**CALFRESH FACT SHEET**

YOUR LOGO HERE

CalFresh Food, formerly known as food stamps, is a program that can help you buy healthy food and manage your food budget. CalFresh Food benefits are giving through an electronic benefit transfer (EBT) card, which works like a debit card. Most grocery stores, corner stores, and farmers’ markets accept EBT. The amount of CalFresh Food benefits you receive depends on your income, expenses, and household size.

**Who is eligible for CalFresh?**

You must meet the following requirements to be eligible for CalFresh:

* U.S. citizens, legal residents, and some qualified immigrants
* Individuals or households with low or no income who meet other eligibility requirements
* Non-citizens can apply for other household members who are citizens or legal residents, such as children

**How do I apply for CalFresh?**

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| Hand holding a phone | **Phone:** Call the Customer Service Center (CSC) at 1-866-613-3777 and select “Apply to CalFresh” option. |
| Computer icon | **Online:** Apply online at [www.dpss.lacounty.gov](http://www.dpss.lacounty.gov) or [GetCalFresh.org](https://www.getcalfresh.org/). |
| Mailbox icon | **Mail:** Call the CSC at 1-866-613-3777 and ask for a CalFresh application to be mailed to you. Once you have filled out your application, mail it to your local Department of Public Social Services (DPSS) office. |

**What other information should I know?**

It can take up to 30 days to process your CalFresh application. In emergencies, a household may receive benefits within three (3) days from the date of their application. Call 1-866-613-3777 to learn more about this service. If you are a Supplemental Security Income/State Supplementary Payment (SSI/SSP) recipient and applying to CalFresh, make sure to report all your medical expenses to maximize your benefits. Medical expenses include medications, health and medical supplies, home health services, insurance co-payments, and others.

Visit the Department of Social Services website at [**dpss.lacounty.gov**](https://dpss.lacounty.gov) for questions and more information about CalFresh.