



There is a lot of confusion about CalFresh.  
The TRUTH about CalFresh . . .

### What is CalFresh?

- ✓ CalFresh (formerly known as Food Stamps) is for people with limited income, to pay for food at most stores. Benefits come on an EBT card that works like a debit card.
- ✓ CalFresh is a **nutrition program**, funded by the USDA, which also funds free lunches at schools and WIC. CalFresh is **not** the same as CalWORKs or welfare.
- ✓ You will not have to pay any money back unless you are overpaid.
- ✓ You do not need to report CalFresh on your tax return.

### Who can get CalFresh?

- ✓ You **can** get CalFresh even if you get money from a job, disability, unemployment, Social Security, CalWORKs, General Assistance or retirement.
- ✓ People who get SSI are not eligible for CalFresh. **However, their family members may be eligible.**
- ✓ CalFresh will not harm your ability to become a legal resident or citizen.
- ✓ People who do not have children can get CalFresh.
- ✓ Many college students can get CalFresh if they meet student requirements.



[Learn More on the Back](#)



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## What else should you know about CalFresh?

- ✔ To qualify, **at least one household member** must be a legal resident or citizen, even if that person is a child.
- ✔ Sponsored immigrants, refugees, asylum, or U-Visa seekers can be eligible.
- ✔ You can own your home and car, and have savings and still be eligible.
- ✔ Getting CalFresh will **not** hurt your children:
  - Your children will **not** have to serve in the military
  - They will **not** have to pay it back
  - They will **not** be taken away from you

**Even if you have applied for CalFresh before and were denied, you should try again. New laws have passed to make it easier.**

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## For more information on CalFresh

Phone: 1-800-984-3663 (Mon-Fri, 8 a.m. – 5 p.m.)  
 Email: [foodconnection@shfb.org](mailto:foodconnection@shfb.org)  
 Text: "Need Food" to 1-408-455-5181



*Funded by USDA SNAP, known in California as CalFresh, an equal opportunity provider and employer. California Department of Social Services*

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