



CalFresh (federally known as the Supplemental Nutrition Assistance Program or SNAP) is a federally mandated, state-supervised, and county-operated government entitlement program that provides monthly food benefits to assist low-income households in purchasing the food they need to maintain adequate nutritional levels. In general, these benefits are for any food or food product intended for human consumption and can add to your food budget to put healthy and nutritious food on the table. If you are finding it difficult to afford the nutritious food that you and your family needs, the CalFresh Program may be able to help you.

The amount of benefits you can receive is dependent on your family size, countable income, and monthly expenses such as housing, utilities, and so forth.

Benefits may not be used for items such as alcoholic beverages, cigarettes, or paper products.