

CalFresh Outreach Basics

CalFresh Eligibility

There are a few factors that go into determining CalFresh eligibility.

Household

Who is in the CalFresh household determines whose income to count and the amount of benefits the household receives.

There can be more than one CalFresh household under the same roof. A household under CalFresh is determined by who buys food and makes meals together. This can include a person living alone, living with a housemate or with a group of people.

A student who buys and prepares most of their meals separately from those who they live with are considered a household of their own.

Mandatory Households: These are individuals that must apply together

- A married couple who are living together
- Person under 22 years old living with their biological, adoptive or stepparent(s)
- An unmarried couple living together with a common child

Income

Why is it important to report your income?

All income counts when determining CalFresh eligibility. It's important to report all income, whether the income is earned through a job or not.

Citizenship

CalFresh is a federal program and only available to U.S. citizens, permanent residents and qualifying non-citizens who are:

- Lawful Permanent Resident/Green Card holder for any length of time
- T-Visa or U-Visa holder or applicant
- Asylee or refugee
- Violence Against Women Act (VAWA) relief applicant
- Parolee for at least one year or Ukrainian parolee for any length of time
- Afghan entering with Special Immigrant VISA (SIV), Special Immigrant (SQ/SI) Parole, or other forms of humanitarian parole
- Cuban or Haitian entrant
- Hmong/Laotian or American Indian born in Canada

Things to note

Some of the statuses above will either need to meet additional requirements or will be exempt from meeting them.

People who can't qualify for CalFresh:

- Individuals under DACA and DREAM, even with a work VISA/Social Security Number
- International students



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