

To Qualify

- **Shasta County resident**
- **U.S. citizen or legally admitted non-citizen**
- **Social Security number**
- **Meet income limits**

Need Help Now?

Apply for **Expedited Services** in order to receive CalFresh benefits within three (3) working days.

To qualify, households must:

- Have gross monthly income less than \$150 and have \$100 or less in cash resources, **or**
- Your household's housing costs (rent/utilities) are more than your monthly gross income and cash resources, **or**
- You are a migrant or seasonal worker household with less than \$100 in cash resources and 1) your income stopped, or 2) your income has started but you do not expect to get more than \$25 in the next 10 days.

Regional Offices

Downtown Redding Center
1220 Sacramento St., Redding
(530) 229-8441

Enterprise Regional Office
2757 Churn Creek Rd., Redding
(530) 224-4200

Anderson Regional Office
2889 East Center St., Anderson
(530) 378-1146 or 229-8200

Shasta Lake Regional Office
4216 Shasta Dam Blvd., Shasta Lake
(530) 275-7500

Burney Regional Office
36911 Main St., Burney (Hwy. 299 E)
(530) 335-5576 or (877) 935-5576

Eligibility & Employment Services, Cascade
2640 Breslauer Way, Redding
1-877-652-0731

Need help applying? Community Health Advocates (CHA's): can help with applications and make home visits when necessary. Call one of the locations above to make an appointment. *Para asistencia en español llame 224-4879 o 335-6701. For help in Mien, call 229-8216.*



Putting healthy food within reach



Using CalFresh benefits is simple!

JUST USE YOUR EBT CARD

Buying healthy food has never been easier!

What is CalFresh?

The largest anti-hunger program in California, CalFresh (formerly known as the Food Stamp Program) helps people with low or no income purchase healthy food.

Can I get CalFresh?



To get CalFresh benefits, your income must be under certain limits. Recent changes make it easier to qualify. You may qualify now, even if you've been turned down in the past.

Can I qualify if I work?

Own a house? Own a car?

Yes. Many people who qualify for CalFresh work and own property. There is a limit to what you can earn, but not all income is counted. Find out if you qualify today.

How do I apply?

Applying for CalFresh is easy!

- Call the Customer Service Center at **1-877-652-0731**
- Start your application online at **C4Yourself.com**
- Visit a Regional Office (on back)

How does it work?

The amount of CalFresh benefits that you can get depends on the number of people in your home, your income and any allowable deductions. Benefits come on an electronic EBT card that is used like a bank card and accepted at most grocery stores. You can use your EBT card to buy food like bread, cereal, fruit, vegetables, meat, fish, poultry and dairy products.



CalFresh benefits can also be used to buy seeds and plants to grow your own food.

What kind of proof must I show?

You'll need to bring these items to your interview:

Identification: Picture ID, Social Security card or number, birth certificate, wage stubs, or other ID.

Income: Proof of all income, including wages, child support, etc.

Deductions/Exclusions: Proof of child care expenses, rent receipts, etc. If you are paying child support, bring proof of payment and court order.



Every day families in Shasta County struggle to provide their families with healthy food. Layoffs, fewer work hours and higher costs for basic items are forcing working families to find other ways to stretch their food budgets.

Redding resident Adriana S. is one such person. Adriana and her husband Scott have two children and both work full-time. When Scott's hours as a carpenter were reduced to part-time, putting food on the table became a much bigger challenge.

"It's such a tough time right now," says Adrianna. "We've never had any trouble providing for our family. We work so hard. It's difficult accepting help, but it's what's keeping us going right now. The extra \$200 we get through CalFresh really helps."



1-877-652 0731 or C4Yourself.com