

Independent Living Program Activity Card

Category: IMPORTANT DOCUMENTS

Activity: Learn about CalFresh and how to sign up

Description: **The objective of this assignment is to:** Help you to understand what CalFresh is, and how to qualify and apply for it.

How do I get credit for this assignment?

- Read through all of the information provided
- Go to the Cal Fresh website and apply for Cal Fresh and submit proof of submission either by screenshot or email confirmation.
- Email the completed work along with this cover sheet to: Michelle Estrada at mestrada@orangewoodfoundation.org

You may earn \$10.00 ILP dollars for completing this assignment.

Total Dollars Earned:

\$
(ILP Use Only)

Notes:

Goal: None

Date: _____

_____ Youth Signature	_____ Date of Birth
_____ Print Name (Youth)	_____ Group Home (If Applicable)

Receipt (ILP Use Only)
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What is Cal Fresh?

Cal Fresh (also known as Food Stamps) is a federally funded program that helps low-income families increase their food-buying budget to meet their household's nutritional needs. Cal Fresh recipients receive their benefits through an Electronic Benefit Transfer, also known as EBT card, that can be used on grocery stores. The amount of money each person/family gets depends on their needs and number of persons per household. This monthly allotment will be determined once you apply for Cal Fresh.

Who is it for?

Cal Fresh is for families with low-income who meet federal income eligibility rules and want to add to their monthly budget to incorporate healthier foods to their meals.

How to Apply?

Applying for Cal Fresh is easy and fast! All you must do is go to their **website**: (<https://www.getcalfresh.org/?source=dssfood>).

The application process is no more than 10-15 minutes and once approved you will receive your EBT card with money for groceries within 30 days.

Process for applying for Cal Fresh:

- 1) Submit the online application, guided step by step which will be a series of questions based on your unique personal needs and situation.
 - Citizenship/Immigration Status
 - Income
 - Work Requirements
- 2) Submit proof of your situation which includes documents like your ID, paystubs, or rent receipts. This step can be completed during your online application, or you can always save your application spot and come back to finish.
- 3) You might receive a call from your county if they have any further questions or need more information.
- 4) If approved, you will get an EBT card with money for groceries within 30 days.

TO COMPLETE ACTIVITY

Go to the Cal Fresh website and apply for Cal Fresh and submit proof of submission either by screenshot or email confirmation. It's okay if you do not end up getting approved, as long as you apply for it and show proof of application.