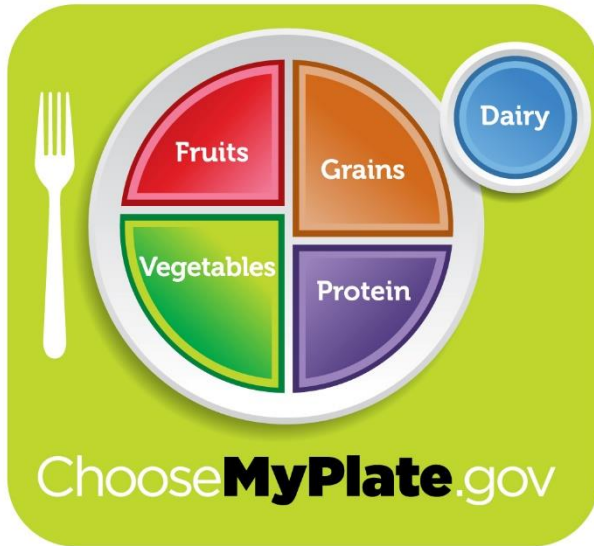


**Eat Healthy and Be Active
Everyday for Better Health**



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 through Friday
8:00 a.m. - 5:00 p.m.

Community Services Agency
251 East Hackett Rd.
Modesto, CA

Community Services Agency
Housing & Homeless Access Center
912 D St.
Modesto, CA
(Homeless Customers only)

Community Services Agency
South County Service Center
1310 West Main St.
Turlock, CA

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

Community Services Agency
West Side Service Center
101 West 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. Those who get Supplemental Security Income/State Supplementary Payment (SSI/SSP) may be eligible to CalFresh benefits.

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.benefitscal.org
- Call (877) 652-0734
- Submit an application by mail to P.O. Box 42 Modesto, CA 95353-0042
- Submit an application by Fax to (209) 558-2189
- 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. Spouses 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 known as Electronic Benefit Transfer (EBT) accepted at Authorized Retailers..

What do I need to do to apply?

All you need to do to apply is to complete an application with your name, address and signature. If you are homeless, only your name and signature are needed. When you are interviewed, your Case Manager may ask you for the following information:

- **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

Apply Today!



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?

Currently, 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. If you apply an Eligibility Worker will evaluate your income to determine if you are eligible to CalFresh.

What if I have more questions?

Visit benefitscal.org or call your local CalFresh office at (877) 652-0734.