



Need Extra Money For Groceries?

CalFresh is a food assistance program that provides qualifying individuals and families with money to purchase groceries. CalFresh benefits are loaded onto an EBT debit card each month and can be spent at most grocery stores and farmers' markets. Reference the income chart to see if your household is eligible for CalFresh benefits.

Learn how to apply and receive benefits in three easy steps:

1. Go to: feedingsandiego.org/calfresh
2. Review your options to apply: work with a trained CalFresh specialist or apply on your own.
3. Receive your EBT card in the mail. It will be reloaded monthly with your CalFresh benefits!

Household Size	Gross Monthly Income	Maximum Monthly CalFresh Benefit
1	\$2,266	\$281
2	\$3,052	\$516
3	\$3,840	\$740
4	\$4,626	\$939
5	\$5,412	\$1,116

For questions, call our CalFresh team: 858.863.6635

Need immediate food assistance? Go to feedingsandiego.org/find-food to locate the free food distribution closest to you.

Scan to apply

