



LIVE WELL
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House Resolution 1 (H.R. 1) and Federal Safety Net Changes

February 2026



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H.R. 1 Background

Timeline of Changes



On July 4, 2025, H.R. 1 was signed into federal law. The bill included changes to the CalFresh and Medi-Cal programs, including but not limited to:

Implementation Date	Policy Change	Estimated San Diego County Impact*
January 1, 2026	Full-scope Medi-Cal enrollment freeze for individuals with “Unsatisfactory Immigration Status” (UIS)	Applies to new applicants only
April 1, 2026	CalFresh enrollment freeze for individuals with UIS	13,000 customers
June 1, 2026	CalFresh Work Requirements for “Able-Bodied Adults Without Dependents” (ABAWD)	93,500 customers
October 1, 2026	Full-scope Medi-Cal eligibility restricted for UIS	75,000 customers with UIS
January 1, 2027	Medi-Cal Work Requirements begin	314,000 customers
January 1, 2027	Medi-Cal Six-Month Eligibility Checks	130,000 customers

**Estimates as of December 2025*

H.R. 1 Background



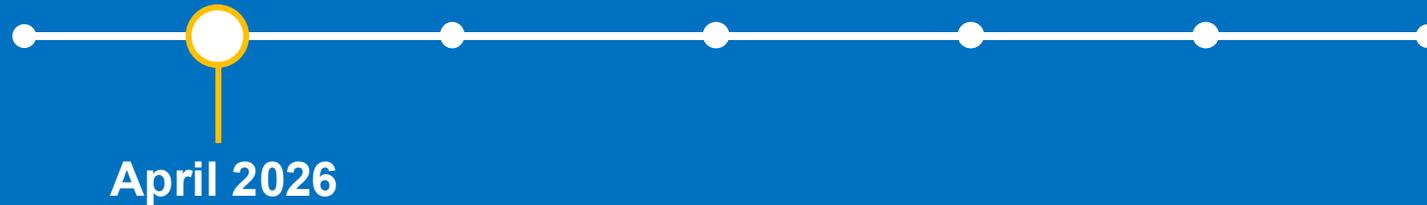
H.R. 1 includes two CalFresh changes that California must implement in 2026:

1. Noncitizen eligibility changes
2. Reimplementation to the Able-Bodied Adults Without Dependents (ABAWDs) time limit





H.R. 1 and CalFresh: Noncitizen Eligibility



Implementation Begins April 2026

CalFresh Noncitizen Eligibility



Effective **April 1, 2026**, California will implement changes to noncitizen eligibility:

- **New CalFresh applications** received on or after April 1, 2026, will be reviewed using the new rules.
- Starting April 1, 2026, **households already receiving CalFresh** will be reviewed using the new rules at their next annual renewal.



Who is Still Eligible for CalFresh?



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

A United States (US) citizen

A US National

A Lawful Permanent Resident (LPR)

A Cuban and Haitian Entrant (CHE)

A Compacts of Free Association (COFA) citizen

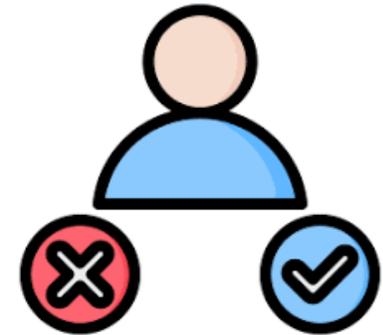


Who is No Longer Eligible for CalFresh?



Starting April 1, 2026, customers are **no longer eligible** for CalFresh if they are:

- | | | | |
|-----------------------|---|--|--|
| An asylee | A refugee | A parolee (unless CHE) | An individual with deportation or removal withheld |
| A conditional entrant | A victim of trafficking | A battered noncitizen | 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 | |



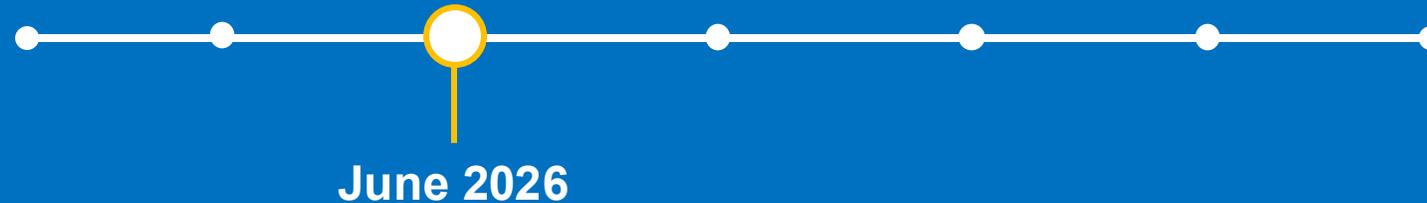
CalFresh Noncitizen Eligibility



- Ineligible noncitizens 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).



