



Health and Human Services Agency

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Regional Services

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Are You Eligible for Food Assistance?

The questions and income chart below can help you learn if you might be eligible for CalFresh (formerly Food Stamps). Only a Shasta County Eligibility Worker can tell for sure if you qualify for CalFresh benefits. For more information call 1-877-652-0731 to speak with a qualified worker.

Is anyone in your household a resident of Shasta County?

_____ Yes _____ No

Is anyone in your household a U.S. citizen or a legal, non-citizen?

_____ Yes _____ No

Is there at least one household member not receiving SSI/SSP?

_____ Yes _____ No

Is your household's monthly gross income within the following chart amounts?

_____ Yes _____ No

** Monthly gross does not apply to CalFresh households with an individual over age 60 or permanently disabled.*

Household size	1	2	3	4	5	6	7	+1
Monthly Gross Income	\$1,265	\$1,705	\$2,144	\$2,584	\$3,024	\$3,464	\$3,904	\$440

If you answered "yes" to all the above questions, you may be eligible for CalFresh benefits. If you are unsure of any of your answers or would like more help, please call 1-877-652-0731.

To start an application for CalFresh:

- Call the Customer Service Center toll-free at 1-877-652-0731
- Apply online at C4Yourself.com

Frequently Asked Questions

What is CalFresh (formerly the Food Stamp Program)?

CalFresh provides low-income households with an Electronic Benefits Transfer (EBT) card they can use at most grocery stores to ensure they have access to a healthy food. CalFresh benefits are not intended to meet a family's entire food need.

What are the minimum requirements?

- U.S. citizen or legally admitted non-citizen
- Resident of Shasta County
- Have a Social Security card or number
- Meet income limits

What are the income limits?

The current maximum gross limit is \$1,265 for a household of 1; the current maximum net income limit is \$973 for a household of 1. Net income is 80% of gross income minus a percentage of verified expenses (rent/utilities, dependent care, child support payments, etc.).

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.

What is the amount of CalFresh benefits I could receive?

The amount of benefits is determined by the number of persons in the household, income to the household and any allowable deductions. The minimum benefit for one person is \$16; the maximum for one person is \$194.

What foods can I buy with my EBT card?

You can buy foods for the household including: breads, cereals, fruit, vegetables, meat, fish, poultry, dairy products, as well as, seeds and plants to produce food.

What should I bring to my interview?

Identification:

Picture ID, Social Security card or number

Income:

Proof of all income, including earned and unearned income, child support, etc.

Deductions/Exclusions:

Receipts for rent, child care, etc.

If you are paying child support, proof of payment and court order.

Questions? Call 1-877-652-0731 or visit

www.shastahhsa.net