

# Using CalFresh benefits is simple

JUST USE YOUR EBT CARD

## Buying healthy food has never been easier!

### What is CalFresh?

The largest anti-hunger program in California, CalFresh helps people with low or no income purchase healthy food.

### Can I get CalFresh?



To get CalFresh benefits, your income must be under certain limits. Recent changes make it easier to qualify. You may qualify now, even if you've been turned down in the past.

### Can I qualify if I work? Own a house? Own a car?

Yes. Many people who qualify for CalFresh work and own property. There is a limit to what you can earn, but not all income is counted.

Find out if you qualify today. The best way to see if you're eligible is to fill out a CalFresh application.

Updated 6/2024

### How do I apply?

Applying for CalFresh is easy!

- Call the Customer Service Center at **1-877-652-0731**
- Start your application online at **BenefitsCal.com**
- Visit a Regional Office (on back)

### What are the qualifications?

- **Shasta County resident**
- **U.S. citizen or legally admitted non-citizen**
- **Social Security number**
- **Meet income limits**



### What kind of proof must I show?

For your interview, you are only required to bring a form of identification.

**Acceptable options include:** Picture ID, Social Security card or number, birth certificate, wage stubs or other ID.

After your initial interview, you may be asked to provide other documentation. You will work personally with your eligibility worker to determine other necessary documents.

### Where can I use my benefits?

EBT benefits can be used at any grocery store that accepts them. CalFresh benefits can also be used at local farmers markets to buy fresh food as well as seeds and plants to grow your own food.



**1-877-652-0731 or BenefitsCal.com**

## How does it work?

The amount of CalFresh benefits that you can get depends on the number of people in your home, your income and any allowable deductions. Benefits come on an electronic benefits transfer (EBT) card that is used like a bank card and accepted at most grocery stores.

You can use your EBT card to buy food like bread, cereal, fruit, meat, vegetables, fish, poultry and dairy products.



## Need Help Now?

All clients are screened for **Expedited Services** in order to receive CalFresh benefits within three (3) working days.

To qualify, you must:

- Have gross monthly income less than \$150 and have \$100 or less in cash resources, **or**
- Have housing costs (rent/utilities) that are more than your monthly gross income and cash resources, **or**
- Be a migrant or seasonal worker with less than \$100 in cash resources and 1) your income stopped, or 2) your income has started but you do not expect to get more than \$25 in the next 10 days.

## Regional Offices

### South Redding (Cascade)

2460 Breslauer Way, Redding  
(530) 225-5164

### Enterprise Regional Office

2757 Churn Creek Road, Redding  
(530) 224-4894

### Anderson Regional Office

2889 East Center St., Anderson  
(530) 378-1146 or (530) 229-8200

### Shasta Lake Regional Office

4216 Shasta Dam Blvd., Shasta Lake  
(530) 275-7500

### Burney Regional Office

36911 Main St. (Hwy. 299 E.), Burney  
(530) 335-5576 or (877) 935-5576

### CalWORKs Employment Services

1400 California St., Redding  
(530) 225-5000

## Need help applying?

Community Health Advocates (CHAs) help with applications and make home visits when necessary.

Call the referral line (530) 225-5285 to make an appointment, or email with your contact information to: [cha@co.shasta.ca.us](mailto:cha@co.shasta.ca.us).

*Para asistencia en español, llame (530) 224-4879 o (530) 335-6701.*



## Putting healthy food within reach

