

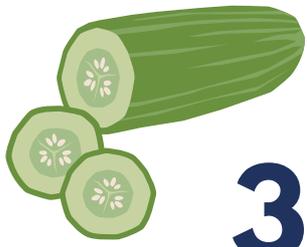
# California State University, Long Beach



## CalFresh Application Process



DIVISION OF STUDENT AFFAIRS



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**T A B L E O F  
C O N T E N T S**

# About CalFresh

Formerly known as "food stamps," CalFresh is the name of the USDA-funded Supplemental Nutrition Assistance Program (SNAP) in the state of California. CalFresh provides eligible students with up to **\$250** per month. Recipients access their CalFresh benefits using an Electronic Benefit Transfer (EBT) card.

## Beach CalFresh Outreach

The Beach CalFresh Outreach Team is here to support CSULB students through the CalFresh process. This includes pre-screening for eligibility, application and document verification submission, support with mid-year and yearly recertification process, on campus and off-campus referrals, and facilitation with county case related communication.

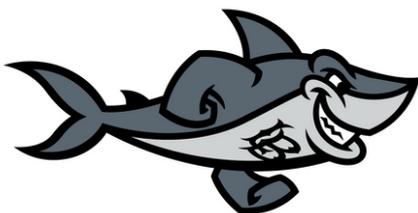
# Interested in CalFresh?

Interested in signing-up for CalFresh or have questions? Beach CalFresh Outreach is available to answer any questions you may have regarding the CalFresh process.

Schedule an appointment using our appointment center. Appointments are held virtually through Microsoft Teams. Additionally, students can stop by our office to speak to someone in-person.



**Schedule an appointment with a CalFresh Assister today!**



## Office Location

University Student  
Union (USU) 112

## Office Hours

Monday - Friday  
8:00AM - 5:00PM

## Contact Information

📞 562-317-1492  
✉️ [calfresh@csulb.edu](mailto:calfresh@csulb.edu)  
🌐 [csulb.edu/calfresh](http://csulb.edu/calfresh)

# CalFresh Student Eligibility

1. Student must be between **18 - 49** years old **AND**
2. Must be currently enrolled in **6 units or more** **AND**
3. Must also meet **one** of the following:
  - Employed or self-employed at least 20 hours per week or 80 hours per month
  - Awarded federal/state work study (per Financial Aid package)
  - Awarded Cal Grant A or B (per Financial Aid package)
  - Participate in a Local Educational Program that Increases Employability (LPIE)
  - Single parent or guardian of children under the age of 12

## **\*\*Temporary Expanded Student Eligibilities during COVID\*\***

1. \$0 Expected Family Contributions (EFC) as defined by financial aid package
2. Eligible for Work Study



Temporary Covid-19 Changes Effective 10/01/2021 - TBD		
People in Household	Gross Monthly Income	Maximum CalFresh Allotment*
1	\$2,148	\$250
2	\$2,904	\$459
3	\$3,660	\$658
4	\$4,418	\$835
5	\$5,174	\$992
6	\$5,930	\$1,190
7	\$6,688	\$1,316
8	\$7,444	\$1,504
Each Additional Member	+\$758	+\$188

**Additionally**, students must be within the gross monthly income limits to qualify for CalFresh.

\*Benefits are awarded on a sliding scale\*

\***Household** is defined as people who live together AND buy and prepare food together.

# Documents Required for Verification

After you complete your application, you will be asked to submit documents to verify the information provided on the application

## Documents Required:



A copy of your ID



Most current Class Schedule



Financial Aid Documents, Income Verification, and Expenses

### Remember, your application can't be approved until you submit proof.

Based on your answers, you will need:



#### A copy of your ID

Examples include driver's licenses, ID cards, passports, or birth certificates / verifications (for children).



#### All pay stubs from the last 30 days

If you are paid in cash, you can submit a letter from your employer.



#### A copy of your financial aid award letter

This helps the county understand your financial situation.

If you are eligible for work study, include your Verification of Work Study Approval letter.



#### A copy of your class schedule

This helps the county verify your enrollment status.



