

CalFresh Benefit Changes: October 1, 2021

How and when will CalFresh benefits change?

Starting in **October**, almost all CalFresh households will see a modest increase in their CalFresh benefits—generally between \$12 to \$16 per person per month. The exact amount for individual households may be different. Changes will be automatically made to all CalFresh households. **You do not need to take any action.**

Why are CalFresh benefits going up just a little?

Starting in October, almost all CalFresh households will see a modest increase in their CalFresh benefits because of two changes that will happen at the same time:

1. CalFresh benefit amounts are based on the “[Thrifty Food Plan \(TFP\)](#).” USDA recently re-evaluated the TFP based on current data to reflect the cost of a healthy diet. This **increased the purchasing power of regular CalFresh benefits for the first time since 1975**. Congress directed USDA to update the TFP. As a result, starting in October, maximum CalFresh benefit amounts (excluding pandemic-related increases) will be 21 percent higher than they would have been if USDA had not re-evaluated the TFP.
2. However, at the same time, the pandemic-related **temporary 15 percent increase to CalFresh benefits that has been in place since January will end.**

Another temporary pandemic law increased households’ CalFresh benefits to the maximum amount for their household size. This pandemic-related boost is called an “**Emergency Allotment.**” Households in most states (including California), are still getting Emergency Allotments as a supplement in addition to their regular benefit amount every month.

When will my benefits change?

Households will see a modest increase in their monthly benefits starting in October 2021.

Are these changes permanent?

Yes, **the increase to the non-pandemic CalFresh benefit amounts is permanent.** In general, your CalFresh benefit amount may change based on your household’s circumstances.

How much will my CalFresh benefits increase?

The table below shows the amount CalFresh benefits will increase starting in October 2021.

Monthly CalFresh Benefit Increase

Household Size	Amount of CalFresh Increase Starting October 2021
1	\$ 250
2	\$ 459
3	\$ 658
4	\$ 835
5	\$ 992
6	\$1,190
7	\$1,316
8	\$1,504