



## Do you need more food for your family?

### CalFresh can help stretch your food budget and keep you healthy.

- You may qualify for CalFresh even if you have a full or part-time job, receive unemployment, GR, or CalWORKs. See the chart below to see if you meet the income requirements. The table may not apply to you if you are 60 years of age or older or disabled.
- SSI recipients are not eligible to receive CalFresh, but members of their family could be. SSDI and Social Security recipients may be eligible.
- Only U.S. Citizens and eligible non-citizens may get CalFresh.

### You will need these documents to apply:

- **Identification:** Driver's license, ID card, birth certificate, or other identification document
- **Social Security numbers** for everyone applying, if they have one
- **Non-citizens:** Resident alien card or other proof of immigration status

### You may also be asked for:

- **Proof of Income:** Pay stubs, benefit statements, child support orders.
- **Proof of Expenses:** Rent receipt or mortgage payment, utility bills (telephone, heat, gas/electricity, water/sewage/garbage), child care receipts, child support payments, etc.

# of People in Household	Maximum Gross Income Allowed (200%FPL)	Maximum CalFresh Allotment
1	\$1,946	\$194
2	\$2,622	\$357
3	\$3,300	\$511
4	\$3,976	\$649
5	\$4,652	\$771
6	\$5,330	\$925
7	\$6,006	\$1,022
8	\$6,682	\$1,169
Each additional member	+ \$678	+ \$146

## Apply for CalFresh today!

Contact **HELP ME HELP YOU @ the MSC**  
**1301 W 12<sup>th</sup> Street, Long Beach**  
**10am to 4pm - Monday to Friday**

For more information and application assistance, contact our **Outreach Team** at (562) 612-5001.



Visit our website for more information

[www.helpmehelpu.org](http://www.helpmehelpu.org)