CalFresh Work Rules Are Changing!

Before **February 1, 2026**, you must show you work **at least 80 hours/month** to keep CalFresh.

Act Now to Keep Your Benefits!

CalFresh

Who is affected?

- Adults aged **18-54** that can work
- No children under 18 in the home

Work includes:

- Paid Jobs
- Volunteer Work
- Work in Exchange for Services

Re-certify your work hours or exemption by February 2026 to avoid losing CalFresh!

You may be exempt if you:

- Are pregnant, disabled, or homeless
- Care for a child under 6 years old
- Are in school or a training program
- Get unemployment or CalWORKs
- Are a veteran, foster youth, or tribal member

Additional Resources

There are additional food resources and pantries available as an alternative for those impacted by CalFresh changes.

Visit www.aaci.org/medi-cal-changes/ to learn more.