

CalFresh Work Activity Requirements:

What you need to know to maintain your benefits



Effective April 1, 2020 CalFresh Work Rules are suspended until further notice. CalFresh recipients between the ages of 18-49 without a child in the home are temporarily NOT required to meet federal work requirements. This federal rule is known as Able-Bodied Adults Without Dependents (ABAWD).

Keeping Your CalFresh Benefits

Contact the Human Services Agency (HSA) to learn how these rules may affect your benefits and what actions are required to keep CalFresh.

Call (415) 558-4700

You can also help us determine the status of your benefits by completing a Client Survey, available at www.SFHSA.org/CalFreshWorkRules, or call to request a copy.

Work Requirement Exemptions

You may be exempt from meeting work requirements if you are one of the following:

- Pregnant
- Living with a child under age 18
- Earning at least \$218 a week
- Caring for a child under age 6 or anyone who is ill or disabled
- Applying for or getting unemployment insurance
- Applying for or getting disability benefits or veterans' disability
- Going to school or employment training
- Volunteering at least 20 hours a week
- Have a physical, mental or emotional disability that stops you from working

Meeting CalFresh Work Requirements

If you are not exempt from working, you will be required to participate in approved activities to continue receiving CalFresh benefits. You can meet work requirements by doing one or a combination of the following:

- Working on average 20 hours per week, at least 80 hours per month
- Volunteering or performing community service 20 hours per week
- Employment training
- Participating in workfare arranged by HSA, less than 20 hours per week

Interested in jobs or training? We can help! Call us at (415) 558-4700.



Need help or have questions?

HSA is committed to helping all eligible San Francisco residents maintain CalFresh benefits.

Call: (415) 558-4700 (8am - 5pm, Monday - Friday)

Email: food@sfgov.org

Online: www.SFHSA.org/CalFreshWorkRules