



CalFresh, extra money for groceries each month!

May is Cal Fresh Awareness Month! Now more than ever, individuals and families across San Diego County need to know the critical role CalFresh plays in providing nutrition assistance to many of our community members.

With a little help from CalFresh, a nutritious meal for you and your family can be a daily reality. CalFresh is designed to do just that, providing a supplement to your budget that allows you to buy healthier food every time you go shopping for groceries.

CalFresh is California's federal food assistance program and has been around since 1964. The program is designed to help families and individuals increase access to fresh and healthy food, part of the County's Live Well San Diego vision for healthy, safe and thriving communities. To see if you qualify just call 2-1-1 or apply online today at [GetCalFresh.org](https://www.getcalfresh.org) or www.mybenefitscalwing.org

Eligibility and the amount of **benefits** issued depend on your household size, income and certain living expenses.