

Want to apply for CalFresh and Medi-Cal?

Bringing these documents makes applying easy:

CalFresh

- ☐ Proof of Identity
- ☐ Proof of any income
- ☐ Proof of immigration status (for non-citizens)
- ☐ Proof that you meet or are exempt* from work requirements

(See reverse side for more details.)

These documents are optional but can increase your benefit amount:

- ☐ Proof of child support paid
- ☐ Proof of medical expenses (if you are 60+ or disabled)

*You will be screened for exemptions from CalFresh work requirements during the application. However, if you believe you may qualify for an exemption, you may provide:

- Medical verification of a physical or mental condition
- Proof of enrollment in a school or training program at least half-time
- Proof of disability benefits (workers' compensation, SSI/SSP, or state disability benefits)

Medi-Cal

- ☐ Proof of California residency
- ☐ Household income (earned and unearned)
- ☐ Proof of immigration status (for non-citizens)
- ☐ Tax filing status (for everyone in your household)

Note: These verifications may be required if you are Aged, Blind or Disabled, or if you are receiving Medicare:

- ☐ Proof of property (bank statements, vehicle registrations, real estate, life insurance, trust)

How to Keep Your CalFresh Benefits

Work requirements will affect CalFresh recipients beginning June 1, 2026. This new rule will apply at your next CalFresh renewal or if you apply after June 1, 2026. You can meet these work rules in one of three ways.

1

You make \$217.50 per week.

As long as you are employed and can prove that you are making \$217.50 per week, you meet all CalFresh work requirements.

*If you are between the ages of 60 and 64, this option does not apply to you.



Need additional food resources?
Call 2-1-1.

2

You are excused from work requirements.

Exemptions include those who are:

- Under 18 years old
- 65 years or older
- Pregnant
- Disabled
- Caring for a child under 14 years old
- Caring for someone with a disability
- Getting or applying for unemployment benefits
- Getting or applying for disability benefits from any source
- In a drug or alcohol abuse treatment program
- And more

3

You are working, volunteering, in career training or school for 20 hours a week or 80 hours a month.

You may combine these options to reach the 20 hours per week or 80 hours per month total.

Worried you're not meeting these work requirements?

You have options.

Speak to your worker today.