

CalFresh Outreach Basics

Program Basics

Use CalFresh benefits to purchase fresh food and items that contain a nutrition label.

This includes fruits, vegetables, canned goods, dairy products, rice, bread, nuts, seeds and plants to grow food. This can be purchased at participating EBT and farmers' market locations.

Things to note:

- There are certain items that cannot be purchased with CalFresh. That includes hot and ready prepared foods, alcohol, tobacco products, pet food, hygiene products, vitamins, medicines, dietary supplements and other non-food items.
- CalFresh benefits cannot pay for grocery bag fees, however many grocery stores offer free bags to CalFresh recipients.
- Hot and prepared foods can be purchased at participating restaurants by households who have special circumstances and meet the requirement to participate in the [Restaurant Meals Program](#)

How benefits are loaded

Before purchasing items, you must have benefits loaded to your EBT card.

Benefits are loaded onto an Electronic Benefits Card (EBT) as shown below. Benefit funds will be added to the client's EBT card on a monthly basis. Any benefits not used during the month will roll over to the next month:



California State University **Chico**
Center for Healthy
Communities