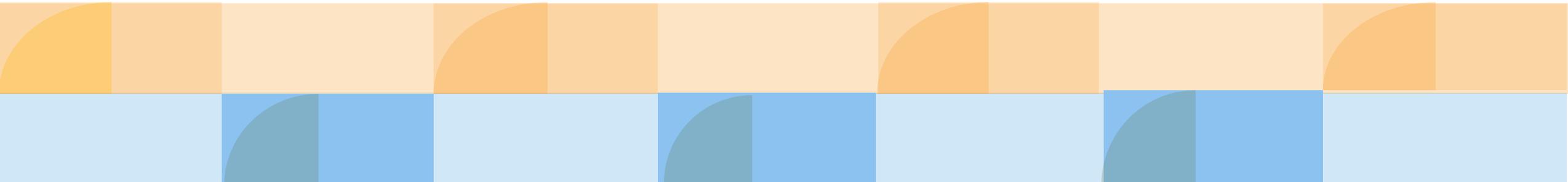




Helping You Navigate Upcoming Changes to CalFresh & Medi-Cal Benefits

March 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 non-citizen eligibility categories will change

June 1, 2026: Work requirements will apply to “Able-Bodied Adults Without Dependents” (ABAWDs)

Medi-Cal Changes

January 1, 2026: Full-scope Medi-Cal enrollment freeze for individuals with “Unsatisfactory Immigration Status”

October 1, 2026: Fed gov’t will change how some immigration statuses are classified for federally funded full scope Medi-Cal

January 1, 2027: Medi-Cal work requirements begin. Six-month eligibility checks begin.

*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

Eligibility for Non-Citizens

Before April 1, 2026

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

After April 1, 2026

- Certain non-citizens are no longer eligible to receive CalFresh benefits, such as asylees and refugees.

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

Before June 1, 2026

None (in San Diego)

After June 1, 2026

- Age Range: 18 to 64 years old
- Exempt if a parent/guardian of a dependent child **under 14** in the home

Note: Some individuals may be exempt from work requirements if they are physically or mentally unable to be employed

Who is Still Eligible for CalFresh?

Starting **April 1, 2026**, customers **are eligible** for CalFresh if they are one of the following:

United States
(US) citizen

US National

Lawful
Permanent
Resident (LPR)

Cuban or
Haitian Entrant
(CHE)

Compacts of
Free
Association
(COFA) citizen



Who is No Longer Eligible for CalFresh?

Starting April 1, 2026, customers are no longer eligible for CalFresh if they are a/an:

Asylee

Refugee

Parolee
(unless CHE)

Individual with
deportation or
removal withheld

Conditional entrant

Victim of trafficking

Battered non-
citizen

Iraqis and Afghans
with Special
Immigrant Visas
(SIVs)

Certain Afghan
nationals granted
parole between July
31, 2021, through
September 30, 2023

Certain Ukrainian
nationals granted
parole between
February 24, 2022,
through September 30,
2024

Ineligible non-citizens who **adjust to a qualifying immigration status** *may* be eligible for CalFresh.

- For example, a refugee adjusts their immigration status to Lawful Permanent Resident (LPR).

CalFresh Work Requirements



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
- Do not meet any other [exemptions](#)

Work requirements can be met by completing 20 hours/week or 80 hours/month through the following activities:

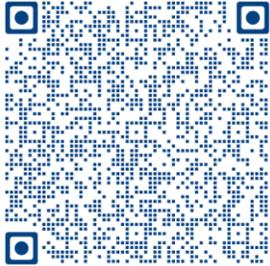
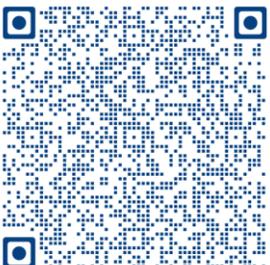
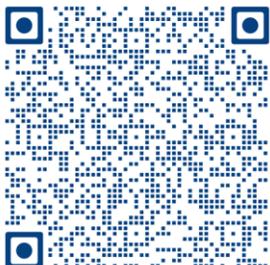
Work

Self-
Employment

Training

Volunteering

What should I do next?

BenefitsCal Account: Update contact info	Family Resource Centers: visit for in-person support
 <p>Visit your BenefitsCal account and make sure your contact information is up to date.</p>	 <p>Visit a Family Resource Center.</p>
Website	Access Customer Service: call for phone support
 <p>Visit the Changes to CalFresh and Medi-Cal webpage to view changes to benefits.</p>	 <p>Call 1-866-262-9881.</p>
<p><i>If you are impacted by any of these changes, you will be contacted or informed during your intake interview or next re-certification.</i></p>	

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 recertification

Call to Action for Organizations

 <p>Inform</p>	<p>Share information with your clients and staff: CalFresh and Medi-Cal Changes Self-Sufficiency Programs website</p>	 <p>Create or Promote Volunteer Opportunities</p>	<p>Partner with organizations that promote volunteer opportunities like HandsOn San Diego</p>
 <p>Enrollment Support</p>	<p>See if your organization is a good fit for the Access CBO Line Request the Live Well on Wheels for events</p>	 <p>Stay Engaged</p>	<p>Sign up for Enewsletter Updates</p>
 <p>Create or Promote Work Opportunities</p>	<p>List open job opportunities with San Diego Workforce Partnership (SDWP) Employer Job Posting Website See if you are a good fit to Become an Eligible Training Provider with SDWP</p>	 <p>Request HR1 Presentation</p>	<p>Request a presentation</p>

Check out the [CalFresh/Medi-Cal Changes Toolkit](#) and [Community Partner Resource Toolkit](#)

Additional Community & Food Resources

Self-Sufficiency Programs

 (866) 262-9881



211sandiego.org

 2-1-1



Feeding San Diego

 (858) 452-3663

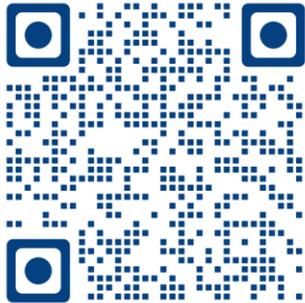


San Diego Food Bank

 (858) 527-1419



San Diego Hunger Coalition



Catholic Charities

 (619) 323-2841



Jewish Family Service

 (858) 637-3210



San Diego Workforce Partnership

 (619) 319-9675



HandsOn San Diego





Please provide your Presentation Feedback