#### Attach proof of your \$0 EFC (Expected Family Contribution).

You can prove this with a financial aid offer letter from your school or your SAR (Student Aid Report). You can also prove it with a letter from CSAC (California Student Aid Commission).

**Submit as much proof as you can before your interview.** It will reduce back and forth during the application process.

We will include any proof you submit in the next two hours with your application. If you need more time, you can submit proof on this website, by mail, or at your county office **any time in the next 30 days.**

[www.getcalfresh.org/docs](http://www.getcalfresh.org/docs)

Submit proof here

Take pictures with my phone

# Documents Required for Verification

## Proof of Identification

Only ONE required



A U.S. Issued Identification card



A U.S. Issued Driver's License



A U.S. Issued Passport

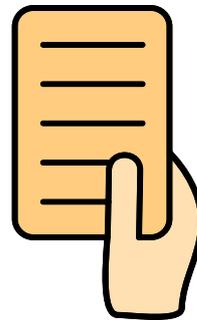


Birth Certificate

## Proof of Income



Paystub

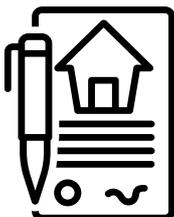


Job Offer Letter



Loss of Income Statement

## Proof of Expenses



### Rental Expenses

- Receipt from Landlord
- Sworn Statement
- Lease Agreement



### Utility Expenses

- |         |        |
|---------|--------|
| Water   | Phone  |
| Cooling | Sewage |
| Heating |        |

# Accessing Course Schedule Documents



Course Schedule with number of units currently taking

Access Student Center

1



Sign in

Email, phone, or Skype

No account? [Create one!](#)

Can't access your account?

Back

Next

2



Student Center  
(MyCSULB)

Obtaining Your Course Schedule

3

## Weekly Schedule

Select Weekly Schedule

Academics

Search  
Degree Planner  
Enroll  
My Academics  
My Textbooks  
Enrollment Adjustments

other academic... ▾

Deadlines URL

This Week's Schedule	
Class	Schedule
	Th 4:00PM - 6:45PM AS Room 242
	We 7:00PM - 9:45PM Online
	Th 7:00PM - 9:45PM AS Room 242

Weekly Schedule ▶

4

## List View

Click on list view

Select Display Option

List View

Weekly Calendar View

5

## Select current term

Select the term you are applying for.  
Screenshot/Print schedule with units listed

Select a term then select Continue.

Term	Career	Institution
<input type="radio"/> Spring 2022	Post-baccalaureate	CSU Long Beach
<input type="radio"/> Summer 2022	Post-baccalaureate	CSU Long Beach
<input checked="" type="radio"/> Fall 2022	Post-baccalaureate	CSU Long Beach



# Accessing Financial Aid Documents

## Access Student Center

1

Microsoft  
**Sign in**  
 Email, phone, or Skype  
 No account? [Create one!](#)  
 Can't access your account?

[Back](#) [Next](#)

2



Student Center  
(MyCSULB)

## Obtaining Your Financial Aid Award

3

### Go to Finances

Click on view financial aid

▼ **Finances**

**My Account**

[Account Inquiry](#)  
[E-Refund Signup](#)  
[Make a Payment](#)

**Financial Aid**

[View Financial Aid](#)  
[Accept/Decline Awards](#)

other financial... ▾ »

4

### Select your aid year

According to the term currently enrolled in

Select the aid year you wish to view

Aid Year	Institution	Aid Year Description
2023	CSU Long Beach	Financial Aid Year 2022-2023
2022	CSU Long Beach	Financial Aid Year 2021-2022
2016	CSU Long Beach	Financial Aid Year 2015-2016

5

### Award Package

Screenshot award for academic year

**Award Summary** College Financing Plan

Financial Aid Year 2021-2022

See below for term specific award information. Click on View Awards link for additional term awards.

