

CalFresh & WIC 101: Program Basics and Benefits Workshop

Monday, February 14th, 2022

1:00 PM – 2:30 PM



Land Acknowledgement

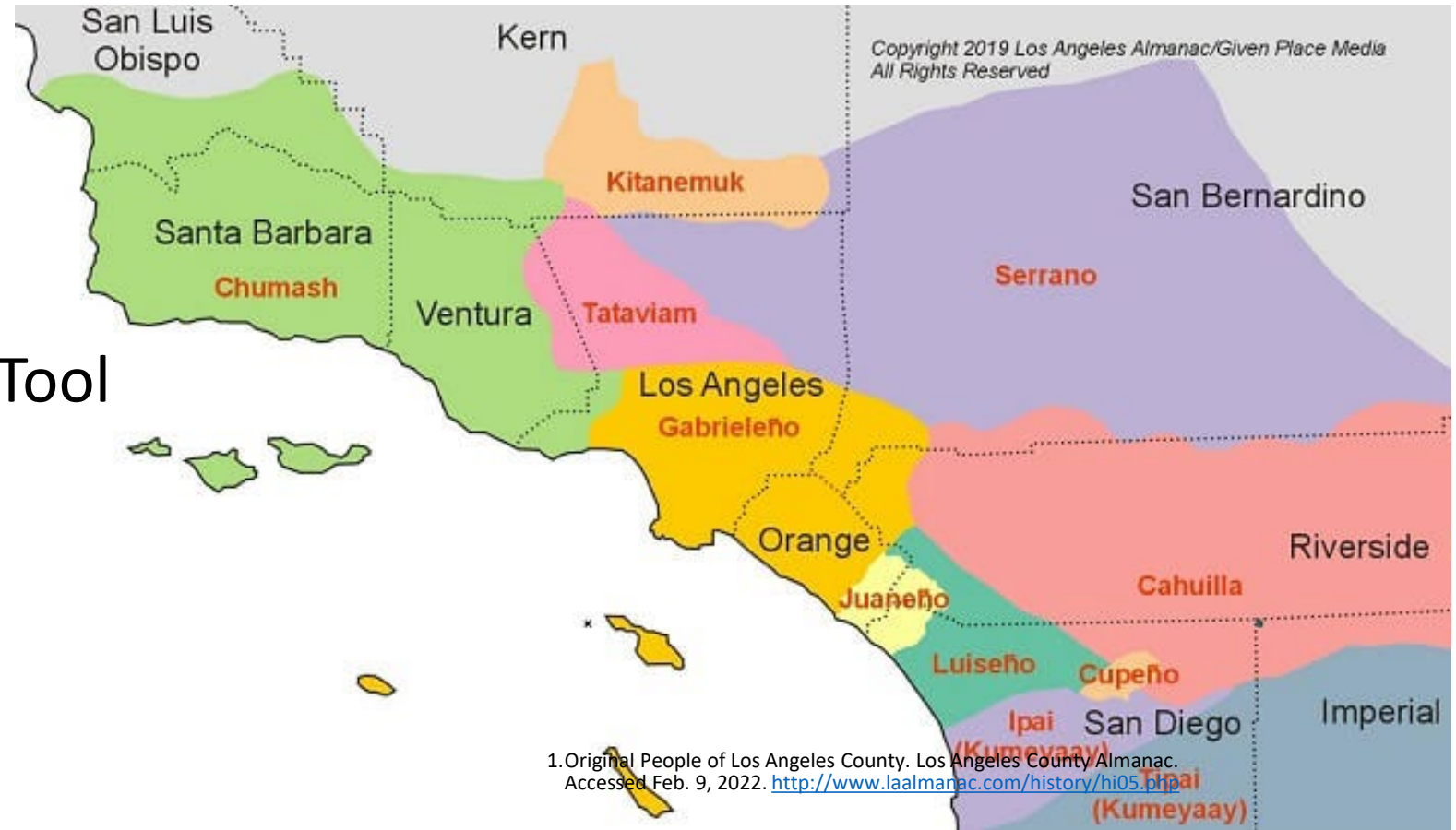
"Acknowledgment is a simple, powerful way of showing respect and a step toward correcting the stories and practices that erase Indigenous people's history and culture and toward inviting and honoring the truth. Imagine this practice widely adopted: imagine cultural venues, classrooms, conference settings, places of worship, sports stadiums, and town halls, acknowledging traditional lands."

