behalf, and you will be interviewed by a county case worker over the phone. It's fast and easy.

### Bring applicable documentation, if available

- Proof of identification for all members in the home
- Social Security number (card not needed)
- Proof of income (SSI, SSA, SSDI, disability, pensions, veterans pension, veterans disability, pay stubs)
- Proof of rent (rent receipt, lease contract, etc.)
- Proof of utility bills (SDG&E, telephone, etc.)
- Medical bills (prescription co-pays, doctor visits, dental, vision, etc.)

### Individuals on State Disability and Seniors

**If your monthly income is over the gross, you may still qualify. Talk to us for additional information.**

*\*Effective October 1, 2023. Does not apply to all households.*

**Call the Food Bank's CalFresh Outreach Team**  
**Maria Lewis at 858-833-2587**  
**Irma Guerrero at 858-863-5118**  
**SanDiegoFoodBank.org/CalFresh**

**See if you qualify!**  
**Scan this QR Code with your phone and fill out the form.**



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## El Programa de Educación y Asistencia para Aplicar

### Descripción general y pautas de ingresos

CalFresh ofrece asistencia nutricional para personas de bajos ingresos, incluyendo individuos, empleados, desempleados, o retirados; para comprar comida saludable. Le puede ayudar a comprar comida nutritiva para una mejor alimentación. Los beneficios se depositan en tarjetas plásticas "EBT" (similar a una tarjeta de banco) que le ayudara para su presupuesto de comida. Las tarjetas de EBT son aceptadas en la mayoría de los mercados.



### Las siguientes personas pueden calificar para CalFresh:

- Una sola persona • Familias • Jovenes menores de 18 años que viven por su cuenta • Residentes Permanentes Legales incluyendo refugiados y con asilo • Niños nacidos en Estados Unidos sin importar el estado legal de sus padres • Ciudadanos Estadounidenses • Víctimas de trafico humano
- Personas con trabajo • Personas que reciben los beneficios de Seguro Social SSI/SSP

Personas	Ingreso Mensual Bruto*	Beneficio CalFresh Gama
1	\$2,430	\$23 - \$291
2	\$3,288	\$23 - \$535
3	\$4,144	\$23 - \$766
4	\$5,000	\$23 - \$973
5	\$5,858	\$23 - \$1,155
Cada persona adicional	+\$858	+ \$23 - \$219

### Individuos con discapacidad estatal y personas mayores

*\*Efectivo a partir del 1 de octubre de 2023. No se aplica a todos los hogares.*

**Para las personas de la tercera edad y discapacitadas si sus ingresos mensuales son mas que los ingreso maximos, todavia puede qualificar llamenos para mas informacion**

### ¡Aplicar es fácil!

Llámenos. Nosotros podemos pre-evaluar su elegibilidad; si califica, le ayudamos a lenar la solicitud por teléfono o en persona si usted prefiere. Nosotros entregaremos su solicitud al condado, y su entrevista con el trabajador social será por teléfono. Nosotros estamos aquí para facilitar el proceso para usted y su familia.

### Documentos que serán requeridos para determinar elegibilidad:

- Comprobantes de identificación de todos en el hogar
- Número de Seguro Social de todos los aplicantes de CalFresh en el hogar (tarjeta no requerida)
- Comprobantes de ingresos mensuales (talón de pago, seguro social, desempleo, etc.)
- Comprobantes de pago de renta (recibos, contrato, etc.)
- Comprobantes de servicios (SDG&E, teléfono, etc.)
- Gastos médicos (recibos de visitas al doctor, dentista, oculista, etc.)

**¡Llámenos para hablar con un representante!**

**Maria Lewis al 858-833-2587**

**Irma Guerrero at 858-863-5118**

**SanDiegoFoodBank.org/CalFresh**

**Vea si califica!  
Escanee este código QR con su teléfono y complete el formulario.**



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#### The following people can qualify for CalFresh:

Anyone who is a citizen, legal permanent resident, or visa holder can apply as long as income guidelines are met.

Household Size	Gross Monthly Income*
1	\$2,430
2	\$3,288
3	\$4,144
4	\$5,000
5	\$5,858
Each Additional Member	+\$858

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#### Qualifications for Student Applicants

There are specific qualifications for students looking to receive CalFresh benefits.

Here are some of the ways students can qualify:

- Work at least 20 hours per week on average
- Be approved for Work-Study
- Be a recipient of Cal Grant A or B
- Be enrolled in a qualifying program including: WIOA, EOP, EOPS, CARE, Guardian Scholar, AB 12 Extended Foster Care, UC McNair, Mesa, etc.
- Have a dependent between the ages of 0 and 5
- Have a dependent between the ages of 6 and 12

#### Bring applicable documentation if available:

- Proof of identification for all members in the home
- Social Security number (card not needed)
- Proof of income (SSI, SSA, SSDI, disability, pensions, veterans pension, veterans disability, pay stubs)
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