



## Need help buying groceries? Apply for CalFresh!

### May is CalFresh Awareness Month

It can be hard to eat healthy, nutritious food when money is tight. CalFresh, formerly known as food stamps, is a nutrition benefit program that helps struggling families pay for food year-round. Families that cook together, eat together, talk together, make mealtime a family time.

In 2018, approximately 25,516 Santa Cruz County residents participated each month in the CalFresh Program. While many families in our community utilize CalFresh to help put food on the table, creating a healthy start for children and fostering healthy eating habits during these critical formative years, many more are eligible but don't realize it.

#### Who may qualify?

- Families with children, single adults, couples, and individuals who are homeless may receive CalFresh if they meet income and residence requirements.
- Effective Summer of 2019 Supplemental Security Income recipients, if they meet other eligibility requirements
- Adults may still be eligible for CalFresh even when they have a job, a home, or a retirement account.

#### Easy to use

Eligible households receive monthly payments on an Electronic Benefit Transfer (EBT) card that looks and works just like a debit card, to purchase the food your family needs.

#### Help you can count on

- CalFresh benefits can be used to purchase food from participating grocery stores, restaurants, and farmers markets.
- Any money left on your EBT card at the end of the month rolls over for use the following month.

#### Click, Call or Come in...

Apply online at: [www.GetCalFresh.org](http://www.GetCalFresh.org) or [www.mybenefitscalwin.org](http://www.mybenefitscalwin.org)

By phone at: 1-888-421-8080

Or in person at a County Customer Service Center: 1020 Emeline Avenue, Santa Cruz and 18 W. Beach Street, Watsonville

There are many activities planned for CalFresh Awareness Month in May. Please visit the [Human Services Department](#) website for a calendar of events.