- From the U.S. Department of Arts and Culture

[Honor Native Land: A Guide and Call to Acknowledgment](#)

Land Acknowledgement

Territory Acknowledgement Tool
<https://native-land.ca/resources/territory-acknowledgement/>



1. Original People of Los Angeles County. Los Angeles County Almanac. Accessed Feb. 9, 2022. <http://www.laalmanac.com/history/hi05.php>

Introductions

- Please introduce yourself in the Chat! Add your Name, Organization Name (*if applicable*), pronouns, & Land Acknowledgment: <https://native-land.ca/>



Closed Captioning on Zoom

To view closed captioning during this meeting:

1. You will see a notification above Closed Caption/Live Transcript in the meeting controls.
2. Click Closed Caption to start viewing closed captioning.

Closed Caption 

Housekeeping Items

- To ask a question, please use the “Raise Hand” function or enter it into the chat box
- We will have designated times for Q&A after each presenter
- The meeting will be recorded
- We will share the meeting recording and PowerPoint presentations
- Feel free to change your name on Zoom and include your preferred gender pronouns

CalFresh Family of Brands



What is Nutrition Access LA?

- Nutrition Access LA is a multi-sector coalition made up of partners from government, community-based organizations, advocacy, health care, school districts and other sectors working collaboratively to ensure vulnerable people in Los Angeles County have access to sufficient, nutritious, and affordable food.
- Interested in becoming a member organization or being added to the email listserv? Email Kelly Warner at kwarnier@ph.lacounty.gov.



Co-Chairs & Steering Committee

- Ana-Alicia Carr, **Co-Chair**, Community Advocacy Director, AHA
- Kelly Warner, **Co-Chair**, Program Manager, LACDPH
- David Serby, Resource Manager, 211
- Denise Gee, Deputy Director, PHFE WIC
- Frank Tamborello, Executive Director, Hunger Action LA
- Hector Hernandez, Program Liaison, CA Association of Food Banks
- Hilda Ayala, Programs Director, Los Angeles Regional Food Bank
- Kameron Mims-Jones, Policy Advocate, Nourish CA
- Patricia Castillo, Academic General Pediatrician, CHLA
- Roobina Gerami, Human Services Administrator III, DPSS
- Jonelle Williams-Pagan, Program Manager, No Kid Hungry
- Andrea Cuellar, Program Manager, No Kid Hungry



Coalition Goals

- **Inform partner organizations on food and nutrition insecurity, food assistance programs, food and nutrition policy, and other nutrition and food resources.**
- Educate community members on how to navigate nutrition assistance programs and other nutrition and food resources.
- Increase coordination and collaboration amongst member organizations, including healthcare, community-based organizations, non-profits, and government agencies.
- Advance food and nutrition policy related to nutrition insecurity, food assistance programs and other nutrition and food resources.



Today's Agenda

Time	Agenda Item	Person
1:00 PM	Welcome & Introduction	Kelly Warner, DPH
1:10 PM	Public Charge & Food Assistance Programs Q&A	Vanessa Guillen, OIA
1:35 PM	CalFresh Program Overview Q&A	DPSS
2:00 PM	WIC Program Overview Q&A	Blanca Vargas, PHFE WIC
2:25 PM	Evaluation & Closing Remarks	Kelly Warner, DPH



Promotion vs. Enrollment

Promotion Activity Examples

- Distributing CalFresh flyers and brochures to community members
- Posting GetCalFresh.org website on social media
- Promoting a DPSS CalFresh event in an e-newsletter
- Giving DPSS customer service phone number to a community member
- Telling a community member to apply at GetCalFresh.org

Enrollment Activity Examples

- Assisting a community member in navigating an application on GetCalFresh.org
- Assisting a community member in collecting documents for CalFresh application
- Calling DPSS customer service on behalf of a community member regarding CalFresh application
- Reviewing CalFresh application for a community member to make sure it's accurate

Promoting CalFresh for CalFresh Healthy Living Funded Partners

Scope of Work states CalFresh Food **PROMOTION** – not **ENROLLMENT**

If you are 100% funded through CalFresh Healthy Living, **you CANNOT conduct ANY CalFresh ENROLLMENT activities!**

If you are partially funded through CalFresh Healthy Living (e.g. 0.5 FTE), you can spend **your NON-CalFresh Healthy Living time on CalFresh enrollment activities.**



Public Charge

Presented by:

Vanessa Guillen, Program Manager II, Los Angeles County Office of Immigrant Affairs

What do I need to know about Public Charge?

