

# Attention Families!

## DON'T MISS OUT ON FOOD BENEFITS



### What is CalFresh?

CalFresh helps people with low income buy nutritious food so they can stay healthy. Recipients can buy food at any grocery store or farmers market that accepts EBT. Recipients can also buy their groceries online at participating stores for delivery or curbside pickup.

### How can I apply?

- Call 1-866-613-3777 to complete an application by phone.
- Click on [BenefitsCal.com](https://BenefitsCal.com) to apply online.
- Submit your application in-person at a DPSS District Office.
- Mail or fax your application by visiting [dps.lacounty.gov](https://dps.lacounty.gov) to locate a DPSS District Office near you.



### Families + CalFresh =

- Nutritious, kid-friendly lunches.
- Meals prepared at home that the whole family will enjoy.
- Prepared hot meals at participating restaurants for elderly, disabled, or homeless CalFresh participants.
- Less time worrying about getting food on the table and more time spent with family!



Click  
[BenefitsCal.com](https://BenefitsCal.com)



Call  
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For speech and/or hearing assistance,  
call 711 Relay



Visit  
[dps.lacounty.gov](https://dps.lacounty.gov)