

May is CalFresh Awareness Month

CalFresh
STILL REACHING.
STILL FEEDING.

#ChooseCalFresh

**Apply for CalFresh at
BenefitsCal.com**



**Scan QR Code
to Apply**



BenefitsCal



CalFresh Awareness Month (CFAM) is an annual, month-long campaign each May dedicated to increasing public knowledge about the CalFresh Program and its vital role in reducing food insecurity. The campaign aims to educate media outlets, stakeholders, and the broader community on how CalFresh provides critical assistance to low-income individuals and families, helping them afford nutritious food that is essential to healthy and resilient communities.

The theme for 2026, ***“Still Reaching. Still Feeding,”*** focuses on maintaining access to nutrition assistance among eligible Californians while significant federal changes to CalFresh, including to CalFresh eligibility, are implemented across the state.

The Department will collaborate with the Department of Public Health, DCFS, and long-time community and faith-based organizations to implement the CFAM 2026 campaign. Other partners include the County Departments of Consumer and Business Affairs/Office of Immigrant Affairs, Economic Opportunity, Military & Veteran Affairs, Aging and Disabilities, LA Youth Commission, the Women, Infants and Children (WIC) program, local municipalities, and local community colleges and universities.

A particular focus will be placed this year on highly impacted populations, including certain non-citizens, seniors, parents without children under age 14, veterans and their family, the unhoused or displaced, and communities of color. The campaign’s outreach will emphasize the various ways to apply and where to learn more about federal changes to CalFresh eligibility requirements.

This toolkit is designed to help DPSS partners and stakeholders includes links to downloadable digital flyers for email and print distribution, and social media assets and captions in both English and Spanish that correspond to the target population for each asset.

DPSS appreciates that collaboration of all our partners to ensure that both current and potential CalFresh customers in Los Angeles County are aware of federal policy changes and what they can do to get and keep their CalFresh benefits.

DOWNLOAD ASSETS HERE

Please direct all questions about this toolkit to:

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CFAM 2026: “Still Reaching. Still Feeding” Social Media Captions

CF WORK REQUIREMENTS FOR PARENTS

ENGLISH	SPANISH
CalFresh eligibility rules have changed. DPSS is here to help you understand the changes. If the youngest child in your household is 14 or older, your participation in CalFresh Work Requirements can help you stay eligible for CalFresh benefits! Learn more at https://bit.ly/CFWorkRules. #choosecalfresh #cfam2026	Las reglas de elegibilidad para CalFresh han cambiado. El DPSS está aquí para ayudarle a entender estos cambios. Si la persona más joven en su hogar tiene 14 años o más, su participación en los Requisitos Laborales de CalFresh puede ayudarle a mantenerse elegible para los beneficios de CalFresh. Infórmese en https://bit.ly/CFNormasLaborales. #choosecalfresh #cfam2026

NON-CITIZENS

ENGLISH	SPANISH
CalFresh eligibility rules have changed. DPSS is here to help you understand the changes. Changes to CalFresh eligibility for certain non-citizens may mean a reduction or loss of benefits. Learn about additional food resources at https://dpss.lacounty.gov/en/food.html. #choosecalfresh #cfam2026	Las reglas de elegibilidad para CalFresh han cambiado. El DPSS está aquí para ayudarle a entender estos cambios. Los cambios en los requisitos de elegibilidad para CalFresh para ciertos no ciudadanos pueden implicar una reducción o pérdida de los beneficios. Obtenga más información sobre recursos alimentarios en https://dpss.lacounty.gov/en/food.html. #choosecalfresh #cfam2026

