

Need Help to Buy Food or Receive Cash Aid?

Did you know that CalOptima Medi-Cal members may also be eligible for CalFresh, CalWORKs or WIC? Find out which program may help you and your family, and how to apply.

What is CalFresh?

CalFresh (formerly known as food stamps) is a federal nutrition assistance program that helps eligible individuals and families purchase nutritious food. Eligible households will receive an electronic benefit transfer (EBT) card, similar to an ATM card, to purchase food at grocery stores and farmers markets that accept EBT cards.

What is CalWORKs?

The California Work Opportunity and Responsibility to Kids (CalWORKs) is a public assistance program that provides cash aid and services to eligible families with a child or children at home. CalWORKs can help pay for housing, food and other costs.

How to Apply for CalFresh and CalWORKs:

To help prevent the spread of COVID-19 and avoid long in-person wait times, please apply online, by phone or fax. You can find out if you are eligible and apply through the County of Orange Social Services Agency (SSA).

- Online: www.MyBenefitsCalWIN.org or www.GetCalFresh.org (for CalFresh only)
- Phone: SSA Call Center at 1-800-281-9799
- Fax: 1-714-645-3489 (for CalFresh only)
- Apply in-person at an SSA Regional Office; to find locations go to www.ssa.ocgov.com/about/locations/office_location_list

What is WIC?

Women, Infants & Children (WIC) program offers nutrition education, breastfeeding support, benefits for healthy foods, and referrals to health care and other community services. Eligibility and income guidelines must be met to qualify for WIC.

How to Apply for WIC

WIC has offices all over Orange County. Call to make an appointment at an office near you.

- Call: 1-888-WIC-WORKS or 1-888-942-9675
- Online: <https://myfamily.wic.ca.gov>

Apply today to get help with food for your family or to get immediate short-term help!



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