The public charge rule implemented by the Trump Administration is no longer in effect. On March 9, 2021, the Biden Administration restored the longstanding 1999 public charge policy. This means that immigrants can access most benefits and services without fear of a negative impact on their immigration status.

What is Public Charge?

Public charge is a “test” used by immigration officials to decide whether a noncitizen will be dependent on the government for support. This determination is made when a person applies to enter the U.S. or to adjust to legal permanent resident (“green card”) status through a family-based application.

Are all immigrants subject to a public charge test?

No. Many groups of immigrants are not subject to public charge. This includes:

- Asylees and refugees
- U Visa, T Visa and VAWA applicants and beneficiaries (survivors of trafficking, domestic violence and other serious crime)
- Special Immigrant Juveniles
- Legal permanent residents when applying for citizenship or renewing a green card.

Legal permanent residents are only subject to public charge when returning to the U.S. after remaining abroad for 180 days or more, or when returning from abroad with certain criminal history.

What benefits are still considered in the public charge test?

Certain immigrants may be considered a public charge only if they are found to be “primarily dependent on the government for subsistence” as demonstrated by either:

(1) receipt of government cash assistance for income maintenance. This includes:

- Supplemental Security Income (SSI),
- Temporary Assistance for Needy Families (TANF) cash assistance, and
- Local General Relief cash assistance programs.

What benefits are still considered in the public charge test?

Use of these programs may affect a public charge determination. No other benefits are considered “cash assistance”. Short-term cash aid for special purposes and emergencies (including pandemic aid) will not be considered.

(2) institutionalization for long-term care at government expense.

This could include MediCal for long-term care such as a nursing home or mental health institution. Medi-Cal is not considered unless it is used for long-term institutional care.

Using these important benefits will NOT impact your immigration status:

- CalFresh & Pandemic EBT (food and nutritional programs)
- In-Home Supportive Services
- Medi-Cal (except for long-term care such as nursing home or mental health institution)
- COVID-related health services, including testing, vaccination, and treatment for COVID illness
- Public Housing and Section 8
- California COVID-19 Rent Relief Program
- Covered California and County Health Services
- Unemployment and disability insurance, family leave and workers' compensation
- Tax credits and rebates such as the California Earned Income Tax Credit (CalEITC)
- WIC (Women, Infants & Children), school meals, and many more government benefits and services

Will benefits used by family members be considered under public charge?

- No. Use of benefits such as cash assistance by family members, including U.S. citizen children, will not affect your future immigration applications, unless there is evidence that your family is relying *solely* on your family member's benefits as its means of support.

QUESTIONS

LOS ANGELES COUNTY OFFICE
OF IMMIGRANT AFFAIRS
Tel. 800-593 8222
oia.lacounty.gov

Introduction to Program





WHAT IS CALFRESH PROGRAM?

- A program that helps low-income households increase their food-buying power at local markets and food stores to meet their household's nutritional needs.
- Known as “Supplemental Nutrition Assistance Program (SNAP)” in other states.
- CalFresh is funded by the federal government, NOT the state.





WHY PROMOTE CALFRESH?

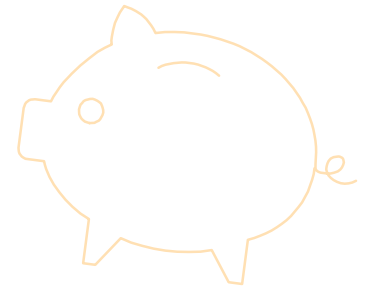
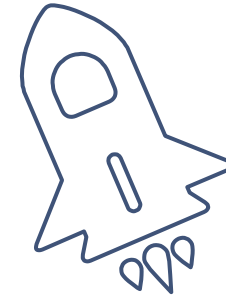
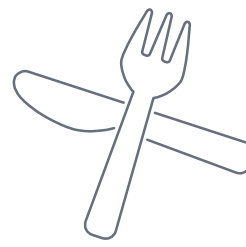
- According to the USDA, every \$1 of CalFresh benefits spent in a local store spurs \$1.50 to \$1.80 in local economic activity.
- When a household receives CalFresh benefits, it frees up income for them to spend on other taxable goods, like clothing and furniture, increasing the amount of sales tax revenue to county and State budgets.

