

Social Security Income and CalFresh

If you do not qualify for CalFresh, here are some options:

If you receive	SS² Social Security Retirement Income	You may be eligible for CalFresh
	SSI/SSP³ Supplemental Security Income Supplemental Security Payment	NOT eligible for CalFresh
	SSDI⁴ Social Security Disability Insurance	You may be eligible for CalFresh
	SDI⁵ State Disability Insurance (DI) (PFL)	You may be eligible for CalFresh

In California, people who receive SSI/SSP are not eligible for CalFresh because the benefit amount already includes money for food. *However, other people living in the household who do not receive SSI/SSP may be eligible to receive CalFresh.* If the SSP award is \$0, you may be eligible.

People age 60 or older and people with disabilities are not restricted to the gross income limits (above). They also may deduct certain expenses such as out-of-pocket medical costs and a higher amount of rent or mortgage costs

HELP ME HELP YOU FOOD PANTRY – (562) 612-5001

- 1) Every 1st and 3rd Friday, 1:30pm - 3pm. Location: Elementary School, 515 Lime Avenue, Long Beach CA 90802 (Enter gate on 6th street)
- 2) Every 4th Wednesday, 9am to 11am. Location: Lilly of the Valley Church, 3056 Sante-Fe Avenue, Long Beach CA 90810

COA (Christian Outreach in Action) - 515 E. 3rd Street, Long Beach. (562) 432-1440

- 1) Prepared Breakfast from 7am to 8am, Monday - Friday
- 2) Prepared Dinner from 4:30pm to 5:30pm, Monday – Friday
- 3) Groceries provided every Tuesday and Thursday, 9am to 12noon

LONG BEACH SENIOR CENTER - 1150 E. 4th Street, Long Beach. (562) 570-3500

- 1) Every morning in the Cafe, Monday to Friday, 8am to 10am. Cost \$1.80 and up.
- 2) The 4th Saturday of each month food boxes/groceries are available from 8am to 1pm. Must show ID and proof of income

LONG BEACH RESCUE MISSION - 1430 Pacific Avenue, Long Beach. (562) 591-1292

Free lunch is provided to the public Monday – Thursday at 12 noon. Please arrive before noon to be served. Dinner is served to the public for free every day at 6pm.

HELP ME HELP YOU

PO BOX 32861 LONG BEACH CA 90831 (562) 612-5001

www.helpmehelpu.org

