

What You Need to Know About Recent CalFresh Changes

CalFresh is NOT ending!

CalFresh is not going away and will continue to help families buy food. New federal rules under H.R. 1 began in 2025 and will continue to take effect through 2028.

Most people receiving CalFresh will continue to get benefits. Some households may see changes to eligibility requirements, reporting and paperwork, or benefit amounts, depending on their situation.¹

As these changes continue to develop, Promotoras and CHWs in your community are here to help you understand new information and what it may mean for you and your family.

WHAT IS CHANGING?



NOVEMBER 1, 2025

Changes to Utility Deductions

Some households may see changes in how utility costs are counted, including:

- » Changes to who can get the Standard Utility Allowance (SUA), which helps lower countable income in CalFresh.
- » Households that do not include an older adult (age 60+) or a person with a disability

This may result in:

- » Lower monthly CalFresh benefits for some households
- » Loss of eligibility for a small number of households

APRIL 1, 2026

Changes to CalFresh Eligibility for Some Immigrants

Some immigrants who currently qualify for CalFresh will no longer be eligible, including:

- ⚠ Asylees and refugees
- ⚠ Parolees (with limited exceptions)
- ⚠ Survivors of domestic violence or human trafficking
- ⚠ Certain other humanitarian categories

The following groups will still be eligible for CalFresh:

- ✓ Lawful Permanent Residents (LPRs)
- ✓ Cuban or Haitian entrants
- ✓ COFA (Citizens of Micronesia, the Marshall Islands, and Palau allowed to live and work legally in the United States)

If you lose CalFresh because of your immigration status, **your children can still receive CalFresh benefits if they are U.S. citizens or otherwise eligible.** Their eligibility is determined separately from yours.²

Immigration rules can be confusing. Talk to your county worker, a trusted promotora or CHW, or a qualified immigration legal services provider about your situation.

1 California Department of Social Services (CDSS) "H.R. 1 (One Big Beautiful Bill Act) & CalFresh: Frequently Asked Questions" cdss.ca.gov/benefits-services/food-nutrition-services/calfresh/frequently-asked-questions

2 California Association of Food Banks. "CalFresh Changes in H.R. 1." cafoodbanks.org/what-we-do/policy/calfresh-changes-hr1

JUNE 1, 2026

Work Requirements

Adults ages 19–64 who do not qualify for an exemption **may be required to work, volunteer, attend school, or participate in a job training program** to continue receiving CalFresh benefits.

Some exemptions include:

- ✓ Pregnancy
- ✓ Children and adults age 65+
- ✓ Parents of children under age 14
- ✓ Caregivers of ill household members
- ✓ People with disabilities or serious health conditions

Adults who do not qualify for an exemption must:

- ✓ Work at least **80 hours per month**, or
- ✓ Participate in **job training, volunteer work, community service, school, or a combination of activities** for at least **80 hours per month**.

If you believe you qualify for an exemption, report your circumstances to your county worker and provide any requested verification. Please note that households will be screened for the time limit and possible exemptions on a rolling basis starting June 2026, and based on your next CalFresh recertification.

If you do not meet the requirement and do not qualify for an exemption, you may **only be able to receive CalFresh for 3 months out of every 36 months**.

Information current as of August 2026. Implementation guidance may change as federal and state agencies issue additional instructions.



WHAT YOU SHOULD DO NOW

- ✓ Open ALL CalFresh mail right away
- ✓ Keep contact information updated
- ✓ Report any changes quickly
- ✓ Respond to county requests on time
- ✓ Complete renewals before deadlines

WHERE TO GET HELP

ONLINE

Visit BenefitsCal.com

BY PHONE

Contact your local county office at 1-877-847-3663 (FOOD). For speech and/or hearing assistance, call 711 Relay.

IN PERSON

Visit your local county social services office. Office locations can be found at CalFreshFood.org.

YOUR LOCAL PROMOTORA