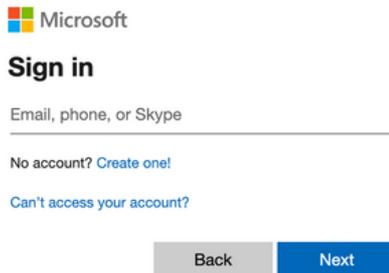
Awards - Academic Year				
Award Description	Category	Offered	Accepted	Loan Details
State University Grant	Grant			
Federal Work Study	Work/Study			
Direct Unsubsidized Loan 1	Loan			<a href="#">Loan Details</a>
Direct Unsubsidized Loan 2	Loan			<a href="#">Loan Details</a>
<b>Awards - Academic Year Totals</b>				



# Accessing Proof of Estimated Family Contribution (EFC)

Only required for students with an EFC of \$0

## 1 Access Student Center



Microsoft  
Sign in  
Email, phone, or Skype  
No account? [Create one!](#)  
Can't access your account?  
Back Next

## 2



Student Center  
(MyCSULB)

## 3 Go to Finances

Click on view financial aid



Finances  
My Account  
Account Inquiry  
E-Refund Signup  
Make a Payment  
Financial Aid  
View Financial Aid  
Accept/Decline Awards  
other financial...

## 4

### Select your aid year

According to the term currently enrolled in

Select the aid year you wish to view

Aid Year	Institution	Aid Year De
2023	CSU Long Beach	Financial Ai
2022	CSU Long Beach	Financial Ai
2016	CSU Long Beach	Financial Ai

## 5 Select "Cost of attendance summary"

State University Grant	Grant	
Federal Work Study	Work/Study	
Direct Unsubsidized Loan 1	Loan	
Awards - Academic Year Totals		

Currency used is US Dollar.

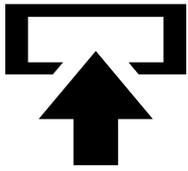
Cost of Attendance Summary

## 6

### Screenshot EFC



Cost of Attendance Summary  
Financial Aid Year 2022-2023  
Click on the Award Period to view detailed award information.  
Awards - Academic Year  
Estimated Financial Aid Budget  
Expected Family Contribution 97.00 -  
Estimated Need  
Total Aid



# Submitting Documents

Go to [www.getcalfresh.org/docs](http://www.getcalfresh.org/docs)

1



## Securely send documents to your county.

You can upload them from your computer or take a picture using your smartphone's camera.

### What's your ZIP code?

If where you stay changes regularly, provide the zip code of where you usually buy groceries.

[Select my county instead](#)

Continue →

2

## Before starting, we need to match your documents to your case.

These documents will be sent to **Los Angeles County**.  
[Wrong county?](#)

### What is your first name?

### What is your last name?

I prefer a different first name

### When were you born?

Month (mm)

Day (dd)

Year (yyyy)

3

### What is your social security number?

Recommended but not required.

### What is your phone number?

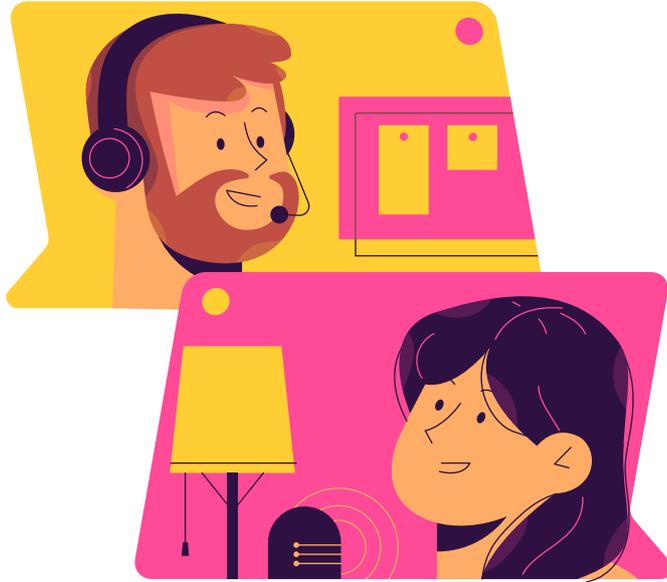
We will text message you if we have any problems opening your documents.

