



**CalFresh** helps you purchase healthy food.

**Catholic Charities** can help you apply!

Catholic Charities believes that every Californian should have adequate nourishment each day. **We provide free, confidential CalFresh application assistance in over 20 counties in California.** Since 2009, our agencies have assisted over 8,000 households to apply for CalFresh. We are committed to increasing access to CalFresh for every eligible Californian.

## ABOUT CalFresh

- CalFresh is the new name for the Food Stamp Program.
- CalFresh is California's federally-funded SNAP (Supplemental Nutrition Assistance Program).
- CalFresh is a **nutrition-focused** initiative that gives low-income households additional resources to purchase food.
- CalFresh boosts local economies. The U.S. Department of Agriculture (USDA) estimates that every \$1.00 spent in CalFresh benefits generates an estimated \$1.79 in local economic activity.
- California has the second-lowest SNAP participation rate in the nation (USDA, 2009). Nearly 6 out of every 10 eligible households fail to access these benefits, which means approximately \$4.9 billion in federal nutrition

assistance goes unused. As a result, the state budget loses approximately \$158 million in federal funding, and the state economy loses an estimated \$8.7 billion in economic activity.

Note: Data from *Lost Dollars, Empty Plates 2010* (California Food Policy Advocates)

## BENEFITS

### ***CalFresh is not a welfare program; it is a nutrition initiative.***

CalFresh is designed to increase access for low-income households to healthy foods. For example:

- A household of four people with a gross monthly income of \$2,389 or less may be eligible to receive up to \$689 per month in CalFresh benefits – a 29% increase in household resources.
- A household of one person with a gross monthly income of \$1,174 or less may be eligible to receive up to \$200 per month in CalFresh benefits – a 17% increase in household resources.

## IMMIGRANT HOUSEHOLDS

**All children born in the United States are eligible** to receive CalFresh benefits, if their households are income-eligible – even if their parents are not U.S. Citizens.

CalFresh benefits **will not** affect your ability to become a U.S. Citizen.

Catholic Charities provides CalFresh application **assistance in many languages**.

## HOW TO APPLY

For more **information** on CalFresh or to receive **free and confidential application assistance**, contact an Agency in your area:

COUNTY	Agency/Regional Office	Contact Name	Contact Phone/Email
<b>Fresno</b>	Catholic Charities Diocese of Fresno	Jody Hudson	(559) 237-0851
		Gloria Valdez	judson@ccdof.org gvaldez@ccdof.org
<b>Imperial</b>	Catholic Charities Diocese of San Diego	Caroline Wessel	(619) 231-2828 x232 cwessel@ccdsd.org
<b>Los Angeles</b>	Catholic Charities of Los Angeles, Inc. ❖ San Pedro Region	Patricia Chaidez	(562)591-1351
<b>Los Angeles</b>	Catholic Charities of Los Angeles, Inc. ❖ San Gabriel Region	Elena Guzman	(626)575-7652
<b>Los Angeles</b>	Catholic Charities of Los Angeles, Inc. ❖ Our Lady of the Angels Region	Alcue Jones	(323)297-2203
<b>Marin</b>	Catholic Charities CYO	Marin Health and Human Services	(415) 473-3384 <a href="http://www.c4yourself.com/c4yourself/">www.c4yourself.com/c4yourself/</a>
<b>Merced</b>	Catholic Charities Diocese of Fresno	Jody Hudson	(559) 237-0851

		Gloria Valdez	judson@ccdof.org gvaldez@ccdof.org
<b>Monterey</b>	Catholic Charities of the Diocese of Monterey ❖ Salinas	Ana Aguirre	(831) 422-0602 aaguirre@dioceseofmonterey.org
<b>Monterey</b>	Catholic Charities of the Diocese of Monterey ❖ Seaside	Elena Prakash	(831) 393-3110 epakash@dioceseofmonterey.org
<b>Orange</b>	Catholic Charities of Orange County	Becky Tamondong	(714) 347-9628 rtamondong@ccoc.org
		Michael Tijerino	(714) 668-1130 x 207 mtijerino@ccoc.org
		Jenny Rodriguez	(714) 347-9601 jrodriguez@ccoc.org
<b>Riverside</b>	Catholic Charities San Bernardino/Riverside ❖ City of Indio	Jessica Meza	(760) 342-0157
<b>Riverside</b>	Catholic Charities San Bernardino/Riverside	Raiko Smith	(951) 924-9964

	❖ City of Moreno Valley		
<b>Riverside</b>	Catholic Charities San Bernardino/Riverside ❖ City of Riverside	Isabel Garduno	(951) 689-1803
<b>San Bernardino</b>	Catholic Charities San Bernardino/Riverside ❖ City of Apple Valley	Alejandra Diaz	(760) 242-2311 ext 8454
<b>San Bernardino</b>	Catholic Charities San Bernardino/Riverside ❖ City of Ontario	Leif Ozier	(909) 391-4882
<b>San Bernardino</b>	Catholic Charities San Bernardino/Riverside ❖ City of San Bernardino	Joann Wilkes	(909) 880-3625
<b>San Diego</b>	Catholic Charities Diocese of San Diego	Caroline Wessel	(619) 231-2828 x232 cwessel@ccdsd.org
<b>San Francisco</b>	Catholic Charities CYO	Human Services Agency Food Stamps	(415) 558-1001 or (877) 366-3076 www.benefitscalwin.org
<b>San Joaquin</b>	Catholic Charities Diocese of Stockton	Simona Rios	(209) 444-5944 srios@ccstockton.org

<b>San Luis Obispo</b>	Catholic Charities of the Diocese of Monterey ❖ San Luis Obispo	Alondra Ortiz	(805) 541-9110 aortiz@dioceseofmonterey.org
<b>San Mateo</b>	Catholic Charities CYO	Human Services Agency of San Mateo County	(800)223-8383 <a href="mailto:tmyuson@smchsa.org">tmyuson@smchsa.org</a> www.benefitscalwin.org
<b>Santa Clara</b>	Catholic Charities of Santa Clara County	Kenny Moeller	(408) 325-5194 kmoeller@catholiccharitiesscc.org
<b>Santa Cruz</b>	Catholic Charities of the Diocese of Monterey ❖ Watsonville	Maricela Torres	(831) 722-2675 mtorres@dioceseofmonterey.org
<b>Shasta</b>	Northern Valley Catholic Social Service	Dee Madden	(530) 247-3321
<b>Siskiyou</b>	Northern Valley Catholic Social Service	Gloria Smith	(530) 841-1783
<b>Solano</b>	Catholic Social Service of Solano	Donna Hite Tes Childs	(707) 644-8909 <a href="mailto:assistance2@csssolano.org">assistance2@csssolano.org</a> <a href="mailto:assistance@csssolano.org">assistance@csssolano.org</a>
<b>Stanisluas</b>	Catholic Charities Diocese of Stockton	Maria Luisa Rangel	(209) 593-6124

[mrangel@ccstockton.org](mailto:mrangel@ccstockton.org)

**Tehama**

Northern Valley Catholic Social Service

Lia Gray

(530) 528-8066

**Trinity**

Northern Valley Catholic Social Service

Dee Madden

(530) 247-3321