Helping You Navigate Upcoming Changes to CalFresh & Medi-Cal Benefits

March 2026

What is Changing?

House Resolution 1 (H.R. 1) or the “One Big Beautiful Bill Act” was signed into law on July 4, 2025. This law includes changes to CalFresh and Medi-Cal for some individuals.

CalFresh Changes

April 1, 2026: CalFresh enrollment will stop for people with “Unsatisfactory Immigration Status” (UIS)

June 1, 2026: Work requirements start for “Able-Bodied Adults Without Dependents” (ABAWD)

Medi-Cal Changes

January 1, 2026: Full-scope Medi-Cal enrollment stopped for people with UIS*

October 1, 2026: Fed gov will change how immigration statuses are classified for full-scope Medi-Cal benefits

January 1, 2027: Medi-Cal work requirements begin. New six-month eligibility checks.

*Pregnant people and their infants are eligible for full-scope Medi-Cal during pregnancy and for one year after birth, regardless of immigration status.

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CalFresh Changes
due to H.R.1

Eligibility for Non-Citizens	
Before H.R. 1 • Certain lawful non-citizens were eligible to receive CalFresh, such as asylees, refugees, and parolees.	**After H.R. 1** • Certain lawful non-citizens are no longer eligible to receive CalFresh benefits, such as Deportation withheld, Refugees, Asylees, and Parolees.
Work Requirements for Able-Bodied Adults Without Dependents (ABAWD)	
Before H.R. 1 None (in San Diego specifically)	**After H.R. 1** • Age Range: 18 to 64 years old • Exempt if a parent/guardian of a dependent child **under 14** in the home • Exemptions have been removed for veterans, individuals experiencing homelessness, and former foster youth

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Changes to CalFresh Work Requirements

Starting June 1, 2026 people who must meet work requirements include:

- **Adults 18-64**
- **Do not have children under 14 at home**
- **Are physically and mentally able to work**

Work requirements require that beneficiary prove they are:

Working	Enrolled in an Approved Training Program	Volunteering

OR combination of these for 20 hours per week or 80 hours monthly to get or keep CalFresh benefits

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What should I do next?

BenefitsCal Account: Update contact info	Family Resource Centers: visit for in-person support
Visit your BenefitsCal account and make sure your contact information is up to date.	Visit a Family Resource Center.
Website	**Access Customer Service: call for phone support**
Visit the Changes to CalFresh and Medi-Cal webpage view changes to benefits.	Call 1-866-262-9881.

If you are impacted by any of these changes, you will be contacted or informed during your intake interview or next re-certification.

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What should I do next?

If you are using a County of San Diego P.O. Box, check your mail at least monthly to ensure you do not miss any communication.

Respond to communications that come from County of San Diego staff.

If you are impacted by any of these changes, you will be contacted or informed during your intake interview or next re-certification

Additional Community & Food Resources

Self-Sufficiency Programs

211sandiego.org

San Diego Hunger Coalition

San Diego Food Bank

Feeding San Diego

Call to Action for Organizations

Inform	Share information with your clients and staff: CalFresh and Medi-Cal Work Requirements Self-Sufficiency Programs website
Enrollment Support	See if your organization is a good fit for the Access CBO Line Request the Live Well on Wheels for events
Create or Promote Work Opportunities	List open job opportunities with San Diego Workforce Partnership (SDWP) Employer Job Posting Website See if you are a good fit to Become an Eligible Training Provider with SDWP
Create or Promote Volunteer Opportunities	Partner with organizations that promote volunteer opportunities like HandsOn San Diego
Stay Engaged	Sign up for Enewsletter Updates
Request HR1 Presentation	Request a presentation
Check out the Community Partner Resource Toolkit	