CalFresh enables low-income individuals and families to eat **better and healthier**.



ECONOMIC IMPACT

A 2019 national analysis finds that a \$1 billion increase in SNAP/CalFresh benefits would raise GDP by \$1.54 billion during recessions.





WHAT CAN BE PURCHASED WITH CALFRESH BENEFITS?



CalFresh can be used to purchase eligible food items like fruits, vegetables, beans, meats, dairy products, grains, nuts, and other fresh items.

- Benefits **cannot** be used to purchase alcohol, tobacco, vitamins, medicine, non-food and household items, etc.

The **Restaurant Meal Program**

allows eligible homeless, disabled, and/or elderly (ages 60 and above) CalFresh benefit recipients to use their benefits to purchase hot, prepared food from participating restaurants.

Restaurant Meals Program:



The RMP allows certain eligible participants to use their CalFresh benefits to purchase prepared meals from participating restaurants. These restaurants must have entered into a Memorandum of Understanding (MOU) with the Los Angeles County Department of Public Social Services (DPSS) and be certified by the United States Department of Agriculture (USDA), Food and Nutrition Service (FNS).

RMP is available to CalFresh participants who meet at least one of the following criteria:

- Homeless;
- Elderly (age 60 or older) and his/her spouse; or
- Disabled, receiving Social Security Disability, Railroad Retirement, or Cash Assistance Payments for Immigrants (CAPI) and his/her spouse.

The Restaurant Meals Program (RMP) will be transitioned to the CDSS in September 2022.

- In the meantime, CFNP is planning a RMP College outreach project, so that college campuses restaurants can participate in RMP and meet the requirements of Assembly Bill (AB) 1747.
- AB 1747 requires that all restaurants on college campuses in the State to apply to participate in RMP and provide specified information about the program.



WHO IS ELIGIBLE FOR CALFRESH BENEFITS?



United States citizens or legal non-citizens.

Low-income individuals and families who do not have enough money to buy the food they need to stay healthy.

In general, most lawfully-present immigrants are eligible if they:

- Have lived in the country (in a qualified status) for five (5) years, or
- Are receiving disability-related assistance or benefits, regardless of entry date, or
- Are children under 18 years of age who are qualified and lawfully-admitted for permanent residence under the Immigration and Nationalization Act.

Not all household members have to be citizen or legal resident, to apply for CalFresh.

Effective June 1, 2019, Supplemental Security Income (SSI)/State Supplemental Payment (SSP) recipients are potentially eligible to receive CalFresh benefits.

1,366,380

Individuals received CalFresh benefits in Los Angeles county at the end of December 2021

PURPOSE OF CALFRESH OUTREACH (CFO) / APPLICATION ASSISTERS



- Promote the services that the Department of Public Social Service offers
- Combat Food Insecurity in Los Angeles County
- Make better and healthy eating more accessible to our community
- Assist eligible households apply and help them through the application process
- Encourage and establish relationships between the community, organizations that serve those communities, and the department through partnership and collaboration



APPLICATION SUBMISSION OPTIONS



Web-Based Community Based Organization (CBO) Assistance

Currently, CBOs in Los Angeles County assist clients with their CalFresh applications through two separate methods:

- GetCalFresh.org (State-wide portal)
- Your Benefits Now! (Los Angeles County portal)

The state of California is undergoing a transition to a new self-service portal, **BenefitsCal**, which will in time replace the existing portals for both applicant and CBO needs.

Further instructions regarding BenefitsCal will be provided once the County has successfully migrated to the new portal.



