

# COUNTY OF SAN MATEO

## HUMAN SERVICES AGENCY

### CALFRESH FACTS

<b>What is CalFresh?</b>	<p>CalFresh (Food Stamps) provides monthly food benefits for individuals and families with low-income.</p> <ul style="list-style-type: none"> <li>Generally, recipients must have gross income below 200% Federal Poverty Level (FPL) and net income below 100% FPL.</li> <li>Income limits and benefit levels are based on household size.</li> </ul>
<b>How are CalFresh benefits issued?</b>	<p>CalFresh benefits are issued monthly to eligible households via an Electronic Benefit Transfer (EBT) card. An EBT card works similarly to a debit card.</p>
<b>Where can CalFresh benefits be used?</b>	<p>EBT cardholders can use CalFresh benefits at many grocery chain stores and neighborhood stores in San Mateo County as well as in most Farmers' Markets. Customers use their EBT card like a debit card on devices called point-of-sale terminals. In addition, certain retailers allow for online EBT purchases.</p>
<b>What items can be purchased with CalFresh?</b>	<p>Households can use CalFresh benefits to buy food to eat, such as:</p> <ul style="list-style-type: none"> <li>Fruits and vegetables</li> <li>Breads and cereals</li> <li>Beans and other legumes</li> <li>Meat, fish, and poultry</li> <li>Milk and other dairy products</li> </ul> <p>Households can also use CalFresh benefits to buy seeds and plants, which produce food to eat.</p>
<b>What items cannot be purchased with CalFresh?</b>	<p>Households CANNOT use CalFresh to buy:</p> <ul style="list-style-type: none"> <li>Any nonfood items, such as: <ul style="list-style-type: none"> <li>Pet food</li> <li>Toilet paper</li> </ul> </li> <li>Tobacco and alcohol</li> <li>Vitamins and medications</li> <li>Hot prepared meals or food that will be eaten in store</li> </ul>
<b>Who can benefit from CalFresh?</b>	<p>An individual, a family, or a group of people that live, buy, and prepare their food together and who:</p> <ul style="list-style-type: none"> <li>Meet the income limits,</li> <li>Are residents of San Mateo County, and</li> <li>At least one individual meets citizenship requirement such as: <ul style="list-style-type: none"> <li>Legal Permanent Resident</li> <li>Naturalized Citizen</li> <li>U.S. Citizen</li> </ul> </li> </ul>
<b>I am not a U.S. Citizen. Am I eligible for CalFresh?</b>	<p>You may be eligible if you are a <i>qualified</i> immigrant. This includes lawful permanent residents (those who hold a "green card"), those with refugee or asylum status, conditional entrants, people granted withholding of deportation or removal, Cuban/Haitian entrants, and certain victims of domestic violence. Victims of human trafficking (applicants for and holders of a "T" visa, and applicants for and holders of a "U" visa) may also be eligible.</p> <ul style="list-style-type: none"> <li>Your immigration status is only used to check whether you are eligible for CalFresh.</li> <li>Immigrants with sponsors may qualify for CalFresh, depending on sponsors income and resources.</li> </ul>

- If you are *not* eligible, your children may still be eligible. You may apply for your children if they were born in the United States (U.S.) or have legal residency in the United States. You may still need to show proof of income to determine eligibility.

*Example 1: A married undocumented couple is applying for CalFresh with their 2 U.S. born children ages 5 and 7. Due to the couple having a non-qualified immigration status, only the 2 U.S. born children will be eligible to receive CalFresh benefits. The married couple is still responsible to comply with all program requirements.*

*Example 2: A Legal Permanent Resident (LPR) mother is applying for CalFresh with her LPR child aged 10. Both mother and child would be eligible for CalFresh if all program requirements are met. Note: If individuals are sponsored, a family may be subject to add the income/resources of the sponsor(s) to determine the eligibility.*

Please contact your local Human Services Agency office for more information.

**What are the application processing timeframes?**

Regular applications are processed within a 30-day timeframe unless the household is eligible for Expedited Services (ES).

**What is Expedited Services (ES)?**

A household is eligible to receive CalFresh benefits within 3 calendar days if the household meets **one** of the following criteria:

- Households monthly gross income is less than \$150, and household has \$100 or less in liquid resources; or
- Households whose combined monthly gross income and liquid resources are less than the household’s monthly rent or mortgage and utilities; or
- Households with migrant or seasonal farmworkers and have \$100 or less in liquid resources.

**Gross and Net Income Limits**

Income is considered when determining CalFresh eligibility. Income includes things such as, earnings from a job, unemployment benefits, disability benefits, self-employment income, retirement benefits, child or spousal support, and other means of income or support.

- Generally, households must have monthly gross income below the Gross Income Limit of 200% FPL.
- All households must have monthly net income below the Net Income Limit of 100% FPL.
  - Net income is monthly income after expenses are taken into consideration.
- Monthly gross and net income limits are based on the number of people in the household.

Note: Households that include an elderly (age 60 or older) and/or disabled member are not subject to the CalFresh Gross Income limit, however they must still meet the CalFresh Net Income Limit.










Household Size	200% FPL	100% FPL	CalFresh Maximum Allotments
	(Effective 10/1/24 – 9/30/25)	(Effective 10/1/24 – 9/30/25)	(Effective 10/1/24 – 9/30/25)
1	\$2,510	\$1,255	\$292
2	\$3,408	\$1,704	\$536
3	\$4,304	\$2,152	\$768
4	\$5,200	\$2,600	\$975
5	\$6,098	\$3,049	\$1,158
6	\$6,994	\$3,497	\$1,390
7	\$7,890	\$3,945	\$1,536
8	\$8,788	\$4,394	\$1,756
Each Additional Person	Add \$898	Add \$449	Add \$220

**Expenses and Deductions**

When determining whether a household is CalFresh eligible, initially a household needs to meet the gross income limit. After a household meets the gross income limit, expenses will be deducted from a household’s gross income to determine if a household meets the CalFresh net income limit which determines a household’s monthly allotment.

