CalFresh FOOD Reporting Reminders

When you get CalFresh, you are required to report certain changes to keep your benefits.

What changes do I need to report?

You must report these changes to the county within **10 days:**

- Money received before taxes that is over your Income Reporting Threshold (IRT). The county will tell you what your IRT amount is.
- If you are an Able-Bodied Adult without Dependents (ABAWD) and your work or training hours drop below 20 hours a week or 80 hours a month.
- Lottery or gambling winnings over $4,500.

How do I report these changes?

- **Online:** Report changes online at www.BenefitsCal.com.
- **In-Person:** Find your local county office at www.CalFreshFood.org.
- **Call:** Contact your local county social services office by calling the CalFresh Information Line 1-877-847- 3663 (FOOD).

What happens if I do not report?

- If you do not report the changes above, you might get more benefits than you should. If this happens, you will have to pay back any extra benefits you get.

What if I don't know whether I should report?

- If you do not know whether you should report a change, the county can help you. Contact your local county social services office by calling the CalFresh Information Line at 1-877-847-3663 (FOOD) or visit your local county social services office at www.CalFreshFood.org.

Can I report other changes?

You can report other changes to the county at any time. Reporting certain changes may get you more benefits. For example:

- Your income stops or goes down.
- Your rent or housing cost goes up.
- Someone with income moves out of your home.
- The birth of a child.
- Your medical expenses increase (for household members 60+ or with a disability).

Stay up to date to make sure you get the right amount of CalFresh food benefits! Correctly reporting changes helps you get the support you need and helps us serve you better!