

CalFresh Work Requirements *Are Here!*



Starting **June 1, 2026**, if you get CalFresh and are between the ages of 18-64, you may need to meet **CalFresh work requirements** to keep your benefits longer than three months in a 36-month period, unless you are excused.

How can I be excused from work requirements?

You may not need to meet CalFresh work requirements if you are:

- Pregnant
- Resides in the CalFresh household with a child under 14.
- Identify as an Indian, Urban Indian or California Indian under the Indian Health Care Improvement Act (IHCA).
- Earning at least \$218 a week
- Caring for a child under six (6) or someone who is sick or disabled.
- Applying for or getting unemployment insurance, disability benefits or veterans' disability.
- Unable to work due to Domestic violence, Alcohol or Drug use or treatment.
- Going to school at least part time
- Participating in an Office of Refugee Resettlement training program for at least half time.
- Have a physical, mental or emotional health problem that prevents you from working an average of 20 hours per week (at least 80 hours per month) complying with CalWORKs Welfare-to-Work requirements.

What if I can't be excused from the work requirements?

You may need to do one of these approved work activities to keep your CalFresh benefits:

- Working or participating in CalFresh Employment & Training for at least 80 hours monthly
- Volunteering or doing community service for at least 80 hours monthly
- Participating in a Workfare program for a set number of hours based on your CalFresh benefits (fewer hours than other activities)

**If you cannot meet one of the work requirements contact the Department of Public Social Services
Customer Service Center at:**

(866) 613-3777 Monday-Friday 7:30 AM - 5:30 PM