

## CalFresh/EBT: Information for Farmers Markets

*Farmers markets & farmstands that accept CalFresh are a great food resource for communities. CalFresh is also called EBT (electronic benefits transfer), SNAP (Supplemental Nutrition Assistance Program), food stamps, or CalFresh Food. Use this guide for frequently asked questions about CalFresh at your market or stand.*

### What is CalFresh?

As California's largest food assistance program, CalFresh helps individuals and households with low incomes put food on the table and provides economic benefits to communities. For every \$1.00 spent on CalFresh it is estimated that \$1.50 in economic activity is generated.



### What can CalFresh buy?

Most cold or shelf-stable foods, intended for home preparation or consumption, can be bought with CalFresh. This includes seeds and plants for home gardens that produce food, however it does NOT include live animals (except shellfish). Other eligible items include:

- ✓ Fruits, vegetables,
- ✓ Meat, poultry, fish, seafood, dairy products,
- ✓ Breads, cereals,
- ✓ Baby food and infant formula,
- ✓ Honey and sweeteners, cooking oil, condiments,
- ✓ Herbs & spices,
- ✓ Coffee beans, tea

### What about snacks and food items that are ready to eat?

**Prepared foods that are intended for off-site consumption and are NOT hot or heated at the point of sale, can be bought with CalFresh, including:**

- ✓ Snack foods: chips, popcorn, candy,
- ✓ Cold beverages including bottled water, soda, fountain drinks, slushies, iced coffee, smoothies,
- ✓ Energy drinks with a "Nutrition Facts" label (not a Supplement Facts label),
- ✓ Cold, prepared foods such as sandwiches, salads, burritos, pizza, tamales, pies, muffins, doughnuts, etc.

**Is the food cold or room temperature? Is it intended for off-site consumption? Then it may be an eligible CalFresh purchase.**

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*Questions about what you can sell to CalFresh customers? The SNAP Retailer Service Center is open to answer your questions M-F 4am-7pm at 1-877-823-4369*

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## What cannot be purchased with CalFresh?

### MOST HOT FOODS AND NON-FOOD ITEMS, INCLUDING:

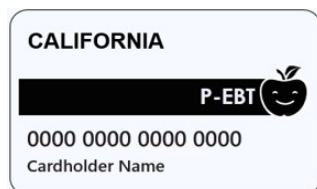
- × Foods that are hot or heated at the point of sale
- × Ornamental gourds
- × Live animals (except shellfish and fish removed from water before purchase)
- × Gift baskets when more than 50% of the price is for non-food items (i.e. a toy or basket) OR that contain any amount of alcohol, tobacco, or other ineligible items.
- × Medicine, vitamins, supplements
- × Alcohol or tobacco products
- × Cleaning supplies, paper products, cosmetics, hygiene items,
- × Pet food

## About hot foods and CalFresh...

Some CalFresh participants who are at high risk for chronic hunger are eligible to purchase hot meals at approved vendors through the **Restaurant Meals Program (RMP)**. To become an eligible vendor, you must apply to RMP at: <https://www.cdss.ca.gov/rmp/partners>

## What about P-EBT (Pandemic EBT)?

P-EBT cards can be used in the same places, for the same items as CalFresh EBT. A family may have multiple P-EBT cards because each child that qualifies will be issued their own. If someone loses their card, they can get help at the P-EBT Helpline at 1-877-328-9677 (M-F 6am-8pm).



## Who qualifies for CalFresh and how much money do they get?

Qualifying for CalFresh depends on many factors, including income.

### Monthly income limits to qualify for CalFresh

People in the household	Gross Monthly Income	Net Monthly Income
2	\$2,904	\$1,452
4	\$4,418	\$2,209
6	\$5,930	\$2,965
8	\$7,444	\$3,722

Oct 1, 2021 – Sept 30, 2022

### Maximum amount of CalFresh by household size

Number of people in household	Max. CalFresh Allotment
2	\$459
4	\$835
6	\$1,190
8	\$1,504

Oct 1, 2021 – Sept 30, 2022

## How to apply for CalFresh?

**Online:** GetCalFresh.org

**By phone:** 1-877-847-3663 (FOOD). For speech and/or hearing assistance call 711 Relay

**In-person:** Locate a Department of Social Services near you

<https://calfresh.dss.ca.gov/food/>

## References

Caning P & Stacy B. July 2019. The Supplemental Nutrition Assistance Program (SNAP) and the Economy: New Estimates of the SNAP Multiplier. Economic Research Report Number 265. USDA ERS  
<https://www.ers.usda.gov/publications/pub-details/?pubid=93528>

What Can SNAP Buy? US Department of Agriculture Food and Nutrition Services. Supplemental Nutrition Assistance Program website:  
<https://www.fns.usda.gov/snap/eligible-food-items>

Basic Guidelines for SNAP Retailers. US Department of Agriculture Food and Nutrition Services. Supplemental Nutrition Assistance Program website:  
<https://www.fns.usda.gov/snap/basic-guidelines-snap-retailers>

AskUSDA. US Department of Agriculture website:  
<https://ask.usda.gov/s/article/What-foods-are-eligible-for-purchase-with-Supplemental-Nutrition-Assistance-Program-benefits>

CalFresh Food 2021-2022 Income and Eligibility Limits. Effective Oct 1, 2021 – Sept 30, 2022:  
<https://www.cdss.ca.gov/Portals/9/CalFresh-Outreach/Brochures/CF-Income-Inserts.pdf>

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