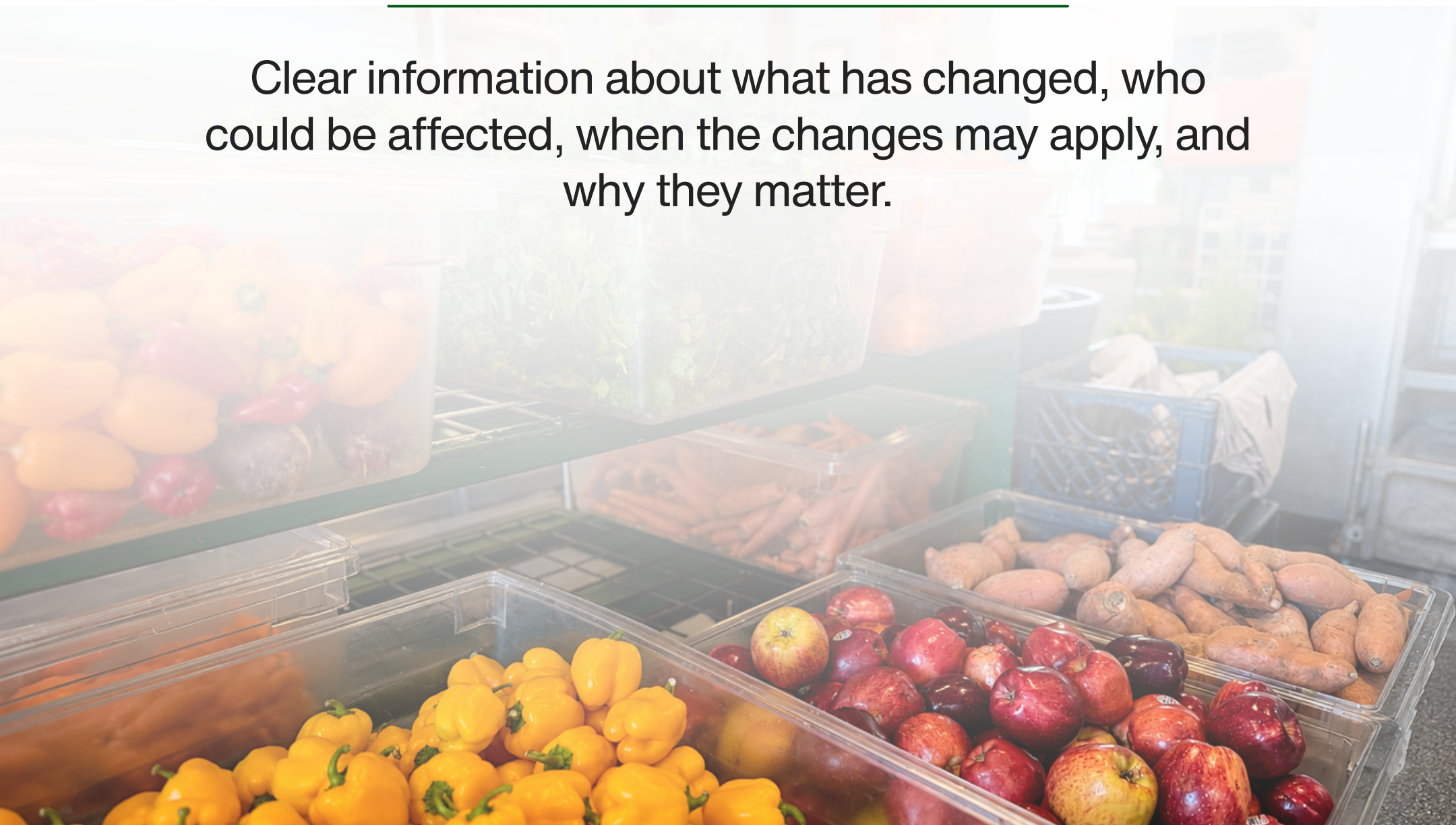




CELEBRATING
50
YEARS

SNAP & CalFresh Snapshot

Clear information about what has changed, who could be affected, when the changes may apply, and why they matter.



