

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.



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.

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

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 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. The best way to see if you're eligible is to fill out a CalFresh application.

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**



What kind of proof must I show?

In your initial interview, you are only required to bring a form of identification.

Acceptable options are: Picture ID, Social Security card or number, birth certificate, wage stubs, or other ID.

After your initial interview, you may be asked to bring in other documentation. You will work personally with your eligibility worker to determine other necessary documents.

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.



1-877-652 0731 or C4Yourself.com