

# Apply for CalFresh

## *How to access food for you and your family*

**What is CalFresh?** The CalFresh (formerly Food Stamps) Program helps people with little or no income buy nutritious food. CalFresh benefits are not cash, they come on an electronic benefit transfer (EBT) card that you use like a bank card to buy food. Most grocery stores take CalFresh benefits.

### **How do I apply for CalFresh benefits?**

**Online:** [www.GetCalFresh.org](http://www.GetCalFresh.org)

**By Mail:** Call 877-410-8817 to start an application by mail.

**In Person:** Apply at any Marin County Health & Human Services Office in San Rafael, Novato, or West Marin. After you have submitted an application, you will be contacted by an Eligibility Worker to complete the interview process. You may need to bring in or provide items like pay stubs, rent or mortgage payments, utility bills, child or elder care bills, and child support orders. We will inform you exactly what papers and other verifications you need to provide. After you have completed the interview process and provided any requested verifications, your eligibility worker will tell you if CalFresh has been approved and how much.

