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1-877-847-3663

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If you don't apply,  
you won't know if you qualify.



Worried about the  
rising cost of food?  
Apply for CalFresh!



8.5" x 4.3" folded/8.5' X8.6' flat

COVER



## When every cent counts, you can count on CalFresh.

CalFresh is a nutrition assistance program that helps you buy groceries every month, so you and your family can stay healthy.

### CalFresh benefits have increased!

Now, **a family of four can get up to \$835 a month** to buy groceries. Benefits are based on your household size, income, and monthly expenses. To find out how much you can get every month, apply today!

### Qualifying is easier than you think

If you have a limited income, you may qualify to get CalFresh benefits. **You can even have savings, a house, a car, and still qualify.**



### You can use CalFresh online too

Your CalFresh benefits are deposited to an **EBT card that can be used to buy food online and at markets** everywhere, just like an ATM card. If you are unhoused, disabled or a senior, you can use it at some restaurants, too.

### Emergency CalFresh benefits available

If your income is less than \$150 in the month that you apply and you have less than \$100 in cash, **you can get CalFresh benefits within three days.**



### We can help you apply for CalFresh!

Your friends at the Alameda County Community Food Bank are committed to helping you get approved for CalFresh. **We can help you complete the CalFresh application over the phone or online,** and we will answer any questions you may have.

### When you get CalFresh, you get many discounts!

Use your CalFresh EBT card at **farmers' markets** near you and double your money. You can also get discounts on **Internet service, prescription programs, PG&E, transportation and more!**

### If you receive SSI, you can get CalFresh benefits

Now, older adults and adults with disabilities receiving SSI can apply for CalFresh food benefits. **And, there is no change or reduction to your SSI/SSP payments.**

Apply for  
CalFresh today!

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INSIDE SPREAD