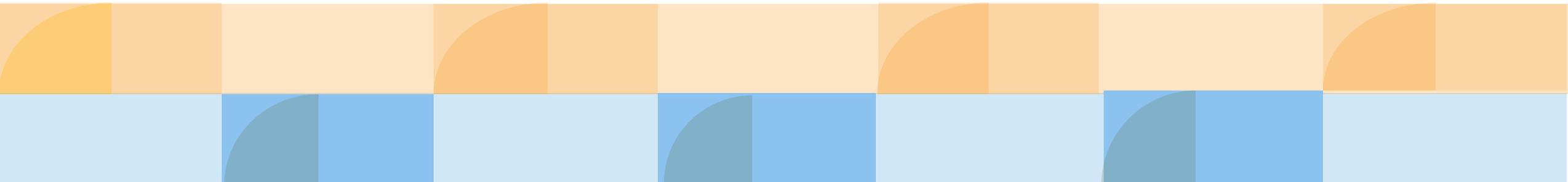




Helping You Navigate Upcoming Changes to CalFresh & Medi-Cal Benefits

February 2026



What is Changing?

House Resolution 1 (H.R. 1) or the “One Big Beautiful Bill Act” was signed into law on July 4, 2025. This law includes changes to CalFresh and Medi-Cal for some individuals.

CalFresh Changes

April 1, 2026: CalFresh enrollment will stop for people with “Unsatisfactory Immigration Status” (UIS)

June 1, 2026: Reinstatement of work requirements for “Able-Bodied Adults Without Dependents” (ABAWD)

Medi-Cal Changes

January 1, 2026: Full-scope Medi-Cal enrollment stopped for people with UIS*

October 1, 2026: Upcoming Medi-Cal changes depend on federal updates.

January 1, 2027: New work requirements for ABAWD. New six-month eligibility checks.

Upcoming Medi-cal changes are dependent on Federal updates

*Pregnant people and their infants are eligible for full-scope Medi-Cal during pregnancy and for one year after birth, regardless of immigration status.

CalFresh Changes due to H.R.1

Eligibility for Non-Citizens

Before H.R. 1

- Certain lawful non-citizens were eligible to receive CalFresh, such as asylees, refugees, and parolees.

After H.R. 1

- Certain lawful non-citizens are no longer eligible to receive CalFresh benefits, such as Deportation withheld, Refugees, Asylees, and Parolees.

Work Requirements for Able-Bodied Adults Without Dependents (ABAWD)

Before H.R. 1

None (in San Diego specifically)

After H.R. 1

- Age Range: 18 to 64 years old
- Exempt if a parent/guardian of a dependent child **under 14** in the home
- Exemptions have been removed for veterans, individuals experiencing homelessness, and former foster youth

State Utility Assistance Subsidy (SUAS)

Before H.R. 1

- Households with no heating or cooling costs separate from their housing costs, may be eligible for SUAS payment to receive SUA deduction

After H.R. 1

- Households with no heating or cooling costs separate from their housing costs, **and** with an elderly or disabled member may be eligible for SUAS payment to receive SUA deduction.

Changes to CalFresh Work Requirements

Starting June 1, 2026 people who must meet work requirements include:

- Adults 18-64
- Do not have children under 14 at home
- Are physically and mentally able to work

Work requirements require that beneficiary prove they are:

Working

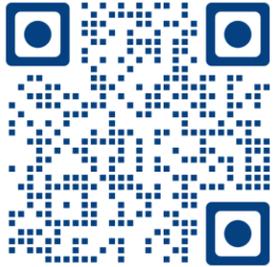
Enrolled in an
Approved Training
Program

Volunteering

OR combination of these for 20 hours per week or 80 hours monthly to get or keep CalFresh benefits

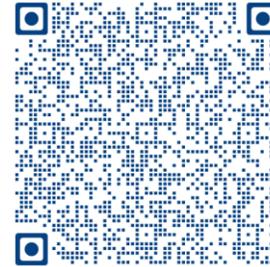
What should I do next?

BenefitsCal Account: Update contact info



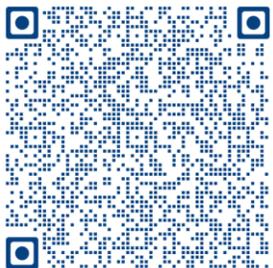
Visit your [BenefitsCal](#) account and make sure your contact information is up to date.

Family Resource Centers: visit for in-person support



Visit a [Family Resource Center](#).

Website



Visit the [Changes to CalFresh and Medi-Cal webpage](#) view changes to benefits.

Access Customer Service: call for phone support



Call 1-866-262-9881.

If you are impacted by any of these changes, you will be contacted or informed during your intake interview or next re-certification.

What should I do next?



If you are using a County of San Diego P.O. Box, check your mail at least monthly to ensure you do not miss any communication.



Respond to communications that come from County of San Diego staff.

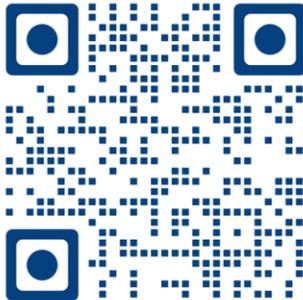
If you are impacted by any of these changes, you will be contacted or informed during your intake interview or next re-certification

Additional Community & Food Resources

[Self-Sufficiency Programs](#)



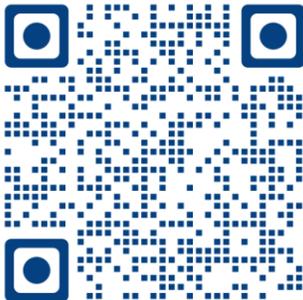
211sandiego.org



[San Diego Hunger Coalition](#)



[San Diego Food Bank](#)



[Feeding San Diego](#)

