

DO YOU NEED ASSISTANCE WITH FOOD? **GET CALFRESH**



Food Stamps allow you to access nutritious and healthy foods such as fruits and vegetables for you and your family

Requirements to apply:

- You must have at least one citizen or legal permanent resident with a social security number living in your household (including children).
- You may qualify for Cal-Fresh, even if you have a full- or part-time job. Your monthly income must be below the limits shown in the table.
- Seniors, those on SSI, or those with disability can apply and may be eligible for CalFresh
- You will need these documents apply: photo ID, social security card, proof of income, resident card (if applicable, receipt of rent, and receipt of one utility bill.

NEW GUIDE EFFECTIVE OCT 1, 2022 - SEPT 30, 2023

People in Household	Maximum Gross Monthly Income	Maximum Monthly Allotment Oct 1, 2022 - Sept 30, 2023	
1	\$2,266	1	\$281
2	\$3,052	2	\$516
3	\$3,840	3	\$740
4	\$4,626	4	\$939
5	\$5,412	5	\$1,116
6	\$6,200	6	\$1,339
7	\$6,986	7	\$1,480
8	\$7,772	8	\$1,691
Each additional person	+\$788	Each additional household member	+\$211

FOOD STAMP BENEFITS DO NOT AFFECT YOUR IMMIGRATION STATUS



For more information, contact:

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