SAN FRANCISCO
HUMAN SERVICES AGENCY

Need help buying food?

CalFresh: Money for Groceries

CalFresh provides monthly benefits you can use to buy healthy food at stores and farmers' markets using an Electronic Benefits Transfer (EBT) card.

Who Qualifies

Many working families, students, seniors, and people with low income qualify. Even if you're working, you may still be eligible. Currently, one out of eight San Franciscans participate in the CalFresh program!

Income and Benefit Information

CalFresh can make a big difference to your budget. The following table shows the income limit and monthly benefit by household size.

(effective 10/01/25 – 09/30/26):

Household Size	Pre-Tax Monthly Income Limit	Highest Benefit
1 person	$2,610	$298
2 people	$3,526	$546
3 people	$4,442	$785
4 people	$5,360	$994

Apply Today!

Online at BenefitsCal.com

Call (855) 355-5757

Visit an office Monday through Friday, 8 a.m. to 5 p.m.

View our webpage: SFHSA.org/CalFresh

Email: food@sfgov.org

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Need to see a doctor?

Medi-Cal: Free or Low-Cost Health Insurance

Don't wait for an emergency. You can use Medi-Cal to pay for doctor visits, prescriptions, dental, and more.

Who Qualifies

Many working families, students, seniors, and individuals with low income qualify. Even if you're working, you may still be eligible.

Income Examples

Medi-Cal can help you get and stay healthy. You may be able to get free, no cost Medi-Cal if you make less than $1,801 a month for a single person, or $3,065 a month for a family of three.

Apply Today!

Online at BenefitsCal.com or CoveredCA.com

Call (855) 355-5757

Visit an office Monday through Friday, 8 a.m. to 5 p.m.

If you are not eligible for Medi-Cal, we can recommend other affordable health care options.

View our webpage: SFHSA.org/Medi-Cal

Email: SFMedi-Cal@sfgov.org