CalFresh expense types include:

- Shelter expenses

	<ul style="list-style-type: none"> <li>• Utility expenses</li> <li>• Dependent care expenses</li> <li>• Medical expenses</li> </ul>						
<p><b>Resources</b></p>	<ul style="list-style-type: none"> <li>• Resource limits vary according to household composition.</li> <li>• Only certain households are required to meet the established resource limits.</li> </ul> <table border="1" data-bbox="331 258 1539 422"> <tr> <td data-bbox="331 258 992 338">Households that include at least one member that is elderly (age 60 or older) and/or disabled</td> <td data-bbox="992 258 1539 338" style="text-align: center;"><b>\$4,500</b></td> </tr> <tr> <td data-bbox="331 338 992 422" style="text-align: center;">All other households</td> <td data-bbox="992 338 1539 422" style="text-align: center;"><b>\$3,000</b></td> </tr> </table>	Households that include at least one member that is elderly (age 60 or older) and/or disabled	<b>\$4,500</b>	All other households	<b>\$3,000</b>		
Households that include at least one member that is elderly (age 60 or older) and/or disabled	<b>\$4,500</b>						
All other households	<b>\$3,000</b>						
<p><b>I'm in another program, can I get CalFresh?</b></p>	<p>If you are enrolled in one of the following programs, you may also qualify for CalFresh:</p> <ul style="list-style-type: none"> <li>• Medi-Cal</li> <li>• SSI/SSP</li> <li>• CalWORKs</li> <li>• Foster Care</li> <li>• Cash Assistance Program for Immigrants (CAPI)</li> <li>• Refugee Cash Assistance (RCA)</li> <li>• Women, Infants, and Children (WIC)</li> </ul>						
<p><b>Verifications</b></p>	<p>The county may ask you for verifications for any of the following:</p> <ul style="list-style-type: none"> <li>• Identity</li> <li>• Income</li> <li>• Immigration status of any non-U.S. Citizen applying for benefits</li> <li>• Residency</li> <li>• Social security number</li> <li>• Resources</li> <li>• Shelter/utility expense</li> <li>• Medical expense</li> </ul>						
<p><b>Interview language</b></p>	<p>Applicants may be interviewed in the following languages: English, Spanish, and others, if necessary.</p> <p>Also Available:</p> <ul style="list-style-type: none"> <li>• Teletypewriter (TTY)</li> <li>• Providing forms in alternate format such as large font.</li> </ul>						
<p><b>Your rights</b></p>	<p>When you apply for CalFresh, whether you are eligible or not, you have the right to be treated with courtesy, consideration, and respect.</p> <p>The Human Services Agency will not discriminate against anyone because of race, color, national origin, political affiliation, religion, age, sex, marital status, sexual orientation, or condition of physical or mental disability.</p>						
<p><b>How to apply</b></p>	<p>You can apply for CalFresh by any of the following methods:</p> <table border="1" data-bbox="321 1682 1539 2053"> <tr> <td data-bbox="321 1682 428 1780" style="text-align: center;"></td> <td data-bbox="428 1682 1539 1780">Apply <b>Online</b> at: <a href="http://benefitscal.com">benefitscal.com</a></td> </tr> <tr> <td data-bbox="321 1780 428 1885" style="text-align: center;"></td> <td data-bbox="428 1780 1539 1885">Apply by <b>Phone</b> by calling the Service Center toll-free at 1 (800) 223-8383</td> </tr> <tr> <td data-bbox="321 1885 428 2053" style="text-align: center;"></td> <td data-bbox="428 1885 1539 2053">Apply by <b>Mail</b> by mailing an application to:  Attn: CalFresh Application 400 Harbor Blvd. Bldg. B Belmont, CA 94002</td> </tr> </table>		Apply <b>Online</b> at: <a href="http://benefitscal.com">benefitscal.com</a>		Apply by <b>Phone</b> by calling the Service Center toll-free at 1 (800) 223-8383		Apply by <b>Mail</b> by mailing an application to:  Attn: CalFresh Application 400 Harbor Blvd. Bldg. B Belmont, CA 94002
	Apply <b>Online</b> at: <a href="http://benefitscal.com">benefitscal.com</a>						
	Apply by <b>Phone</b> by calling the Service Center toll-free at 1 (800) 223-8383						
	Apply by <b>Mail</b> by mailing an application to:  Attn: CalFresh Application 400 Harbor Blvd. Bldg. B Belmont, CA 94002						



Apply by **Fax** by faxing an application to:

(650) 654-8885



Apply **In-person** at a Human Services Agency Office:

Northern Region

271 - 92nd Street  
Daly City, CA 94015  
(650) 301-8440

Central Region

400 Harbor Blvd. Bldg. B  
Belmont, CA 94002  
(650) 802-6470

Southern Region

2500 Middlefield Road  
Redwood City, CA 94063  
(650) 599-3811

2415 University Avenue 3<sup>rd</sup> Floor  
East Palo Alto, CA 94303  
(650) 363-4175

Offices are open Monday – Friday, 8:00AM – 5:00PM



Apply by calling **Second Harvest of Silicon Valley** at 1 (800) 984-3663

***This Fact Sheet is not to be used as a substitute for federal/state CalFresh regulations.***