

# Don't Go Hungry. Apply for Cal Fresh (Food Stamps)



Financial stress is one of the top stressors college students experience. Many students don't know they might be eligible for governmental assistance with food. The federal Supplemental Nutrition Assistance Program (SNAP), formally known as the Food Stamps Program is called Cal Fresh in California. The purpose of SNAP/Cal Fresh is to prevent hunger and give people access to nutritious foods.

## Eligibility

For college students, eligibility is based on a number of factors. You must:

- Meet income requirements
- Be a US citizen (except if receiving SSI/SSP benefits) or a legal permanent resident
- Be enrolled as a student, at least half time
- Work a minimum of 80 hours a month (work study can count towards the 80 hours). Exception to this requirement : If you have a child under age 6 without adequate childcare.

## To Apply

Students can apply online at <https://www.mybenefitscalwin.org/#>

Or call the Alameda Community Food Bank at **1-800-870-3663**. Patty, who is a staff member at the food bank is happy to field calls and can be reached at her direct line, **510-636-4909**. The staff can help you fill out the application on the phone and mail you the completed application for your signature. Once you return the application with the required documents (e.g. proof of residence, copy of bills) they will process the application.

## General Questions (Alameda County )

[http://www.alamedasocialservices.org/public/services/food\\_assistance/index.cfm](http://www.alamedasocialservices.org/public/services/food_assistance/index.cfm)

Please do not feel shy about applying for CalFresh if your funds for food are limited or non-existent. The process is meant to be a respectful and confidential one. Once you are approved for CalFresh, you will be issued a card like this one. It can be used like a regular bank card at the grocery store.



## **Additional Resources**

### **Berkeley Food Pantry**

<http://berkeleyfoodpantry.vpweb.com/>

Located in North Berkeley for residents of Berkeley and Albany. Two bags of groceries once a month. Accessible by public transportation.

\*Head's up – there can be very long waits for the Food Pantry.

### **Food Banks in Oakland and Surrounding Cities**

[http://www.needhelppayingbills.com/html/alameda\\_county\\_food\\_banks.html](http://www.needhelppayingbills.com/html/alameda_county_food_banks.html)

### **San Francisco Free Pantry Chart**

[http://www.freeprintshop.org/download/pantry\\_english.pdf](http://www.freeprintshop.org/download/pantry_english.pdf)