

## CalFresh Can Help You and Your Family.

- If you are the only person in your household, you can apply for CalFresh.
- If you work full-time, you and your family may still qualify for CalFresh.
- You can buy food at any grocery store or farmers' market that accepts EBT cards.
- You never have to pay back CalFresh benefits if you are eligible for them.

## How Much CalFresh Will Receive Each Month?

- The amount you get depends on your income, expenses, and family size.

## How Long Will It Take To Get CalFresh?

- If eligible, you will get your CalFresh within 30 days.
- You may get CalFresh in three days if you earn less than \$150 in the month you apply and if you have less than \$100 in cash. Ask your worker if you can get expedited services when you apply.

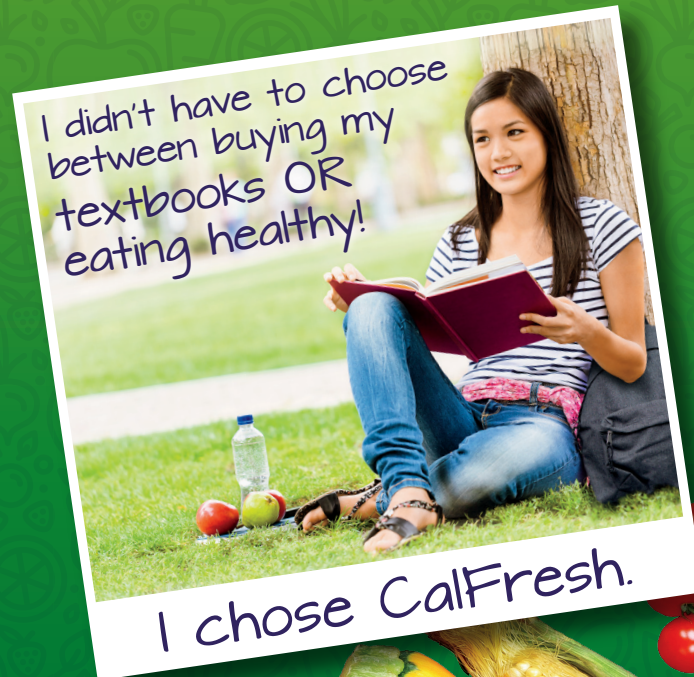
- People who get Supplemental Security Income/State Supplemental Payment (SSI/SSP) are not eligible for CalFresh, but other household members may be.

## You Still May Qualify For CalFresh If You:

- Earn money from a job.
- Get unemployment benefits.
- Get General Assistance/Relief.
- Get child support.
- Be part of CalWORKs.
- Get disability benefits.
- Have money in savings.
- Own certain retirement accounts.
- Have certain education savings accounts.

## What About Things I Own?

When you apply for CalFresh you may own a house, have cars, and still qualify. Ask your worker for more information.



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Director

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CalFresh provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet.

**Apply for CalFresh today at:**

[www.dpss.lacounty.gov](http://www.dpss.lacounty.gov)  
or, only within L.A. County,  
call (866) 613-3777

@LACoDPSS @LACo\_DPSS @LACo\_DPSS



# LET'S EAT, LA!





## What Should I Have When I Apply?

- **Identification** – You may bring a driver's license, an I.D. card, a health card, or other identification document.
- **Social Security Numbers** – Be ready to give your number and a number for all those persons for whom you are applying, if they have one.
- **For Non-U.S. Citizens** – Bring a resident alien card or other proof of immigration status.

## You May Also Need These:

- **Proof of Income** – Pay stubs, child support orders, and benefit statements.
- **Proof of Expenses** – Rent receipt or mortgage statement, utility bills (telephone, heat, gas/electricity and water/sewage/garbage), child care receipts, child support payments, and proof of other expenses.

## The Golden State Advantage Card

If you qualify for CalFresh, you will:

**Get** a plastic electronic benefit transfer (EBT) card and your Personal Identification Number (PIN). Your CalFresh benefits will be added to your account each month. (If you are homeless, you and your CalFresh worker will agree on how to pick up your EBT card.)

**Shop** at any grocery store or farmers' market authorized to accept EBT cards.

**Swipe** your EBT card, like an ATM card, in the ATM/debit/credit card machine at the checkout.

**Enter** your PIN. The amount you spend will be taken from your CalFresh account.

**Enjoy** healthy nutritious food for you and your family, and better food for better living.

If you are 60 years of age or older, homeless or disabled, you may be eligible to purchase prepared meals at certified restaurants in some counties.

## How Do I Apply?

You may apply:

- Online at [www.dpss.lacounty.gov](http://www.dpss.lacounty.gov)
- In person at your local district office
- By mail or fax

I didn't have to choose between my child's future OR fresh food.

I chose CalFresh.

## I Am an Immigrant. Can My Children and I Apply For CalFresh?

**Yes!** All children born in the U.S. can get CalFresh if they qualify, no matter where their parents were born. Parents may qualify if they have a valid social security number and meet certain other guidelines. Parents who do not qualify themselves should apply for their children born in the U.S.

## Eat Fruits and Vegetables and Be Active Every Day For Better Health!

CalFresh will stretch your food dollars. You can buy more fruit, vegetables, and other healthy foods for the whole family.

Eating more fruits and vegetables each day can help you and your family stay healthy.

- Eat fruit with breakfast.
- Eat fruits and vegetables as a snack.
- Buy fresh, frozen, canned, and dried fruits and vegetables at the grocery store or farmers' market.
- Place fruits and vegetables where you will see them and within easy reach.
- Be active every day to help you and your family stay healthy.

To find out more information about CalFresh, call (866)613-3777 today!

We didn't have to choose between paying bills OR feeding our family!

We chose CalFresh.

We didn't have to choose between our quality of life OR a healthy meal.

We chose CalFresh.