



CalFresh Changes Coming Soon

Starting **June 1, 2026**, there are new federal rules for some people who receive CalFresh. To keep getting your benefits, you may need to participate in work-related activities when you apply or renew your CalFresh.

Do these rules apply to me?

These rules apply to adults between the ages of 18 and 64 who are able to work and do not live with a child under the age of 14.

Why is this important?

If these rules apply to you and you do not meet the work requirements, you can only receive CalFresh benefits for **three months** total within a three-year period.

Who is excused from these rules?

You are excused from the work requirement if you are:

- Age: Under age 18 and age 65 or older
- Health: You are pregnant, have a physical or mental health condition that prevents you from working, or are in a substance use disorder program
- Caregiving: You care for a person with a disability or a dependent child under the age of 14
- Other Benefits: You receive (or are applying for) disability benefits (like SSI or SDI) or unemployment benefits
- Specific Groups: You are a member of a federally recognized tribe
- Meeting or excused from the CalWORKs work requirements
- Going to school at least half-time (student eligibility rules may apply)

How do I satisfy these new rules?

If you are not exempt, you must complete 20 hours of work activities per week (or an average of 80 hours per month). These work activities also need to be documented and can be combined for a total of 80 hours per month. Qualifying activities include:

- Working at a job
- Volunteering or doing community service
- Participating in a job training or employment program through SFHSA
- Enrolled in school less than half-time or in a training program



Please get in touch with your benefit program to learn more about exemptions from the work requirement.

Can I participate in a work-related activity for any less than 80 hours per month and still meet the requirement? Are there any exceptions to that many hours?

Yes, there are certain kinds of work-related activities at nonprofits and City agencies that require fewer hours. Please ask your Benefits Program for details.

Learn more

We are here to help you stay eligible. Reach out to your benefit program to get a referral for workforce services that's right for you.

Visit [SFHSA.org/services/jobs/keep-benefits](https://sfhsa.org/services/jobs/keep-benefits) for more information.

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