APPLICATION SUBMISSION OPTIONS



County of Los Angeles
dpss
DEPARTMENT OF
PUBLIC SOCIAL SERVICES

Community Based Organization (CBO) BenefitsCal portal

Can be used to assist clients with their applications in real time, with the ability to help upload documents and verifications. CBOs can also check on application statuses and view reports of case activities.

Telephonically

Refer clients to apply for CalFresh telephonically by calling 1(866) 613-3777

In-Person

Visit any local DPSS District Office

Paper Application

Can be found at any local DPSS District Office or on the DPSS CalFresh Webpage (dpss.lacounty.gov/en/food/calfresh.html)

- Complete and submit by mail
- Drop it off at a local DPSS District Office drop box
- Fax the application at (310) 215-8220.

CLOSING



- CalFresh Outreach/Promotional Material can be found at:
https://dpss.lacounty.gov/en/food/calfresh/cfnp_outreach.html
 - (CalFresh Outreach webpage in the DPSS website)
- Contact me at waiyanlam@dpss.lacounty.gov or (562) 908-6340
- Questions?





WIC

A preview into WIC benefits & services



a program of
Heluna Health



Special Supplemental Nutrition Program for Women, Infants, and Children

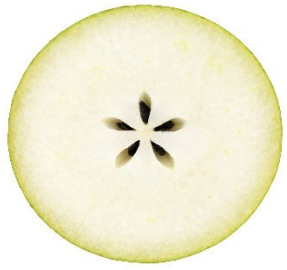
WIC is a Premier Prevention Program



WIC is so much more than just a food program! We aim to safeguard the health and well-being of low-income women, infants and children up to age 5 who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care.

WIC reduces the risk of:

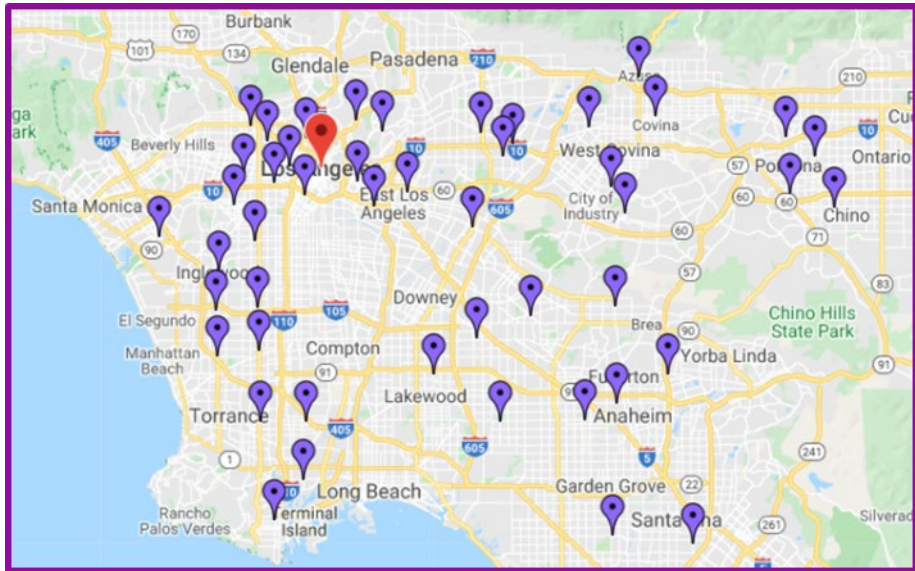
- Anemia
- Poor Birth Outcomes
- Childhood Obesity
 - Infant Mortality
- Low Birth Weight



Who is PHFE WIC?



PHFE WIC Service Area



WIC Agency Boundaries Overlaid on LA County Service Planning Areas

Service Planning Areas

- 1 – Antelope Valley
- 2 – San Fernando
- 3 – San Gabriel
- 4 – Metro
- 5 – West
- 6 – South
- 7 – East
- 8 – South Bay/Harbor

LA County WIC Agencies




- Antelope Valley Hospital
- City of Long Beach
- LA Biomed
- Northeast Valley Health Corporation
- Pasadena Public Health Department
- PHFE
- Watts Healthcare Corporation



SAN BERNARDINO COUNTY
Chino



Who Qualifies for WIC?

