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.

Regional Offices

<table>
<thead>
<tr>
<th>Office</th>
<th>Address</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Downtown Redding Center</td>
<td>1220 Sacramento St., Redding</td>
<td>(530) 229-8441</td>
</tr>
<tr>
<td>Enterprise Regional Office</td>
<td>2757 Churn Creek Rd., Redding</td>
<td>(530) 224-4200</td>
</tr>
<tr>
<td>Anderson Regional Office</td>
<td>2889 East Center St., Anderson</td>
<td>(530) 378-1146 or 229-8200</td>
</tr>
<tr>
<td>Shasta Lake Regional Office</td>
<td>4216 Shasta Dam Blvd., Shasta Lake</td>
<td>(530) 275-7500</td>
</tr>
<tr>
<td>Burney Regional Office</td>
<td>36911 Main St., Burney (Hwy. 299 E)</td>
<td>(530) 335-5576 or (877) 935-5576</td>
</tr>
</tbody>
</table>

Need Help Now?
All clients are screened 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.

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.
What is CalFresh?
The largest anti-hunger program in California, CalFresh 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.

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)

What qualifications must I meet?
- Shasta County resident
- U.S. citizen or legally admitted non-citizen
- Social Security number
- Meet income limits

Where can I use my benefits?
EBT benefits can be used at any grocery store that accepts them. CalFresh benefits can also be used at local farmer’s markets to buy fresh food as well as seeds and plants to grow your own food.