



CalFresh can help you live a healthy life

## The FACTS about CalFresh . . .

- CalFresh (also known as Food Stamps or SNAP) helps people with limited income buy healthy food.
- CalFresh benefits are deposited to your Electronic Benefit Transfer (EBT) card. It is private and works like a debit card. It can be used at grocery stores and farmer's markets.
- CalFresh is a nutrition program like WIC (Women Infants and Children) or free lunches at school, not a welfare program. The taxes you have paid help fund CalFresh.

## WHO CAN GET CALFRESH?

- You **can** get CalFresh even if you get money from a job, disability, unemployment, Social Security, CalWORKs, General Assistance or retirement.
- If you get SSI (Supplemental Security Income) you are not eligible for CalFresh. **However, your family members may be eligible.**
- To qualify, **at least one household member** must be an eligible immigrant or citizen. That person can be a child.
- If you are an immigrant and receive CalFresh benefits it will not affect your ability to become a US citizen or legal resident. Sponsored immigrants may also be eligible.
- Single people and couples without children may get CalFresh.
- Many college students can get CalFresh if they meet student requirements.

## WHAT ELSE SHOULD YOU KNOW ABOUT CALFRESH?

- On average, households helped by Food Bank get more than \$250 per month to buy nutritious food.

# WHAT ELSE SHOULD YOU KNOW ABOUT CALFRESH?

(continued)

- You can own your home, a car, have savings and still be eligible. You do not need to report CalFresh on your tax return.
- CalFresh is not a loan. You do not need to pay back benefits that you receive, unless you are overpaid.
- CalFresh is intended to make sure that you and your family can get the nutritious food you need to live a healthy life. CalFresh is safe, free and confidential and it **will not** harm your children:
  - Children **will not** have to serve in the military
  - Children **will not** have to pay it back
  - Children **will not** be taken away from you
- There are plenty of CalFresh benefits for everyone!



**If you have applied for CalFresh before and were denied, you should try again. New laws have passed to make it easier.**

**Find out if you are eligible for CalFresh.  
Call Foodbank of Santa Barbara County  
805-967-5741 ext. 115**

