

5 Easy Steps to CalFresh Benefits

1. Use the Prescreening Tool

The Prescreening Tool is an online questionnaire that estimates if you might qualify for CalFresh Benefits. Visit [My Benefits CalWIN](#) and answer the questions. This questionnaire is **NOT** an application. To find out whether or not you qualify, please apply for benefits and submit your application.

2. Get an Application

Find your local office by calling **1-800-834-3002**.

You can go to your local office to pick up an application or call and ask for an application to be mailed to you.

OR

Apply online at [My Benefits CalWIN](#)

OR

Print an application [Application CF 285](#)

TIP: Fill out as much as you can on your application. Be sure to include at least your name, address, and signature. This will be enough to start the application process.

If you need help filling out your application, ask a worker in your local office, a friend, family member, Staff at food banks, neighbor or other non-profit organizations might help, too.

3. Return the Application

Return the application to your local office as soon as possible. You can send it by mail, fax, or drop it off, unless you already applied online. Your local office will tell you what else you need to do after you have turned in your application.

4. Schedule Your Interview

Your local office will contact you to set up an interview. You will be scheduled a telephone interview but, if you prefer, you can ask for an in person interview.

Keep your interview appointment or call to reschedule.

5. Bring or Mail Verifications for Your Interview

Once you have applied for CalFresh, you will need to provide verifications. This [verification flyer](#) can help you get ready for your interview. You don't need everything. If you are at your local office, ask your worker to check the items you need to bring to the interview. If you are calling for an appointment, ask your worker what you should bring or mail in.

Your case will be processed within 30 days. If you are approved, you will get an EBT card to use in authorized stores and [farmers' markets](#) like a debit card.