SENIORS/DISABILITY

ENGLISH	SPANISH
CalFresh eligibility rules have changed. DPSS is here to help you understand the changes. CalFresh households that include a person age 60+ or who is disabled, and whose heating and cooling costs are included in their housing costs may receive the Standard Utility Allowance to help maximize their CalFresh benefit. Learn more at https://bit.ly/CalFreshSUAS. #choosecalfresh #cfam2026	Las reglas de elegibilidad para CalFresh han cambiado. El DPSS está aquí para ayudarle a entender estos cambios. Los hogares beneficiarios de CalFresh que incluyan a una persona mayor de 60 años o con discapacidad, y cuyos gastos de calefacción y refrigeración estén incluidos en los gastos de vivienda, pueden recibir el Subsidio Estándar para Servicios Públicos para maximizar su beneficio de CalFresh. Obtenga más información en https://bit.ly/CalFreshSUAS. #choosecalfresh #cfam2026

FORMER FOSTER YOUTH

ENGLISH	SPANISH
CalFresh eligibility rules have changed. DPSS is here to help you understand the changes. Former Foster Youth ages 18-24 can stay nourished and supported with CalFresh by meeting new work requirements. A job, training, or volunteering can help you meet the work requirement. To get connected and learn more, visit https://bit.ly/CFWorkRules. #choosecalfresh #cfam2026	Las reglas de elegibilidad para CalFresh han cambiado. El DPSS está aquí para ayudarte a entender estos cambios. Los jóvenes entre 18 y 24 años que estuvieron en hogares de crianza pueden recibir alimentación y apoyo de CalFresh al cumplir con nuevos requisitos laborales. Un trabajo, capacitación o voluntariado pueden ayudarle a cumplir con estos requisitos. Para conectarse y obtener más información, visite la página web de https://bit.ly/CFNormasLaborales. #choosecalfresh #cfam2026

VETERANS

ENGLISH	SPANISH
CalFresh eligibility rules have changed. DPSS is here to help you understand the changes. Veterans ages 18-64 may receive CalFresh beyond 3 months in a 36-month period when they meet CalFresh Work Requirements. However, veterans with a disability or work limitations may be exempt and continue to receive CalFresh. To learn if you are exempt from work requirements, visit https://bit.ly/CFWorkRules. #choosecalfresh #cfam2026	Las reglas de elegibilidad para CalFresh han cambiado. El DPSS está aquí para ayudarle a entender estos cambios. Los veteranos de entre 18 y 64 años pueden recibir CalFresh durante más de 3 meses en un periodo de 36 meses si cumplen con los requisitos laborales de CalFresh. Sin embargo, veteranos con discapacidad o limitaciones laborales pueden estar exentas y seguir recibiendo CalFresh. Para saber si está exento de los requisitos laborales, visite https://bit.ly/CFNormasLaborales. #choosecalfresh #cfam2026

HOMELESS

ENGLISH	SPANISH
CalFresh eligibility rules have changed. DPSS is here to help you understand the changes. Unhoused persons may receive CalFresh beyond 3 months in a 36-month period when they meet CalFresh Work Requirements and qualify for the Restaurant Meals Program (RMP). However, those with disability or work limitations may be exempt and continue to receive CalFresh and access to RMP. To learn if you are exempt from work requirements, visit https://bit.ly/CFWorkRules. #choosecalfresh #cfam2026	Las reglas de elegibilidad para CalFresh han cambiado. El DPSS está aquí para ayudarle a entender estos cambios. Las personas sin hogar pueden recibir CalFresh durante más de 3 meses en un periodo de 36 meses si cumplen con los requisitos laborales de CalFresh y también califican para el Programa de Comidas en Restaurantes (RMP). Sin embargo, si tienen una discapacidad o limitaciones laborales pueden estar exentos y continuar recibiendo CalFresh y acceso al RMP. Para saber si está exento de los requisitos laborales, visite https://bit.ly/CFNormasLaborales. #choosecalfresh #cfam2026

