

Minimum Requirements

- Shasta County resident
- U.S. citizen or legally admitted non-citizen
- Social Security number
- Meet income and resource limits

Putting healthy food within reach



Our Locations

Shasta County Social Services

Redding

2460 Breslauer Way

Redding, CA 96001

(530) 225-5767

Shasta County Social Services

Burney

36911 Hwy. 299 East

Burney, CA 96013

(530) 335-5576

www.shastasocialservices.net

www.fns.usda.gov



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Shasta County

Food Stamp Program

You May Be Eligible!



Many Shasta County households who are eligible for Food Stamps don't know it. Is your family one of them?

What are Food Stamps? The largest anti-hunger program in California, the Food Stamp Program helps people with low or no income purchase healthy food.

Can I get Food Stamps? To get food stamp benefits, your income and resources have to be under certain limits. Recent changes make it easier to qualify. You may qualify now, even if you've been turned down in the past.

Can I qualify if I'm working? Own a house or car? Yes. Many people who qualify for food stamps work and own property. There is a limit to what you can earn and the amount of property you can own, but not all income and property is counted. Call and find out today if your family qualifies.

How do I apply? Applying for Food Stamps is easy! Follow these steps:

Step 1. Call or go to the local food stamp office for an application.

Step 2. Fill out the application as much as you can and return it in person, by mail or FAX.

Step 3. Schedule an interview. Make sure to bring your necessary papers.

What do I get? The amount of food stamp benefits that you can get depends on the number of people in your home, your income and any allowable deductions. Benefits come on an electronic EBT card that is used like a bank card and accepted at most grocery stores. You may use your EBT card to buy food such as: bread, cereal, fruit, vegetables, meat, fish, poultry and dairy products. Food Stamps can also be used to buy seeds and plants to grow your own food.



What kind of proof must I show? You'll need to bring these items to your interview:

Identification: Picture ID, Social Security card or number.

Resources: Proof of any bank accounts, life insurance policies, retirement accounts, property, etc.

Income: Proof of all income, including wages, child support, etc.

Deductions/Exclusions: Proof of child care expenses, rent receipts, etc. If you are paying child support, bring proof of payment and court order.



Every day families in Shasta County struggle to provide their families with healthy food. Layoffs, fewer work hours and higher costs for basic items are forcing working families to find other ways to stretch their food budgets.

Redding resident Adriana S. is one such person. Adriana and her husband Scott have two children and both work full-time. When Scott's hours as a carpenter were reduced to part-time, putting food on the table became a much bigger challenge.

"It's such a tough time right now," says Adrianna. "We've never had any trouble providing for our family. We work so hard. It's difficult accepting help, but it's what's keeping us going right now. The extra \$200 we get through Food Stamps really helps."

**Call 225-5767
to see if you qualify!**