

# HOW TO MAXIMIZE CALFRESH BENEFITS



## EMERGENCY ALLOTMENTS ARE ENDING

This means CalFresh benefits will be reverting to their normal allocation amount. Households will only receive benefits between the 1st and 10th of each month.

Monthly benefits are determined by the household's monthly net income after deductions from expenses. This means it's more important than ever for households to **report all of their eligible monthly expenses for deductions.**

Many households fail to report these monthly expenses - and this can lead to a lower monthly benefit amount than they're actually eligible for.

## What monthly expenses are eligible for deductions?



### Shelter Expenses

These include but are not limited to rent, mortgage payments, home association fees, taxes and insurance on the house, repairs to the house caused by natural disaster.

The maximum shelter deduction for households without an elderly or disabled member is \$672.

Verifications should not be requested unless questionable, but allowable verifications include: lease agreement, sworn statement



### Utility Expenses

Households with heating and cooling costs separate from their rent or mortgage payments are eligible for a *Standard Utility Allowance* of \$596.

Households with expenses for at least two separate types of utilities (other than heating and cooling) are eligible for a *Limited Utility Allowance* of \$158.

Verification is not required unless questionable.



### Expenses for Dependent Care

Households can deduct actual costs (no maximum deduction) they pay for child or other dependent care (including care for adults).

Verification is not required unless questionable.



### College Student Expenses

Households with college students can deduct costs of student expenses, including tuition and school supplies.

Allowable verifications: receipts, sworn statement

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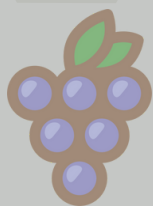


### Child Support Payments

Households are eligible to deduct child support payments to a non-household member. These do not include alimony payments.

There is no maximum for the child support deduction.

Allowable verifications include: court-ordered letter or letter from other legal authority



### Medical Expenses

Households with an *elderly or disabled member* are eligible to deduct monthly medical expenses.

If medical expenses are between \$35-\$155 per month, households will get a *standard medical deduction of \$120*.

If medical expenses are over \$155, clients are eligible to deduct actual expenses.

Allowable medical expenses include: Insurance premiums, medical supplies, hospitalization or outpatient treatment, prescription drugs, transportation costs, dental and eye care, attendant/health aid, maintaining service animals, and medical equipment and associated energy costs.

Allowable verifications include: receipts, bills, pharmacy print-outs, sworn statement



### Homeless Shelter Expenses

If unsheltered individuals pay for shelter during the month, they are eligible to deduct an allowance of \$179.66



### Income Changes

If the household's income decreases, their benefits may increase.

Update the county by: calling Access or uploading documentation on LaterDocs.

## ADDITIONAL SUPPORT

If you believe your client is **entitled to more benefits** than they are receiving, please:

- Contact the San Diego Hunger Coalition at [calfresh@sdhunger.org](mailto:calfresh@sdhunger.org) to escalate the case
- Contact Legal Aid Society of San Diego by calling 1-877-534-2524.



For additional food resources, check out our [Food Assistance Flyer](#).