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SNAP and CalFresh: The Basics

The Supplemental Nutrition Assistance Program (SNAP) is the nation’s largest nutrition assistance program, helping millions of people with low incomes afford food.¹ In fiscal year 2024, SNAP served an average of 41.7 million people each month, roughly one in eight Americans, and provided nearly \$100 billion in federal food assistance.² Research has found that SNAP reduces food insecurity, supports access to healthier diets, and is associated with improved health outcomes and lower health care costs.³

In California, SNAP is known as CalFresh. Benefits are provided monthly through an Electronic Benefit Transfer (EBT) card. SNAP is federally funded and administered through state and county agencies. In Los Angeles County, CalFresh is administered by the Department of Public Social Services (DPSS).⁴

Why CalFresh Matters in Los Angeles County

According to USC Dornsife, 24% of Los Angeles County households, nearly one in four, experienced food insecurity in 2025.⁵ CalFresh helps households meet their nutritional needs, though benefits may cover only a portion of the total cost of food for many families.⁶

Food insecurity and economic hardship disproportionately affect low-income communities and Black and Latino households in Los Angeles County.⁵ Reductions in CalFresh eligibility or benefits could place additional pressure on households already experiencing food insecurity.

1.44M⁷

CalFresh participants in Los Angeles County, June 2026

OVER 1 IN 5⁶

California households experience food insecurity

\$6.26 vs. \$12.20⁶

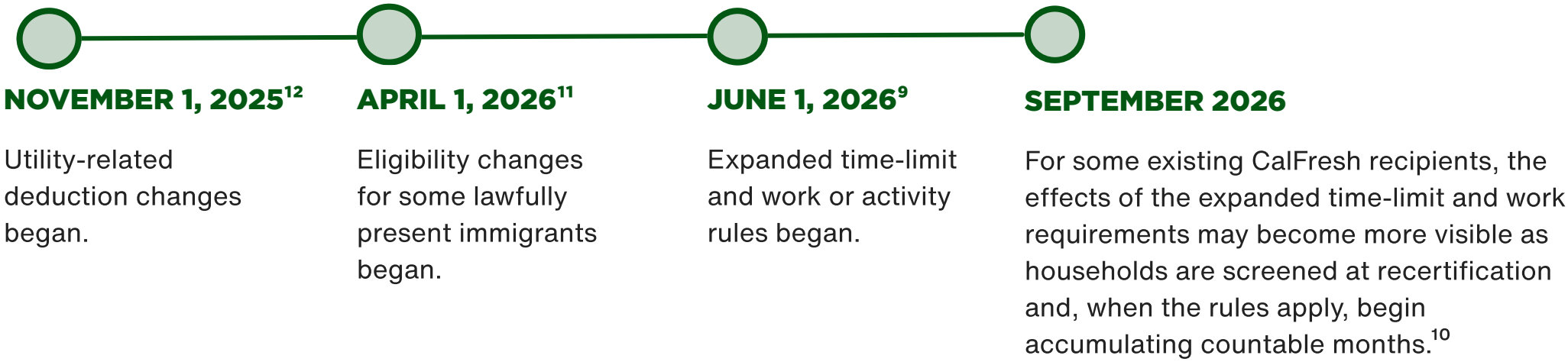
Average daily CalFresh benefit per person vs. estimated minimum daily food cost

What Has Changed?

Recent federal changes revise SNAP rules affecting eligibility, how long some individuals can receive benefits, and how benefits are calculated. Changes include expanded time limits and work or activity requirements for some adults, revisions to exemptions, new restrictions affecting some lawfully present immigrants, and changes to utility-related deductions.⁸

The impact will vary depending on circumstances, including age, immigration status, work or activity status, caregiving responsibilities, and allowable household expenses.⁸

When Did These Changes Begin?



Policy Changes

Work and Activity Requirements

BEFORE

SNAP time-limit rules generally applied to adults ages 18 through 54 who did not qualify for an exemption.⁹

WHO COULD BE AFFECTED

Certain adults ages 18 through 64 who are subject to the expanded time-limit rules and do not qualify for an exemption.⁹

NOW

Expanded time-limit and work or activity requirements may apply to certain adults ages 18 through 64 who are able to work, do not have a dependent child under age 14 in their CalFresh household, and do not qualify for an exemption. They must meet the requirement to continue receiving CalFresh beyond three months within a fixed 36-month period.⁹

The requirement can be met by working at least 20 hours per week or 80 hours per month, participating in qualifying education, employment, or training activities, completing volunteer or community service, or participating in workfare. Exemptions include circumstances such as pregnancy, being physically or mentally unable to work, and certain caregiving responsibilities.⁹

A full month of CalFresh received without meeting the requirement or qualifying for an exemption may count toward the three-month limit. After three countable months, benefits may stop or be reduced. To restore benefits, a participant may need to reapply after meeting the requirement or qualifying for an exemption.⁹

Eligibility for Some Immigrant Households

BEFORE

Certain lawfully present immigrants could qualify for SNAP if they met federal immigration and other eligibility requirements.¹¹

WHO COULD BE AFFECTED

Some lawfully present immigrants who previously could qualify for CalFresh and households that include people affected by the changes.¹¹

