

# Attention Families!

## DON'T MISS OUT ON FOOD BENEFITS



### What is CalFresh Food?

CalFresh Food helps people with low-income buy the nutritious food they need for good health. Recipients can buy food at any grocery store or farmers market that accepts EBT.

### How do I know if I am eligible?

- Click, Call or Come in to your local county office.
- Complete an application – by phone, on-line, or in person.
- Complete an interview – by phone or in person.
- Provide proof of income and expenses, if needed.
- The county will determine your eligibility in 30 days or less.

### Families + CalFresh =

- Nutritious, kid-friendly lunches
- Meals prepared at home that the whole family will enjoy
- Less time worrying about getting food on the table and more time spent with family!



Click  
**GetCalFresh.org** to  
apply online



Call **1-877-847-3663** (FOOD)



Come in/find an office  
**CalFreshFood.org**