



CalFresh

A Supplemental Nutrition Program



Wellness - Healthy Living - Nutrition

CalFresh

WHAT IS CALFRESH?

Formerly known as SNAP (Supplemental Nutrition Assistance Program), CalFresh issues low-income individuals and families with monthly benefits via EBT (Electronically Benefit transfer) to purchase nutritious foods at most grocery stores.

WHO IS ELIGIBLE

- Who is eligible to apply?
 - Individuals or families (including homeless) with low-to no income
 - Supplemental Security Income (SSI) recipients
 - CalWorks or CAAP applicants
 - Students of higher education
 - Legal residents and qualified immigrants
 - Gross Income:
 - family (of 3) must have a grossly monthly income less than 200% of the federal poverty line, or \$3,840.
- To learn more click [here](#).

HOW TO APPLY

- Online
 - @ www.GetCalFresh.org
- Mail/Phone
 - call your country Department of Social Services (CDSS) Office or have an application mailed to you
 - return application to CDSS nearest you. Locate a local CDSS [here](#).
- In-Person
 - locate a CDSS nearest to you and apply at their office.



Products You May Buy With EBT

Include but are not limited to:



FRUIT & VEGETABLES

- frozen, fresh, canned



MEAT, POULTRY, & FISH

- frozen, fresh, canned



DAIRY PRODUCTS

- fresh or shelf-stabled



BREADS & CEREAL



OILS, SPICES, & SWEETNERS



COMPLEMENTARY FOODS

- baked goods, cake and brownie mixes, ice cream, beverages (water, soft drinks, vegetable juices)



SEEDS & PLANTS

- grow your own produce!

✗ Does NOT apply to the following:

- products with supplement facts labels, food that will be eaten in stores (includes prepared hot foods i.e. hot rotisserie chicken), alcohol, tobacco, pet food, cleaning supplies, personal care items, and other nonfood items.



Healthy

Staples at the Store



1 Lean Proteins

To keep you feeling full.

Egg/ Chicken Breast/ Salmon



2 Complex Carbs

High in fiber to support digestion & source of energy.

Sweet Potato/ Brown Rice/ Beans

3 Healthy Fats

Helps absorb certain nutrients & maintains good heart health.

Olive Oil/ Avocado, Nuts



Vegetables & Fruits



4

Produce

Provide necessary vitamins and minerals to keep our bodies functioning properly.



Food Packaging Claims

Follow this general guideline to help navigate claims:

"free"
item has the **least possible amount** of the specified nutrient



"very low & low"

item has a **little more** than foods labeled free

"reduced" or "less"

item has **<25% of a specific nutrient** than the regular product

"more," "fortified," "enriched," "added," "extra," or "plus"

item has **10% or more of the daily value than the regular products.**
May only be used for vitamins, minerals, protein, dietary fiber, and potassium





Market Match

Market Match is a nutrition program offered at several farmer's markets across California that allows CalFresh recipients to double their CalFresh Benefits with tokens to purchase sustainable and locally grown fruits and vegetables. With your EBT card, Market Match matches dollar-for-dollar, up to a set amount per market for any fruits and vegetables only.

BOOST your food-buying capabilities



LOCATE BOOTH

- locate information booth at the farmers market
- click [here](#) to see if your nearest farmers market offers a market match!

DOUBLE BENEFITS

- Staff will swipe your EBT for the amount of your choice (\$10-20/person) and you will receive tokens/vouchers to spend

SHOP

- Use tokens to shop for fruits/vegetables as you would with cash

Tokens are reimbursed to farmers at the end of the event.

