



## Get more out of your grocery\* trip

Keep your family happy and healthy with benefits from CalFresh



### Here is how the CalFresh benefits work:

#### It's just like a debit card.



At checkout, swipe your EBT card, choose EBT Food, enter your PIN, and ... done!



Funds are automatically reloaded each month.

#### Use it where you already buy food.



Accepted at grocery chains, convenience stores, dollar stores, many farmers markets, and more.



Use it online for grocery pickup or delivery at most of your favorite stores.



Enter your zip code in the EBT locator to see places near you that accept CalFresh.  
<http://ebt.ca.gov/locator>



\*Excludes hot or prepared foods and non-food paper products Program benefits continued on back.  
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## Learn more about CalFresh benefits today.

## Did you know?

CalFresh works alongside your other Veterans' benefits to give you a bigger budget to buy the healthy, fresh food you and your family need.



### Once you're signed up, keeping your benefits is easy.

#### Prevent your benefits from expiring:



#### **Every 6 months:** Submit an Eligibility Report.

You'll be asked to report any relevant changes, report income from the past month, and attach any proof to support your responses.



#### **Every year:** Renew your benefits.

### Research shows that programs like CalFresh can:



#### **Happy**

- **Lower stress:** When parents aren't stressed about money for food, neither are kids! <sup>1</sup>
- Help kids' **emotional, physical, and social development.** <sup>2</sup>



#### **Healthy**

Help you buy **more nutritious food** every month. <sup>2</sup>



#### **Successful**

**Keep kids focused** so they can do their best in school. <sup>2</sup>

<sup>1</sup> <https://www.apa.org/pi/ses/resources/indicator/2012/06/household-food-insecurities>  
<sup>2</sup> <https://www.cbpp.org/research/food-assistance/snap-works-for-americas-children>

**Have questions or need assistance?**



**In Person** at a county or CalFresh Outreach office  
<http://calfresh.dss.ca.gov/food/officelocator/>

**Online:** [CalFreshFood.org](http://CalFreshFood.org)  
(Link to apply can be found here)  
**By Phone:** 1-877-847-3663



**Learn more about CalFresh at [CalFreshFood.org](http://CalFreshFood.org)**

