



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

March 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 non-citizen eligibility categories will change	13,000 customers
June 1, 2026	CalFresh Work Requirements will apply to “Able-Bodied Adults Without Dependents” (ABAWD)	93,500 customers
October 1, 2026	The federal government will change how some immigration statuses are classified for federally funded full scope Medi-Cal benefits	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 begin	130,000 households

**Estimates as of December 2025*

H.R. 1 Background



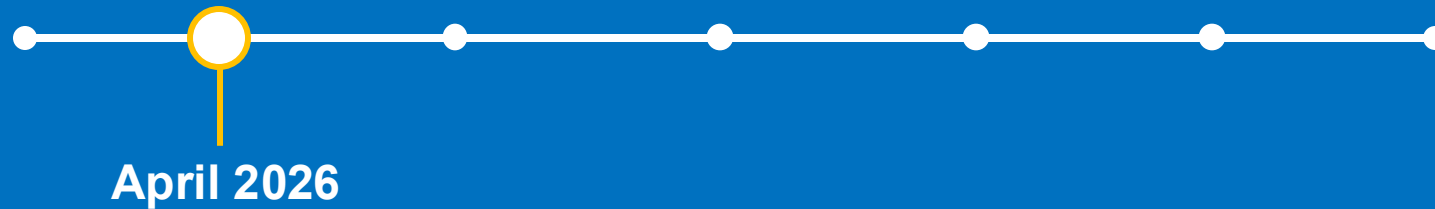
H.R. 1 includes two CalFresh changes that California must implement in 2026:

1. Changes to eligibility for some non-citizens
2. Reimplementation of the Able-Bodied Adults Without Dependents (ABAWDs) time limit





CalFresh: Eligibility Changes For Non-citizen Individuals



Implementation Begins April 1, 2026

CalFresh: Non-Citizen Eligibility



Effective **April 1, 2026**, California will implement changes to non-citizen 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 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

CalFresh Non-Citizen Eligibility

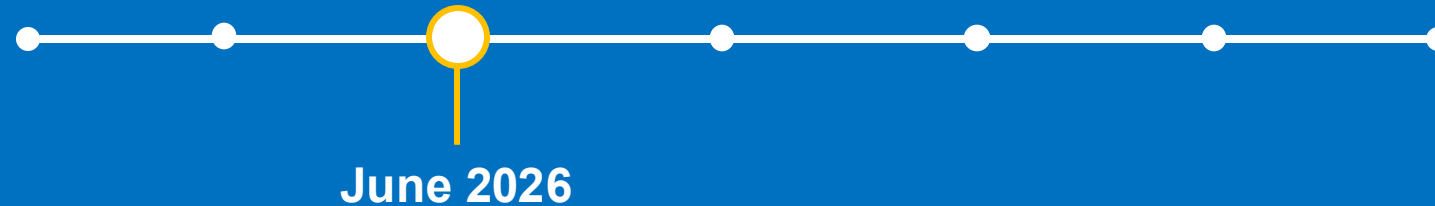


- Ineligible non-citizens who **adjust to a qualifying immigration status** *may* be eligible for CalFresh.
- For example, a refugee adjusts their immigration status to Lawful Permanent Resident (LPR).



CalFresh: Work Requirements

For Able-Bodied Adults Without Dependents (ABAWDs)



Implementation Begins June 1, 2026

CalFresh: ABAWD Work Requirements



Effective June 1, 2026:

ABAWDs will have to meet CalFresh work or volunteer requirements, or qualify for an exemption, to have 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: ABAWD 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
- 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

Exemptions

The new work rules do not apply if you are:



Under age 18 or over 64

Parent of/responsible for a dependent under age 14

Physically or mentally unfit for employment

Pregnant

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

Qualify as excused from the CalFresh work registration requirements:

- Caring for a person w/a disability
- Receiving or applying for unemployment benefits
- Receiving or applying for disability benefits
- Disabled
- Attending school, college, or a training program at least half time
- Meeting the work requirement for CalWORKs
- In a drug or alcohol abuse treatment program



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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 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](#)

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 someone is impacted by these changes, they will be contacted or informed during their intake interview or next re-certification</i></p>	



Food Resources

- [Feeding San Diego](#)
☎ (858) 452-3663
- [San Diego Food Bank](#)
☎ (858) 527-1419
- [Catholic Charities](#)
☎ (619) 323-2841
- [Jewish Family Service](#)
☎ (858) 637-3210
- [San Diego Hunger Coalition](#)

Workforce Resources

Find career/job support:

- [San Diego Workforce Partnership](#)
☎ (619) 319-WORK (9675)

Find volunteer opportunities:

- [HandsOn San Diego](#)

All Resources



211sandiego.org

☎ 2-1-1



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

**Please
provide your
Presentation
Feedback**

SANDIEGOCOUNTY.GOV

