

When Emergency Allotments End Getting the Right Amount of CalFresh

WHAT IS CHANGING?

The extra CalFresh payments, called “Emergency Allotments,” end with payment made in March 2023.

After that payment, you will only get your regular CalFresh payment. You no longer will get the extra payment of at least \$95 or up to the maximum allowed for your household size.

WHAT SHOULD I DO?

Without the Emergency Allotment, your benefit amount is based on your income and the allowable expenses.

Make sure the county has your current information so that you get the most benefits possible.

MAKE SURE THE COUNTY HAS CURRENT INFORMATION

Make sure you report important changes, like:

1) Your income and the income of others in your CalFresh household.

Did your income stop or drop? Does your income change monthly – tell the county what amount you can *reasonably expect* to get.

2) Your expenses and other allowable deductions.

- Did you start paying or pay more for childcare?
- Did you start paying or pay more for child support or alimony?
- If you are a 60 or older, or have a disability, do you pay more than \$35 in medical expenses per month? If you already get a medical expense deduction, are the out-of-pocket expenses more than \$155?
- Did your shelter costs go up? This can be rent, mortgage, property taxes, HOA fees, insurance, propane tank rental/gas costs, or disaster repairs. Did you start paying for temporary housing if you are homeless?
- Are you homeless and have shelter costs? For example, a night in an SRO or motel, paying someone to stay at their home, or paying for parking for your car to sleep in?

See next page for how to report changes and tips to prepare for this

YOU DO NOT NEED TO USE ALL YOUR CALFRESH MONTHLY

You can keep CalFresh benefits on your EBT card as long as you want, as long as you use the card once every 9 months.

- ⚠** *If your benefits are **electronically stolen** (your card wasn't stolen or lost), there is a limit on the amount that can be reimbursed.* Make sure to regularly check your balance and change your PIN.

Extra CalFresh is Ending

What you need to know

REPORT A CHANGE BY ANY OF THESE WAYS:

- Call your county. (The number will be on the front of any CalFresh notice of action.)
- Report online at [BenefitsCal](#) or [MyBenefitsCalWIN](#)
- Go in person to your county office.

ADDITIONAL RESOURCES

- Pregnant or have kids under the age of 5? You can get extra food benefits through the WIC program.
- Find your local food bank at [this link](#)
- Ask the county to give you a food referral or list of local hot meal sites
- Get help with your SAR 7 or annual recertification with a CalFresh assister – they may be at your local food bank or community organization
- Get free legal help for any problem with you CalFresh or other public benefits. Your local legal aid office is listed on the back of any CalFresh notice of action.

Get Help