

# CalFresh

## Education & Application Assistance Program Overview and Income Guidelines



### What is CalFresh?

CalFresh is a nutrition assistance program that helps income-eligible households including individuals who are currently employed, unemployed, or retired buy nutritious food they need to maintain a healthy lifestyle. Benefits are given on EBT cards (similar to ATM cards) and can be used at most grocery stores.

### Who qualifies?

Anyone who is a citizen, legal permanent resident, or visa holder can apply as long as income guidelines are met.



Household Size	Gross Monthly Income*
1	\$2,266
2	\$3,052
3	\$3,840
4	\$4,626

\* Effective Oct. 1, 2022. Does not apply to all households.



### Qualifications for Student Applicants

There are specific qualifications for students looking to receive CalFresh benefits.

#### Here are some of the ways students can qualify:

- Work at least 20 hours per week on average
- Be approved for Work-Study
- Be a recipient of Cal Grant A or B
- Be enrolled in a qualifying program including: WIOA, EOP, EOPS, CARE, Guardian Scholar, AB 12 Extended Foster Care, UC McNair, MESA, etc.
- Have a dependent between the ages of 0 and 5
- Have a dependent between the ages of 6 and 12 without adequate child care

#### Bring applicable documentation if available:

- Proof of identification (driver's license, passport, etc.)
- Social Security number (card not needed)
- Proof of income (pay stub, etc.)
- Student aid information and school registration
- Proof of participation in a specific student program
- Proof of rent (rent receipt, lease contract, etc.)
- Meal/housing plan verification

Call the Food Bank's CalFresh Outreach Team  
**Maria Lewis at 858-833-2587**  
**Irma Guerero at 858-833-2667**  
[SanDiegoFoodBank.org/Programs/CalFresh](http://SanDiegoFoodBank.org/Programs/CalFresh)

**See if you qualify!**  
 Scan this QR Code  
 with your phone  
 and fill out the form!