 <p>Pregnant Women Throughout the duration of your pregnancy</p>	 <p>Breastfeeding Women Until your baby is one year old</p>	 <p>Non-Breastfeeding Women Until your baby is six months old</p>
 <p>Women With a Recent Pregnancy Loss For six months after a pregnancy ends</p>	 <p>Infants and Children From birth until your child's fifth birthday</p>	 <p>Foster Families With a child under five years old</p>
 <p>Military Families With a child under five years old</p>	 <p>Fathers With a child under five years old</p>	 <p>Caretakers Legal & non-legal guardians caring for a child under five years old</p>

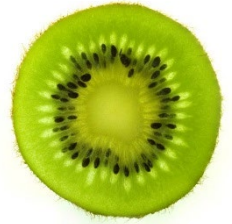
Women

- Pregnant and breastfeeding women (up to the infant's 1st birthday)
- Postpartum non-breastfeeding women up to six months after giving birth or after a recent pregnancy loss

Infants and Children

- Up to the child's fifth birthday
- Foster children under 5 years of age qualify
- Fathers and caretakers may apply for their children

WIC serves ALL eligible families!

A teal-colored poster with white and yellow brushstrokes. The text reads: "PHFE WIC", "WIC IS NOT PART OF PUBLIC CHARGE", and "Please call (888) 942-2229".

PHFE WIC

WIC
IS NOT PART OF
PUBLIC CHARGE

Please call (888) 942-2229

WHAT IS PUBLIC CHARGE?

Some people who apply for a green card (lawful permanent resident status) or a visa to enter the U.S. must pass a “public charge” test – which looks at whether the person is likely to depend primarily on government services in the future. Immigration officials look at all of a person’s circumstances, including their age, income, health, education or skills, family situation and their sponsor’s affidavit of support or contract. The only public benefits that are considered in the public charge test are listed below:

- Cash assistance programs that provide on-going payments. Examples include SSI, TANF, General Assistance
- Long-term institutional care at government expense





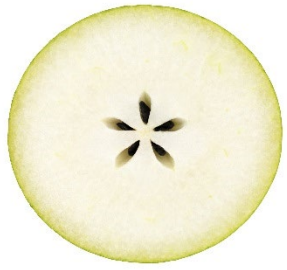
Income Eligibility for WIC!

The Income Guidelines are on our Public Website

www.phfewic.org/apply

Adjunctive Eligibility:

- **Medi-Cal**
 - **CalWORKs (TANF)**
 - **CalFresh (SNAP) benefits**
- 
- 



4 Core Services of WIC



- Nutrition Education
- Breastfeeding Support
- Referrals for Services
- Healthy Foods





WIC Benefits

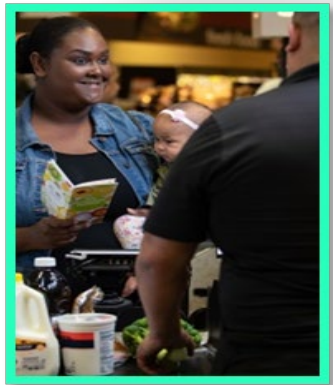
WIC provides free nutritious foods that are high in vitamins A and C, protein, iron, and calcium. These nutrients are key to good health of pregnant women and breastfeeding women, as well as good health and development of infants and children. WIC foods include:



- Fruits and vegetables
- Eggs
- Milk
- Cheese
- Yogurt
- Soy milk
- Tofu
- Whole grains
- Peanut butter
- Beans
- Vitamin C Juices
- Jarred baby foods
- Infant formula
- Canned fish

Food items and quantities vary depending on WIC category

Food Balance		
10/21/2019 to 11/20/2019 →		
16 OZ CHEESE	1 DOZ EGGS - ALL AUTHORIZED	36 OZ BREAKFAST CEREAL - WHOLE AND NON-WHOLE GRAIN
1 CTR BEANS AND/OR PEANUT BUTTER	1 CTR DRY LEGUMES OR DRY PEAS (MATURE SEED)	16 OZ WHOLE GRAINS
\$11 .00 FRUITS AND VEGETABLES - CASH VALUE VOUCHER	32 OZ YOGURT - LOW FAT	4.5 GAL NONFAT AND LOWFAT 1% MILK
144 OZ JUICE - ALL CATEGORIES		



WIC Fruits and Vegetables Benefit Increase **extended** through March 2022!

