

*Big  
news!*

# WANT TO SAVE MONEY ON FOOD?

If you get SSI, you can apply for CalFresh too, starting June 1<sup>st</sup>, 2019. You could get up to \$192 a month to spend on groceries.

“ I am 86 years old, and since I started CalFresh, I can buy better food and eat healthier meals. I feel and live better now.”  
- Food Bank client, San Francisco



**SF-MARIN**  
FOOD BANK

[sfmfoodbank.org/find-food](http://sfmfoodbank.org/find-food)

Call the San Francisco-Marin Food Bank to get assistance today:

 **415-549-7021**

① English   ② español   ③ 中文

## What is CalFresh?

CalFresh, formerly known as food stamps, is a free nutrition assistance program for low-income individuals and families. Getting CalFresh will help you save money on food every month!

## How does it work?

If you qualify for CalFresh, you get an EBT card that is loaded each month with money for groceries. The EBT card works just like a debit card at grocery stores, neighborhood markets and farmers markets. Some farmers markets even give you extra money for groceries when you shop with your EBT card.

## Why should I apply?

Eating well on a budget is tough! Having extra money for food makes it easier to buy the food you like and eat well for your health. CalFresh is available to everyone who qualifies – this means that receiving benefits never takes them away from anyone else. Receiving CalFresh can also get you discounts on your PG&E bill, cell phones, participating museums, and more.

## How much will I get?

A household of one can receive between \$15 and \$192 every month, while bigger households can qualify for even more. Your exact amount will depend on your household size, income, and expenses. Make sure to tell Food Bank staff about your housing costs and any medical expenses to get all the benefits you are eligible to receive.

## Will this affect my SSI (Supplemental Security Income) payments?

**NO!** Getting CalFresh will not decrease any payments from SSI/SSP.

## I am not receiving SSI – can I get CalFresh?

Yes! Call the Food Bank today to find out if you may qualify over the phone.

## When can I apply?

Call the Food Bank today at **415-549-7021** to get started. We are here to help make the process as easy as possible. We look forward to speaking with you!



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