LGBTQ

ENGLISH	SPANISH
CalFresh eligibility rules have changed. DPSS is here to help you understand the changes. No matter who you are or who you love, you deserve access to healthy food. Recent CalFresh changes may affect your eligibility. Get the details at https://bit.ly/KeepYourBenefits. Remember, if you have children age 5 and under and/or are pregnant, WIC can provide you with additional nutrition support. To apply for WIC, text "APPLY" to 91997. #choosecalfresh #cfam2026	Las reglas de elegibilidad para CalFresh han cambiado. El DPSS está aquí para ayudarle a entender estos cambios. Sin importar quién sea o a quién ame, ud. merece tener acceso a alimentos saludables. Los cambios recientes en CalFresh podrían afectar su elegibilidad. Obtenga más información en https://bit.ly/KeepYourBenefits. Recuerde, si tiene hijos o hijas menores de 5 años o está embarazada, WIC puede brindarle apoyo nutricional adicional. Para solicitar WIC, envíe un mensaje de texto con la palabra "APPLY" al 91997. #choosecalfresh #cfam2026



CALFRESH PROGRAM FACT SHEET



WHAT IS THE CALFRESH PROGRAM?

The name for California's Food Stamp Program is "CalFresh." This name change is a result of a State law. The purpose of this program is to promote and safeguard the health and well-being of low-income households (HH) by increasing their food purchasing power and raising their levels of nutrition. In California, the monthly CalFresh benefit is transferred to the HH's Electronic Benefits Transfer (EBT) card, known as Golden State Advantage card, and is issued when the HH's CalFresh application is approved.

WHO CAN GET CALFRESH?

Individuals or HHs whose income is low enough and meet other eligibility factors, can get CalFresh benefits. U.S. citizens, Legal Permanent Residents, and some qualified immigrants may receive CalFresh benefits. In California, beneficiaries of the Supplemental Security Income/State Supplementary Payment (SSI/SSP) are potentially eligible to receive CalFresh benefits as of June 1, 2019.

APPLICATION PROCESSING AND EXPEDITED SERVICE

CalFresh applications are processed within 30 calendar days. In emergency situations, a HH may receive CalFresh benefits within three days from the date of their CalFresh application. It is the Department of Public Social Services (DPSS) policy to issue expedited CalFresh benefits on the day of application, whenever possible. The HH must meet specified conditions which would render the HH's situation emergent (e.g., monthly gross income is less than \$150 and with less than \$100 cash on hand OR the HH's gross monthly income and liquid resources are less than their monthly rent/mortgage and utility costs.)

HOW MUCH CALFRESH BENEFITS CAN A HOUSEHOLD RECEIVE?

The amount of CalFresh benefits depends on the HH size, income, and expenses. The less income a HH receives, the more CalFresh benefits a HH can receive.

If a household has this many members ...	1	2	3	4	5	6	7	8
And makes less than this each month ... (gross income limit)	\$2,610	\$3,526	\$4,442	\$5,360	\$6,276	\$7,192	\$8,110	\$9,026
The household could receive up to this much in benefits:*	\$298	\$546	\$785	\$994	\$1,183	\$1,421	\$1,571	\$1,789

* Actual amount depends on HH's specific case situation

(Amounts Effective October 1, 2025, through September 30, 2026)

ELDERLY AND DISABLED HOUSEHOLDS

The gross income limit is not used to determine eligibility for HH that contain an elderly and/or disabled member. Instead, the net monthly income limit (gross income minus applicable deductions) is used to determine eligibility.

RESOURCES

Effective February 1, 2011, resources such as money and liquid resources are no longer counted when determining CalFresh eligibility for most HHs. The resource limit is \$3,000 and for HHs with an Elderly or Disabled member, the limit is \$4,500. If a HH is applying for cash aid (CalWORKs, General Relief or Cash Assistance Program for Immigrants [CAPI]) resources will be counted for those programs.

HOW TO APPLY



By calling the Customer Service Center 866-613-3777;



Online at www.benefitscal.com.



In person at any DPSS Office; or



By mail. Call the Customer Service Center at 866-613-3777 and ask for a CalFresh application to be mailed to you. Once you have filled out your CalFresh application, mail it to your local DPSS Office.