

# Keep Your CalFresh Benefits: Understanding Time Limits and Exemptions

## What Are the CalFresh Time Limit Rules? Does it Apply to Me?

CalFresh Rules have changed. **Some adults ages 18 through 64** will have to work, volunteer, or go to school to get more than 3 months of CalFresh benefits in a fixed 36-month period.

**Many people are exempt from these rules! If you think you should be exempt, let your county worker know.**

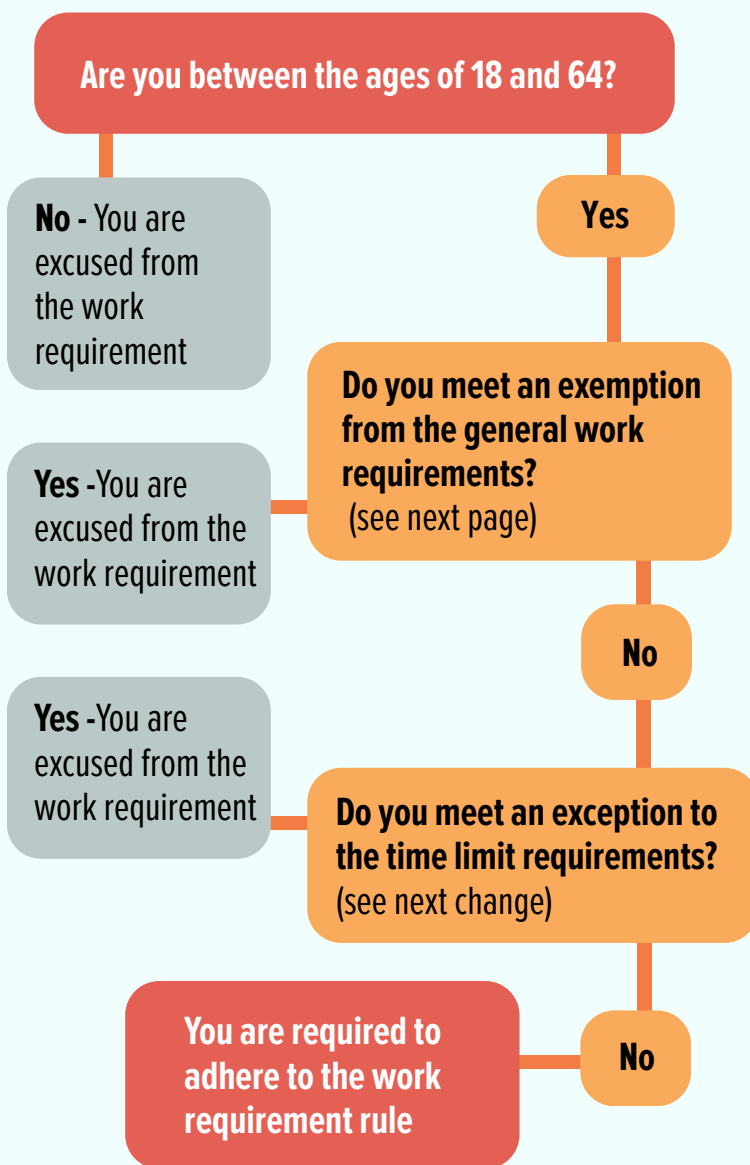
## How Can I Meet the CalFresh Work Requirements?

**If you are not excused/exempt from these requirements, you can meet the requirements by:**

- Paid work earning \$217.50 per week
- Any combination of 20 hours per week total:
  - Working, including self-employment
  - Volunteering, community service, or in-kind work
  - Attending school, college, or an educational Program
  - Approved Training Programs
- Workfare (ask your county worker)
- Participating in Extended Foster Care

**How can I prove that I have worked or participated in a community engagement activity?**

- Pay stubs within the last 30 days
- A signed and dated letter on your employer's letterhead with the expected weekly hours
- Proof of your self-employment (e.g., receipts, bank statements)
- Proof of in-kind work
- Submit a CalFresh Volunteer Work Verification Form



**I'm in a mixed-status household- do these requirements apply to me?**  
Families receiving CalFresh for their minor children only will NOT be subject to these rules.

Two-sided document →



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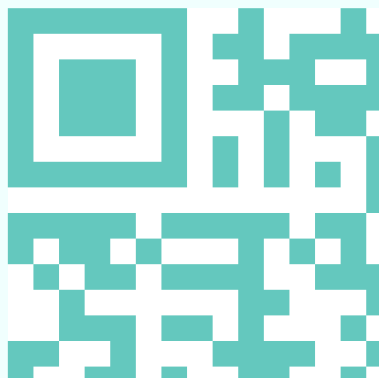
## How do I qualify for an exemption from the work requirements?

You are excused from the requirements if you meet any of the following exemptions. Check any exemption that applies to you! Tell the county about the exemptions you think you qualify for!

- Under the age of 18 or over the age of 64
- Unable to regularly work 20 hours per week because of a physical or mental health issue
- Pregnant
- Responsible for the care of a dependent child under the age of 14 in your CalFresh household
- Caring for a sick, injured, or disabled person
- Going to school at least half-time (student eligibility rules may apply)
- Meeting or excused from the CalWORKs Welfare-to-Work rules
- Getting or applying for Unemployment benefits
- Getting or applying for disability benefits including, but not limited to Veteran's disability benefits, workers' compensation, Supplemental Security Income (SSI), or State issued temporary or permanent disability benefits
- Participating in an Office of Refugee Resettlement Training Program
- An Indian, Urban Indian, or California Indian (a member or descendant of federally recognized tribes)

Tell the county if you had a good reason you couldn't meet the rules (like a transportation issue, personal or family emergency, illness). This can help you stay on CalFresh.

## New CalFresh Work and Community Engagement Requirements Checklist



## What should I do to keep my CalFresh benefits?



**Click:** [BenefitsCal.com](https://BenefitsCal.com)



**Call:** Speak directly to a local county office: 1-877-847-3663 (FOOD). For speech and/or hearing assistance, call 711 Relay.



**Come in:** Visit your local county social service office. Find locations at: [CalFreshFood.org](https://CalFreshFood.org)



**Placeholder:** additional resources from PIF National