### What's the best e-mail address for you?

Continue →



# Preparing for the Interview



Once you submit a CalFresh application and provide the necessary documents, your county will call you for an interview. Interviews are held Monday - Friday, 8AM - 5PM. Student can expect a phone call from their county within the 30-day application period. The county may call for an unknown or blocked phone number.

The purpose of the interview is for you to speak with a CalFresh representative and gain additional knowledge about the CalFresh program. Additionally, the county worker will verify your eligibilities for CalFresh and request additional documentation if necessary.

Beach CalFresh Outreach offers assistance for students wanting additional support in preparing for the interview with the county.

# County Customer Service Numbers

You do not need to wait for the county to call you in order to complete the interview process. You may call your county directly to set up an interview once you have submitted your application.

If you are unable to have your interview at the time your county chooses, or you miss your interview, you can call your county directly to ensure you have your interview within 30 days of completing your application.

**LOS ANGELES COUNTY**  
(310) 258-7400

**ORANGE COUNTY**  
(800) 281-9799

**FRESNO COUNTY**  
(855) 832-8082

**RIVERSIDE COUNTY**  
(877) 410-8827

**SAN BERNADINO COUNTY**  
(877) 410-8829

**SANTA BARBARA COUNTY**  
(805) 681-4401

**SAN DIEGO COUNTY**  
(866) 262-9881



**For Additional Counties, visit:**  
[www.getcalfresh.org/contact](http://www.getcalfresh.org/contact)

# Create Your Online Account!

Create your online portal to keep track of any updates for your application:

If you are in LA County, create account and link case here - <https://benefitscal.com/>

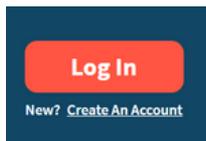
If you are in Orange County, create account and link case here home - [www.mybenefitscalwin.org](http://www.mybenefitscalwin.org)



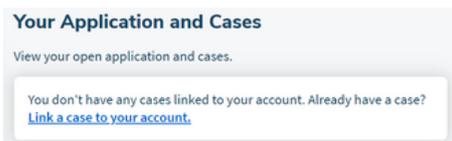
## Los Angeles, Riverside, San Bernardino County



1. Visit [BenefitsCal.com](https://benefitscal.com) and Create an Account



2. Link your CalFresh case to your Account



3. Enter the following information to link your existing CalFresh case

## Orange, Fresno, Santa Barbara County



1. Visit [mybenefitscalwin.org](http://mybenefitscalwin.org) and Create an Account



2. Select your county

- [Fresno](#) >
- [Orange](#) >
- [Santa Barbara](#) >

3. Complete your information and link your account



# HOW TO USE YOUR CALFRESH BENEFITS

## EBT Card

CalFresh benefits are issued on an EBT card that is similar to a debit card.



## When Will I Get My EBT Card?

Approved applicants can expect to receive their EBT card and pin number in two separate mailed letters. If you do not receive your EBT card, contact 877-328-9677 for EBT Card services.

## When Are My Benefits Loaded?

CalFresh recipients can expect to receive their monthly benefits between the 1st-10th of each month.

The last digit of your case number reflects the day you receive your monthly benefits.

## WHAT CAN EBT BE USED FOR?

### CAN BE USED FOR:

- 
- Bread and Cereals
  - Fruits and Vegetables
  - Meat, Fish, and Poultry
  - Dairy products
  - Seeds for plant produce

### CANNOT BE USED FOR:

- 
- Beer, Wine, Liquor, or Tobacco
  - Pet Food
  - Soaps, Toilet Paper
  - Household Items
  - Vitamins and Medicine
  - Hot Foods

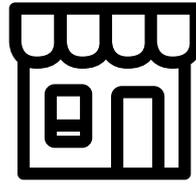
# WHERE CAN YOU USE EBT BENEFITS?

## GROCERY STORES

### EBT STORE LOCATOR

Can be used to find local markets and stores that accept EBT benefits.

[Click Here to Search for Locations](#)



### ONLINE GROCERY RETAILERS

Find retailers that allow you to spend your EBT benefits online for groceries.

