

# CalFresh is Being Cut: What You Can Do

## What is changing?

When COVID-19 hit, CalFresh gave each family extra benefits. They were called “Emergency Allotments.” The average family got \$80 a month in extra benefits.

These Emergency Allotments are ending after March 2023. Starting in April, CalFresh benefits will go back down to pre-pandemic levels. Benefits will be loaded to your EBT card. You will get it on your usual issuance date beginning in April.

## Should I contact the county?

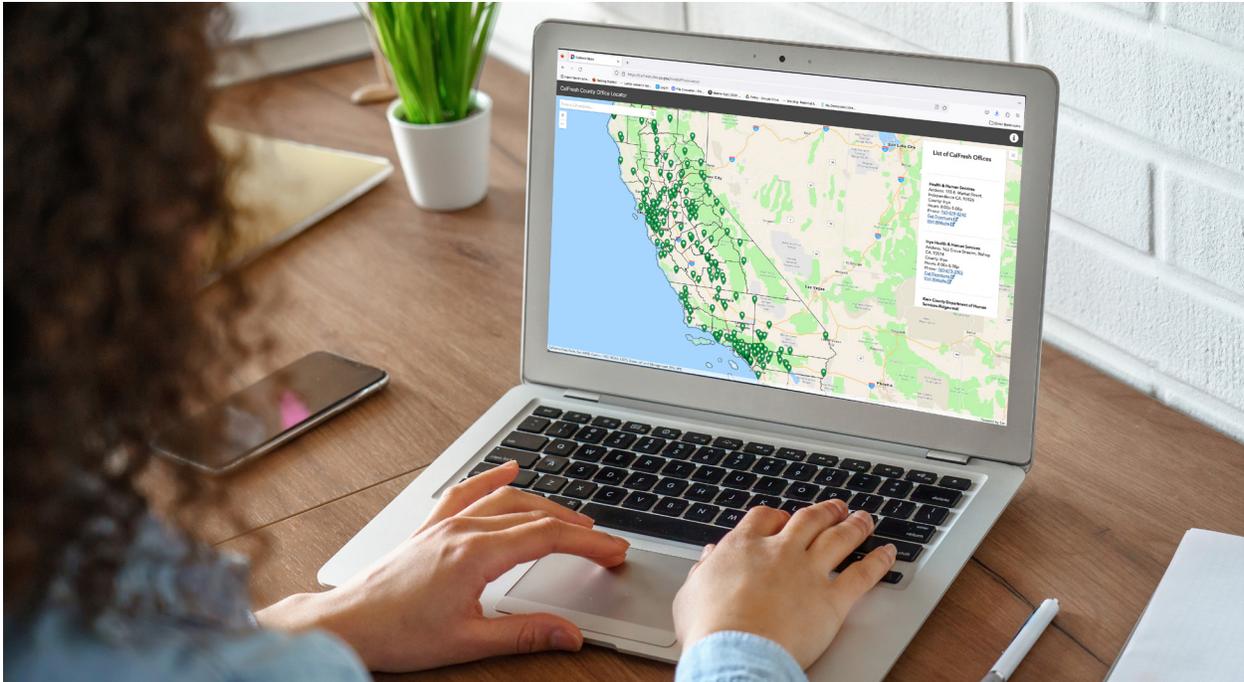
**Yes! Give them information about your family.** That can help you get the most possible CalFresh benefits.

### Here’s what to tell the county:

- **Your address.**
  - If they can’t reach you, you might miss important information about your CalFresh benefits.
- **Your income.**
  - If your income went down, you may get extra CalFresh benefits.
  - Tell the county about everyone’s income who lives in your home.
- **Your expenses.** If your expenses went up, you might be able to get extra CalFresh benefits.

### So, tell the county about:

- Your rent, mortgage, and property taxes
- Your costs for childcare or dependent care
- Your medical expenses, if you are over age 64 or if you have a disability



## How do I reach the county?

**You can give this information to the county by phone or in person.**

- To call your local county social services office, dial 1-877-847-3663
- To find the address of your local county social services office so you can go in person, visit [calfresh.dss.ca.gov/food/officelocator](http://calfresh.dss.ca.gov/food/officelocator)

## Can I save my unused CalFresh benefits to buy food later?

**Yes!** If you don't use all your CalFresh money for the month, the rest of it stays on your EBT card. You can use it in a later month. Just be sure to use your card once every nine months.

## How can I find free food from a local food bank?

**To find a food bank near you:**

- Visit [cafoodbanks.org/find-food](http://cafoodbanks.org/find-food) or
- Call 2-1-1