\$24 total per month

\$43 total per month for pregnant and postpartum individuals

\$47 total per month for breastfeeding individuals



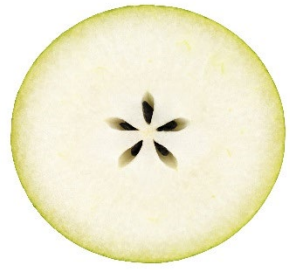
WIC transitioned to the NEW California WIC Card



How the WIC CARD works

- Just like a debit card
- You set the PIN
- Reusable
- All the foods for you and your children on ONE card!



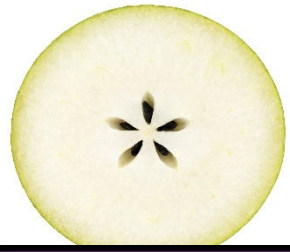


The WIC App



- Appointment reminders
- Available WIC foods & balances
- UPC Scanning
 - Check what foods are approved to purchase with WIC benefits
- WIC office locations
- Find approved grocery stores to shop with WIC benefits





PHFEWIC.ORG



PHFE WIC CALIFORNIA **wic** WOMEN, INFANTS & CHILDREN
 How WIC Works | **Learn and Grow** | About PHFE WIC | For Professionals
 Contact Us
 Locations and Hours
 English

Learn and Grow

Women's Health
Learn More

Breastfeeding
Learn More

Infants and Children
Learn More

Building Healthy Lifestyles
Learn More

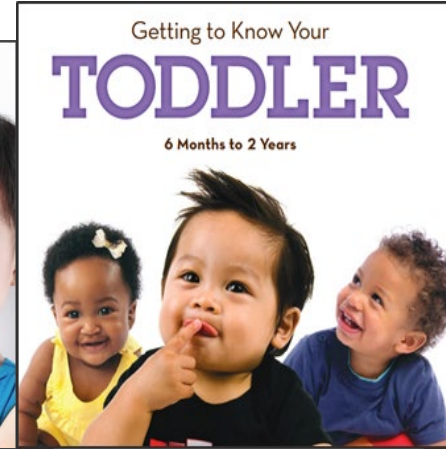


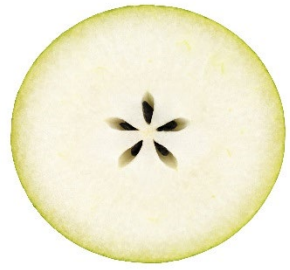
What About Breastfeeding?

This is a great time to start thinking about how you want to feed your baby. Ask a friend or relative who has breastfed about her experience. What did she find challenging? What did she like?

Healthy Weight Gain

Pre-Pregnancy Weight	Recommended Weight Gain
Underweight	28-40 pounds
Normal weight	25-35 pounds
Overweight	15-25 pounds
Obese	11-20 pounds

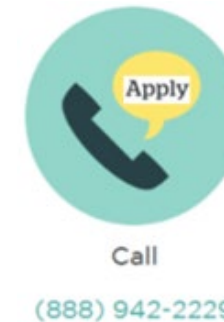
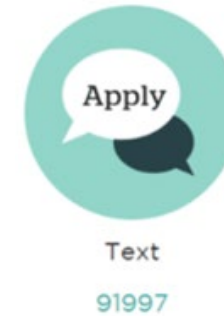




How to Apply for WIC



- Text “APPLY” to 91997
- Apply online at myfamily.wic.ca.gov
Enter a ZIP code to be directed to your local agency
- Call PHFE WIC at (888) 942-2229



WIC Flyers Available in 4 Different Languages



Contact Us Today for Flyers !!

Families Grow Healthy with WIC!



The Women, Infants, and Children (WIC) Nutrition Program provides healthy foods, nutrition tips, breastfeeding support, health care referrals and community information.

You may qualify if you:

- Are pregnant, breastfeeding, just had a baby; or
- Had a recent pregnancy loss; or
- Have a child or care for a child under age 5; **and**
- Have low-to-medium income; or
- Receive Medi-Cal, CalWORKS (TANF), or CalFresh (SNAP) benefits; **and**
- Live in California

Visit www.MyFamily.WIC.ca.gov or call 1-888-942-9675 for more information.