[Click Here to Learn More!](#)

### NORTHGATE MARKET MÁS FRESCO

Northgate Gonzalez Market Mas Fresco program offers CalFresh recipients \$2-4 rebate dollars when they use their EBT benefits to buy fruits and vegetables.

Enroll: [masfresco.org](http://masfresco.org)



## FARMERS' MARKETS

### FAMERS' MARKET LOCATOR

Find local farmer's markets that accept CalFresh EBT benefits. Provide your EBT card to the Market Manager to gain vouchers for groceries.

[Click Here to Search for Locations](#)



### MARKET MATCH

Market Match provides matching funds (up to \$10) when shopping at Farmers' Markets so you can buy even more fruits and vegetable

[Click Here to Search for Locations](#)

## RESTARAUNT MEALS PROGRAM

The RMP is a program that gives certain people that are at a high risk for chronic the option to use their CalFresh Food benefits to buy prepared meals at approved participating restaurant vendors. The RMP is available to older adults aged 60 or older, people with disabilities, and homeless persons, and their spouses. Learn more at: <https://www.cdss.ca.gov/rmp>



# SAR-7 Periodic Report & Renewal Process

If approved for CalFresh, you will have to complete a renewal process 6 months from your initial application month and again at the 1 year mark.

Email [calfresh@csulb.edu](mailto:calfresh@csulb.edu) if you need assistance completing your renewal and the Beach CalFresh team will reach out to schedule an appointment.

## SAR-7 Periodic Report

The SAR-7 is the renewal process CalFresh recipients need to complete after 6 months of receiving CalFresh. Your county will mail you documents to complete, **OR**, students can log on to their county CalFresh portal to complete the SAR-7 electronically.

The SAR-7 will ask you to report any changes that may have happened in the last 6 months. Documentation will be asked to confirm reported changes. Changes may include a change of residency, household size, income and expenses, and any additional changes you may need to report.

## Yearly Renewal

Every year, you will also have to complete a yearly renewal process. Your county will mail you documents to complete the yearly renewal or students can choose to complete the recertification online.

You will be asked to report any changes that may have happened since you last reported to the county. Changes may include a change of residency, household size, income and expenses, and any additional changes you may need to report. Your county will call for an interview to review the information imported.



# SAR-7 Periodic Report & Renewal Process

## How To Submit SAR-7 and Renewals

It is recommended to submit your SAR-7 Periodic Report and Yearly Renewals using the [benefitscal.com](http://benefitscal.com) or [mybenefitscalwin.org](http://mybenefitscalwin.org) website. **DO NOT** complete the SAR-7 through the [getcalfresh.org](http://getcalfresh.org) link, that you may receive via email, as it will not be reported to your county.

## Renewal Calendar

# Recertification Dates

INITIAL APPLICATION	SAR 7	RENEWALS
January	June 5th	December 5th
February	July 5th	January 5th
March	August 5th	February 5th
April	September 5th	March 5th
May	October 5th	April 5th
June	November 5th	May 5th
July	December 5th	June 5th
August	January 5th	July 5th
September	February 5th	August 5th
October	March 5th	September 5th
November	April 5th	October 5th
December	May 5th	November 5th

Long Beach State Service Partner



# Beach CalFresh Outreach



University Student Union (USU) 112  
1250 Bellflower Boulevard  
Long Beach, California 90840

☎ 562-985-2038

✉ [calfresh@csulb.edu](mailto:calfresh@csulb.edu)

🌐 [csulb.edu/calfresh](http://csulb.edu/calfresh)

 [Instagram](https://www.instagram.com/basicneedscsulb)  
[@basicneedscsulb](https://www.instagram.com/basicneedscsulb)

 [Twitter](https://twitter.com/basicneedscsulb)  
[@basicneedscsulb](https://twitter.com/basicneedscsulb)

 [Facebook](https://www.facebook.com/CSULBBasicNeeds)  
CSULB Basic Needs

 [Youtube](https://www.youtube.com/CalFreshCSULB)  
CalFresh CSULB