CalFresh benefits have been delayed as of November 1, 2025, caused by the federal shutdown. When federal funding for benefits resumes, there will likely be a weeklong delay until CalFresh participants have access to the funds. Communities across the state are organizing to address food insecurity, and while these resources will not match the level of support available statewide through CalFresh, they may help bridge the gap in benefits. This matrix provides a collection of food and financial support resources to assist young adults who are impacted.

In many school districts, alternative meal support is being provided via school pantries, Family Resource Centers, and meal distribution at some public libraries. In addition to the resources listed below, families with school aged children are encouraged to contact their County Office of Education—many are providing information about these local resources on their homepages found at this link. Youth in Extended Foster Care are encouraged to reach out to their child welfare worker, dependency attorney, or probation officer. Youth in transitional housing programs may receive additional resources and referrals from their program's case managers.

	Status	What it Provides	Who Qualifies	How to Apply	Additional Considerations	For More Information
CalFresh	**Currently delayed.** CDSS encourages individuals in need to continue to apply and recertify, so benefits are up to date when available.	Up to $298 a month per household member for purchase of food.	Income must be below $2,610/mo. for single person (cap increases by $918 for each additional person in household).	Apply online at https://benefitscal.com/ or www.getcalfresh.org	• Individuals aged 18-64 without dependent children must meet work requirements unless exempted. Former foster youth and homeless youth are now subject to this requirement. • Students must meet additional eligibility requirements – either working 20 hours/wk, approved for work study or enrolled in a support program like Guardian Scholars, NextUp, EOP, EOPS, or Disabled Student Services.	CDSS November CalFresh Benefits CDSS CalFresh Benefit Delay FAQ JBAY FAQ on CalFresh for Non-Minor Dependents (participating in Extended Foster Care) https://jbay.org/resources/faq-non-minor-dependents-calfresh/ JBAY CalFresh Student Resources: https://jbay.org/resources/calfresh-resources-colleges/
The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)	**Provisionally available.** Funds not guaranteed through November. Updates available on the California WIC federal budget website.	EBT resources for purchases of specified food items, breastfeeding support, nutrition education, and community resource referrals.	Pregnant, postpartum, and breastfeeding women, infants, and children up to age 5. Income must be below $2,413/mo. for single person (cap increases by $848 for each additional person in household).	Contact local WIC office	• EBT benefits are only available at specified WIC grocers. • Applicants must be seen by a health professional such as a physician, nurse, or nutritionist who must determine whether the individual is at nutrition risk.	https://myfamily.wic.ca.gov/

	Status	What it Provides	Who Qualifies	How to Apply	Additional Considerations	For More Information
Community Food Banks	Still available.	A range of food packages available for pickup at various locations.	Local food banks have varying income and/or demographic criteria for a range of services.	Find local food bank location. Some food banks direct individuals to community food pantries, listed on their sites.	Local community food pantries may have limited items.	https://www.cdss.ca.gov/food-banks https://www.cafoodbanks.org/our-members/
2-1-1	Still available.	Confidential 24/7 call center connecting people with locally available assistance.	Open to all.	Call 2-1-1 Text zip code to 898211 (where available) Visit https://211ca.org/	211 has limited local resource connections outside of emergency/disaster response in some California counties.	https://211ca.org/united-ways-resources-211/
California Universal Meals Program	Still available.	Free breakfast and lunch to all public school students, regardless of income.	TK-12 public school students.	No application necessary.	Meals are only provided if the student is on campus or on a school-related field trip.	https://www.cde.ca.gov/ls/nu/sn/cauniversalmeals.asp
Basic Needs Centers on College Campuses	Still available to students.	Provision of or referral to food, housing, and limited economic support .	Available to all students.	Information is available for each campus's resources at their respective websites: University of California California State Universities California Community Colleges	Services vary across campuses.	https://jbay.org/college/basic-needs/ University of California California State Universities California Community Colleges

	Status	What it Provides	Who Qualifies	How to Apply	Additional Considerations	For More Information
Financial Aid for Post-Secondary Education	Some funding still available. **Students may request professional judgement appeals on their Student Aid Index (SAI) to account for loss of CalFresh benefits.**	Grants to cover tuition and non-tuition costs including living expenses such as housing and food.	College students enrolled in as few as 3 units may qualify for certain sources based on factors such as citizenship status, income, unit load and time in foster care.	• Complete the FAFSA at fafsa.gov OR California Dream Act Application (CADAA) at dream.csac.ca.gov for qualified undocumented students and mixed status families. • Eligible foster youth complete the Chafee Grant application at https://chafee.csac.ca.gov/.	• Current students who have not completed a FAFSA/CADAA can still apply. • FAFSA-eligible students can apply to receive the Pell Grant through the last day of classes of the academic year. • Students should also complete the FAFSA/CADAA for the 2026/27 academic year. • The Chafee Grant is awarded on a first-come, first-serve basis. Students applying for the 2025-26 academic year will likely be placed on a waitlist.	https://jbay.org/resources/financial-aid-guide/ • FAFSA: fafsa.gov • Chafee Grant: chafee.csac.ca.gov • CA Dream Act Application: dream.csac.ca.gov
CalWORKs	**Funding available through the month of November.** Watch for updates from CDSS if the shutdown continues.	Cash aid, job placement support, child care, limited emergency housing support, linkages with food and health care services.	Households with at least one child under the age of 18 with limited income and resources.	Apply online at https://benefitscal.com/	• CalWORKs participants must engage in Welfare to Work activities unless exempt. • Enrollment in college can be an eligible Welfare to Work activity (details must be verified). • UC and CSU campuses have staff who work with CalWORKs students but may not have targeted programs like community colleges.	California Community Colleges CalWORKs
Medi-Cal	**Funding available through the month of December.** Watch for updates from CDSS if the shutdown continues.	Free health insurance.	• Low- and moderate-income households (up to $21,597 for single individual) • Former foster youth.	Apply online at https://benefitscal.com/ or https://www.dhcs.ca.gov/Medi-Cal/Pages/apply.aspx	Additional support may be available through Enhanced Care Management (ECM) service providers through CalAIM. Medi-Cal members can reach out to their managed care plans to be connected with ECM providers. Foster youth are categorically eligible for ECM.	https://www.dhcs.ca.gov/Medi-Cal/Pages/home.aspx https://www.coveredca.com/health/medi-cal/
Utility Assistance	Still available – does not receive federal funds.	30-35% discount on electric bill and 20% discount on gas bill.	Households of 1-2 must earn below $42,300. Caps increase for larger households.	Visit www.cpuc.ca.gov/lowincomerates to find the application for your local utility service.	CARE is a state and utility funded program not impacted by the federal shutdown. LIHEAP services may be delayed, applicants are encouraged to instead seek support through CARE.	www.cpuc.ca.gov/lowincomerates