Newly pregnant individuals, working families, including military and migrant families are encouraged to apply! WIC welcomes dads, grandparents, foster parents, or guardians who care for eligible children.

Your Local WIC Program:

www.phfewic.org
Text "Apply" to 91997
Call (888) 942-2229



California Department of Public Health, California WIC Program
This institution is an equal opportunity employer.
1-888-942-9675 | MyFamily.WIC.ca.gov
Rev 07/21



¡Familias crecen sanas con WIC!



El Programa de Nutrición para Mujeres, Bebés y Niños proporciona alimentos saludables, consejos sobre nutrición, referencias para recibir atención médica e información comunitaria.

Es posible que usted califique si:

- está embarazada, dando pecho, acaba de tener un bebé; o
- tuvo una pérdida de embarazo reciente; o
- tiene o cuida a un niño menor de 5 años de edad; **y**
- tiene un ingreso bajo a mediano; o
- recibe beneficios de Medi-Cal, CalWORKS (TANF) o CalFresh (SNAP); **y**
- vive en California.

Visite el sitio web www.MyFamily.WIC.ca.gov o llame al 1-888-942-9675 para obtener más información.

¡Se les anima aplicar a las mujeres recién embarazadas, las familias trabajadoras, incluyendo las familias de militares y familias migrantes! Los papás, abuelos, padres de acogida o tutores que cuidan a niños elegibles son bienvenidos a WIC.

Su Programa de WIC Local:

www.phfewic.org
Envía "Solicitar" al 91997
Llame: (888) 942-2229



California Department of Public Health, California WIC Program
Esta institución es un proveedor que ofrece igualdad de oportunidades.
1-888-942-9675 | MyFamily.WIC.ca.gov
(SP) Rev 07/21



WIC 帮助家庭健康的成长!



WIC 母婴儿童营养补助计划提供健康食物, 营养资讯, 哺乳喂养支持, 医疗转介资讯, 和社区资源资讯。

您可能符合资格领取WIC如果您是:

- 孕妇, 喂母乳的妈妈, 产后妇女; 或者是
- 刚孕期终止的妇女; 或者是
- 有抚养5岁以下的小朋友; 还有
- 您要是中低收入家庭; 或者是
- 有医疗白卡, 或领取CalWORKS (TANF) 或 CalFresh (粮食卷); 还有
- 您要是居住在加州

欢迎刚怀孕的妈妈, 有工作的家庭, 军人家庭, 和游牧家庭来申请WIC! WIC也欢迎有抚养五岁以下小朋友的爸爸, 爷爷奶奶, 寄养家长, 和监护人来申请。

您的在地WIC单位:

www.phfewic.org
传短讯 "我要申请" 至 91997
打电话至 (888) 942-2229



该机构是机会均等的雇主



Gia đình Phát triển Khỏe mạnh với WIC!



Chương trình WIC là Chương trình dinh dưỡng dành cho Phụ nữ, Trẻ sơ sinh và Trẻ nhỏ. Chương trình cung cấp thực phẩm dinh dưỡng, thông tin dinh dưỡng, hỗ trợ nuôi con bằng sữa mẹ, giới thiệu chăm sóc sức khỏe và thông tin cộng đồng.

Bạn có thể hội đủ điều kiện tham gia, nếu bạn:

- Đang mang thai, đang cho con bú, vừa mới sinh con; hoặc
- Bị sẩy thai gần đây; hoặc
- Có bé hoặc đang chăm sóc bé dưới 5 tuổi; và
- Có thu nhập từ thấp đến trung bình; hoặc
- Đang nhận trợ cấp CalWORKS (TANF), Medi-Cal hoặc CalFresh (SNAP); và
- Đang sống ở California

Những phụ nữ mới mang thai, gia đình đang đi làm, bao gồm cả quân nhân và gia đình di cư được khuyến khích đăng ký WIC hoàn thành những người cha, ông bà, cha mẹ nuôi hoặc người giám hộ chăm sóc cho những bé hội đủ điều kiện.

Chương trình WIC địa phương của bạn:

www.phfewic.org
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