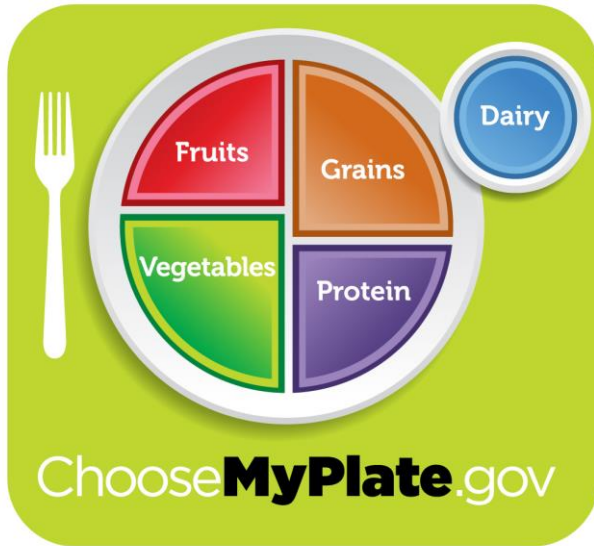


**Eat Healthy and Be Active
Everyday for Better Health**



CalFresh expands your ability to eat a variety of healthy foods. ChooseMyPlate.gov shows you how to choose foods to eat for a healthy diet.



Be physically active! Walk, jog, dance, or play with your kids at least 30 minutes a day. Watch your weight! Choose lower fat foods like fruits, vegetables, and skim milk. Drink plenty of water! Limit sweets and fats.

CalFresh Application Locations

Open Monday thru Friday
8:00 a.m. – 5:00 p.m.

Community Services Agency
251 East Hackett Rd.
Modesto, CA

Community Services Agency
Hughson Office
2413 3rd Street
Hughson, CA

Community Services Agency
1310 W. Main St
Turlock, CA

Community Services Agency
West Modesto Office
401 Paradise Rd. Suite E
Modesto, CA

Community Services Agency
East County Service Center
1405 W. F. St. Suite I
Oakdale, CA

Community Services Agency
Scenic Outstation
1030 Scenic Drive
Modesto, CA

Community Services Agency
West Side Service Center
101 W. Las Palmas Ave
Patterson, CA



Sponsored by the Stanislaus County
Board of Supervisors



Good Nutrition Starts With You

CalFresh Can Help

*Just one of the many reasons
to find out if you qualify for*



What is the CalFresh Program?

The CalFresh program (formerly known as Food Stamps and federally known as SNAP - Supplemental Nutrition Assistance Program) helps single people, the elderly, and families who have little or no income to buy food.

Note: People who get SSI/SSP are not eligible for CalFresh but other household members may be.

How do I get CalFresh?

Every situation is different. To know whether your family is eligible or to learn more about the CalFresh program:

- Visit www.C4Yourself.com
- Call (877) 652-0734
- Submit an application by mail
- Come to one of the CalFresh Application Locations

You may authorize a relative or friend to apply for you or talk to your worker about your case.

Can I get CalFresh just for myself if I live with my family or with others?

People who live together and buy and prepare meals together are grouped as a household. Husbands, wives and most children under age 22 must be in the household.



Is CalFresh cash?



No. CalFresh is accessed through an electronic account similar to an ATM card.

What do I need to provide when I apply?

- **Identification** – Driver's license, an I.D card, health card, or other identification document
- **Social Security Numbers** – Your number and a number for those who live in your household (if they have one)
- **Proof of income** – Pay stubs, child support orders, and benefit statements
- **For legal non-US citizens** – Resident alien card or other proof of immigration status

You can also provide proof of child care payments, child support payments, and other expenses.

If you are you are 60 years or older or if you have a disability, you can provide copies of your medical expenses.

Can legal Non-Citizens get CalFresh?

You might be able to get CalFresh. Talk with a CalFresh worker about this. Even if you can not get it, other family members may be able to get CalFresh. Receiving CalFresh does not count against you if you want to become a citizen.



How many assets can I have?

As of 02/01/2011, the property you own will not affect your eligibility for most CalFresh households, even if you have a house(s), car(s), cash, money in the bank or other financial institutions, personal belongings, or other assets.

How much income can I have?

Most types of income are counted. Gross income means income before any deductions. Net income means gross income minus allowable deductions. There are income limits.

What if I have more questions?

Visit www.C4Yourself.com or call your local CalFresh office at (877) 652-0734.

Other Resources to Help You Apply or Answer Questions

Center for Human Services CalFresh Assistance Locations

Ceres Partnership for Healthy Children
2908 4th St.
Ceres, CA 95307
Phone (209) 541-0101
Fax (209) 541-0909

Newman Family Resource Center
1300 Patchett Dr.
Newman, CA 95360
Phone (209) 862-0295
Fax (209) 862-3754

Oakdale Family Resource Center
631 W. F Street
Oakdale, CA 95361
Phone (209) 847-0420
Fax (209) 847-0439

Patterson Family Resource Center
118 N. Second St., Suite D
Patterson, CA 95363
Phone (209) 892-6688
Fax (209) 892-6949

Turlock Family Resource Center
(Aspiranet)
2160 Geer Rd.
Turlock, CA 95382
Phone (209) 668-6118
Fax (209) 668-9701

Sierra Vista Child & Family Services CalFresh Assistance Locations

North Modesto/Salida
Family Resource Center
2020 Standiford Ave. Suite C1
Modesto, CA 95356
Phone (209) 338-0279
Fax (209) 338-0283

Hughson Family Resource Center
6940 Hughson Ave.
Hughson, Ca 95326
Phone (209) 883-2027
Fax (209) 883-2028

Parent Resource Center
811 5th Street
Modesto, CA 95351
Phone (209) 549-8193
Fax (209) 576-8718

Parent Resource Center
Airport Neighborhood Partnership
530 S. Santa Cruz Ave.
Modesto, CA 95354
Phone (209) 549-8822
Fax (209) 549-8823

The Bridge
605 Chicago Ave.
Modesto, CA 95351
Phone (209) 571-8430
Fax (209) 338-0257

The Drop-In Center
908 Sierra Dr.
Modesto, CA 95351
Phone (209) 492-9785
Fax (209) 492-9174

El Concilio CalFresh Assistance Locations

Monday – Friday
8:00 a.m. – 5:00 p.m.
El Concilio
1314 H Street
Modesto, CA 95354
Phone (209) 523-2860

Wednesday
8:00 a.m. – 12:00 p.m.
Hanshaw Middle School
1725 Las Vegas St
Modesto, CA 95358
Phone (209) 281-4660

1st and 3rd Friday
8:00 a.m. – 12:00 p.m.
United Community Center Grayson
8901 Laird St
Grayson, CA 95363
Phone (209) 281-4660

2nd and 4th Friday
8:00 a.m. – 12:00 p.m.
Franklin School Head Start
905 Bryon Ln
Modesto, CA 95351
Phone (209) 281-4660

1st and 4th Sunday
8:00 a.m. – 5:00 p.m.
El Rematito Flea Market
3113 Crowslanding Rd
Modesto, CA 95358
Phone (209) 281-4660