

# Minimum Requirements

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

*Putting healthy food within reach*



# Regional Offices

## Downtown Redding Center

1220 Sacramento St., Redding

(530) 229-8441

## Enterprise Regional Office

2757 Churn Creek Rd., Redding

(530) 224-4200

## Anderson Regional Office

2889 East Center St., Anderson

(530) 229-8200

## Shasta Lake Regional Office

4216 Shasta Dam Blvd., Shasta Lake

(530) 275-7500

## Burney Regional Office

37092 Main St., Burney

(530) 335-6700

## Eligibility & Employment Services, Cascade

2640 Breslauer Way, Redding

1-877-652-0731

## Eligibility & Employment Services, Burney

36911 Main St., Burney

(530) 335-5576 or (877) 935-5576

**Need help?** Community Health Advocates (CHA's): can help with applications; make home visits; and speak Spanish and Mien. Call one of the locations above and make an appointment for faster service.

# Shasta County

# CalFresh Program

(formerly Food Stamps)

*You May Be Eligible!*



## Many Shasta County residents who are eligible for CalFresh don't know it. Is your family one of them?

**W**hat is CalFresh? The largest anti-hunger program in California, CalFresh (formerly known as the Food Stamp Program) helps people with low or no income purchase healthy food.

**C**an I get CalFresh? To get CalFresh benefits, your income must 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.

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

**H**ow do I apply? Applying for CalFresh is easy!

- Call the Customer Service Center at **1-877-652-0731**
- Start your application online at **C4Yourself.com**

**W**hat do I get? The amount of CalFresh 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. CalFresh benefits can also be used to buy seeds and plants to grow your own food.



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

**Identification:** Picture ID, Social Security card or number.

**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 CalFresh really helps."*

**1-877-652 0731**  
**or**  
**C4Yourself.com**