H.R. 1 and CalFresh: Able-Bodied Adults Without Dependents (ABAWDs)



Implementation Begins June 2026

CalFresh and ABAWDs



Effective June 1, 2026:

California will reimplement the **ABAWD CalFresh work requirement**.

ABAWDs will have to meet work or volunteer requirements to be exempt from the time limit and be eligible for continuous CalFresh benefits.

New CalFresh applications will be reviewed using the new rules.

Households already receiving CalFresh will be reviewed using the new rules at their next annual renewal.



CalFresh Time Limits & Work Requirements



- Starting June 1, 2026, **ABAWDs will have to meet CalFresh work or volunteer requirements**, or qualify for an exemption, to have continuous CalFresh benefits.
- ABAWDs who don't meet those requirements will have **CalFresh time limits** (only 3 months of CalFresh benefits every 3 years). These rules will apply to those who are:

Adults
(age 18 – 64*)

Not meeting an
exemption or work
requirements

*Change due to H.R. 1

Changes to Exemptions



- Some CalFresh recipients who were previously exempt from these rules will **now have to meet ABAWD work requirements** *unless they can be exempt for another reason*. This new group includes:

Adults
ages
60-64

Veterans

Individuals
experiencing
homelessness

Individuals caring
for a child ages
14-18

Youth under 25 who
were in foster care on
their 18th birthday

- The following are no longer subject to ABAWD work requirements:

Indian, Urban Indian, or California Indian under the Indian Health Care Improvement Act (IHCA)*



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



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Resources & Next Steps

County Action Steps



Coordinated Countywide Strategy: Formed Incident Command Center; Board of Supervisors Safety Net Ad Hoc Subcommittee; Planning to address the most significant impacts of HR1



Proactive Customer Service & Communication: Maintaining excellent customer service and encouraging customers to keep contact information up-to-date; Launched new webpage and preparing mass notification plan



Statewide Engagement & Advocacy: Coordinating with the State, other counties, and CBOs to shape implementation, share solutions, and secure resources



Technology, AI, and Data Solutions: Exploring tools to reduce barriers for customers and staff; Advocating for system improvements statewide; Developing reporting tools to respond effectively



Cross-Sector and Community Partnerships: Leveraging new and existing partnerships to help keep people enrolled in their benefits

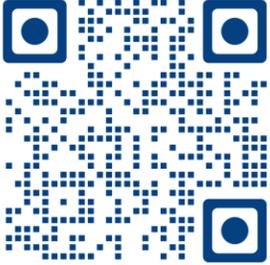
Call to Action: Organizations



 <p>Inform</p> <p>Share information with your clients and staff: CalFresh and Medi-Cal Work Requirements</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</p> <p>Request the Live Well on Wheels for events</p>	 <p>Stay Engaged</p> <p>Sign up for CBO Sector updates</p>
 <p>Create or Promote Work Opportunities</p> <p>List open job opportunities with San Diego Workforce Partnership (SDWP) Employer Job Posting Website</p> <p>See if you are a good fit to Become an Eligible Training Provider with SDWP</p>	 <p>Provide Feedback</p> <p>Provide feedback on how to best engage with the community and provide HR1 updates</p>

Key Messages for Impacted Populations



BenefitsCal Account: Update contact info	Family Resource Centers: Benefits Support (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: Benefits Support (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>	

Resources

General Information



[Website: Changes to CalFresh and Medi-Cal](#) ([Self-Sufficiency Programs website](#))



Community Partner Toolkit (HR1)
[Community Partner Resource Toolkit](#) (General)



[Request a presentation](#)

Food, work, volunteer, & other resources



211sandiego.org



[San Diego Hunger Coalition](#)



**For more information,
visit the County website**

**Please
provide your
Presentation
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