NOW

Beginning April 1, 2026, federal changes eliminated CalFresh eligibility for most lawfully present immigrants who previously could qualify. The change began for new applicants on April 1, while current recipients may be affected when their household is reviewed at renewal. Whether someone is affected depends on their immigration category and other eligibility factors.¹¹

Utility-Related Benefit Calculations

BEFORE

Some households that did not pay heating or cooling costs separately from housing costs could receive an annual energy assistance payment that allowed them to claim the Standard Utility Allowance, or SUA.¹²

NOW

Households without a member who is age 60 or older or has a disability may need to have heating or cooling costs separate from their housing costs to claim the SUA. Depending on case timing, the change may take effect at application, renewal, or recertification. Households that no longer qualify may receive a lower monthly CalFresh benefit.¹²

WHO COULD BE AFFECTED

Some households that previously qualified for the SUA through an annual energy assistance payment.¹²

What CalFresh Participants Should Know

Not every participant will experience changes at the same time or in the same way. Individual case information determines which requirements apply and when action is needed.

01. CHECK

Review mailed and electronic notices, including those available through BenefitsCal, for renewals, requests for documents, new requirements, or benefit changes. Respond by the stated deadlines.¹³

STATE HEARING

Participants who disagree with a county decision about their CalFresh eligibility or benefits have the right to request a State Hearing.¹⁴

02. UPDATE

Keep contact information, household circumstances, and relevant expenses current with DPSS, and report changes when required.¹⁰

03. ASK

Ask whether an exemption applies, what activities or documentation meet a requirement, or what options are available if benefits change.¹⁰

A NOTE ON WORK REQUIREMENTS

For the new work requirements, DPSS advises participants to report relevant changes in work hours, health or ability to work, childcare circumstances, or circumstances that may qualify them for an exemption.¹⁰

What This Means for Los Angeles Communities

Some individuals and families may receive fewer CalFresh benefits or lose eligibility altogether. At a time when food insecurity and the cost of basic needs remain high across Los Angeles County, reductions in CalFresh could place additional pressure on household food budgets and community food resources.

Where to Find Information and Help

For help understanding how these changes may apply to you, contact DPSS or ask a caseworker or benefits counselor at an organization where you already receive services.

BENEFITSCAL

Benefit information, electronic notices, renewals, reports, and document submission.¹³
[BenefitsCal.com](https://www.benefitscal.com)

GETCALFRESH

Plain-language CalFresh information and application help.¹³
[GetCalFresh.org](https://www.getcalfresh.org)

LOS ANGELES COUNTY DPSS

Case assistance and current county guidance.¹³
DPSS CalFresh Customer Service Center:
[\(866\) 613-3777](tel:(866)613-3777)

211 LA

Connections to local food and community resources.¹³
[211LA.org](https://www.211LA.org)
[Call 211](https://www.211.org)

NEED FOOD NOW?

If you need food assistance now, [St. Joseph Center](https://www.stjosephctr.org) and other local food pantries and community organizations may be able to help. [211 LA](https://www.211LA.org) can also connect you with food resources near you.

PUBLICATION NOTE

SNAP and CalFresh changes continue to be implemented, and some requirements, dates, and procedures may change. For current information about eligibility, exemptions, deadlines, or required actions, participants should refer to official guidance and their individual case information.

ENDNOTES

1. SNAP program overview

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2. SNAP participation and federal expenditures

U.S. Department of Agriculture, Economic Research Service. [“Supplemental Nutrition Assistance Program \(SNAP\).”](#) Fiscal year 2024 data.

3. SNAP health and nutrition outcomes

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4. CalFresh basics and administration

U.S. Department of Agriculture, Food and Nutrition Service. [“SNAP Eligibility.”](#)
U.S. Department of Agriculture, Food and Nutrition Service. [“SNAP State Directory of Resources.”](#)
Los Angeles County Department of Public Social Services. [“CalFresh.”](#)

5. Los Angeles County food insecurity and inequities

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6. Food insecurity and CalFresh benefit adequacy

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7. Los Angeles County CalFresh participation

California Department of Social Services. [“CalFresh Data Dashboard.”](#) June 2026 data.
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9. Work and activity requirements

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10. Implementation and participant guidance

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11. Eligibility for some immigrant households

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12. Utility-related benefit calculations

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Los Angeles County Department of Public Social Services. [“H.R. 1 CalFresh Policy Changes.”](#)

13. Benefits and community resources

BenefitsCal. [“Welcome to BenefitsCal.”](#)
Los Angeles County Department of Public Social Services. [“CalFresh.”](#)
GetCalFresh. [“Understand CalFresh Before You Apply.”](#) 211 LA. “211 LA.”

14. State Hearing

California Department of Social Services. [“State Hearing Requests.”](#)

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