Contra Costa County
Employment and Human Services

Frequently Asked Questions

CalFresh

When you qualify for CalFresh (formerly known as Food Stamps) you will receive an Electronic Benefits Transfer (EBT) card to help you purchase food.

Who can qualify?

Families and single individuals

How is my eligibility determined?

Your income is considered in the application process. If you are eligible, this process will also determine the amount of your monthly CalFresh benefit.

What if I have property?

As of February 1, 2011 resources such as bank accounts and cash on hand are not considered in the eligibility determination. The house you own and reside in is not counted, nor are your personal belongings or vehicles.

How do I apply?

In person at one of our offices, by mail, telephone or online.

Medi-Cal

When you qualify for Medi-Cal you will receive insurance coverage for medical treatment.

Who can qualify?

People under the age of 21 or over 65, people with disabilities, pregnant women and families with children.

How is my eligibility determined?

Your income and resources (bank accounts, property, investments) are considered in the application process.

What if I have property?

The house you live in is exempt and one car may be exempt.

How do I apply?

In person at one of our offices, by mail, telephone (1-800-709-8348) or online.

CalWORKs

When you qualify for CalWORKs, you will receive cash assistance provided on an EBT card and supportive employment services are available to those participating in Welfare to Work services.

Who can qualify?

Families caring for children under the age of 18, pregnant women in their last trimester and pregnant teens.

How is my eligibility determined?

Your income and resources (bank accounts, property, investments, vehicles) are considered along with family structure in the application process. If you are eligible, this process will also determine the amount of your monthly cash benefit.

What if I have property?

The house you own and reside in is exempt. If you own more property, it may be counted toward your resource limit.

How do I apply?

In person at one of our offices and online.

General Assistance

When you qualify for General Assistance, you will receive cash assistance provided on an EBT card.

Who can qualify?

Adults without a dependent child

How is my eligibility determined?

Your income and resources (bank accounts, property, investments) are considered in the application process. If you are eligible, this process will also determine the amount of your monthly cash benefit.

What if I have property?

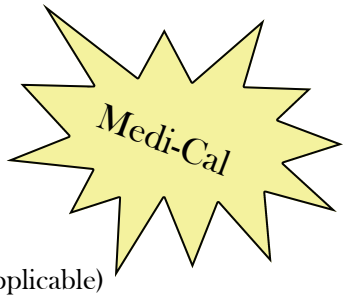
One car (if valued $4,500 or less) and the home you own and reside in is exempt. If you own more property, it may be counted toward your resource limit.

How do I apply?

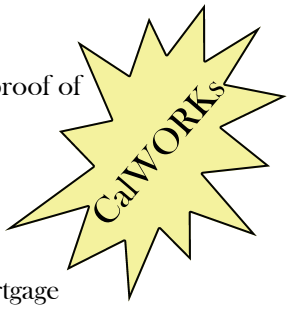
In person at the Richmond Office, Pleasant Hill Office or Antioch Office. Online applications not available.

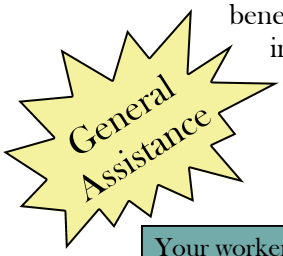
General Verification Checklist

Bring these items for each person in your household who needs assistance.



- ☐ Birth certificates or other proof of age and family relationship
- ☐ Social Security numbers or proof of application
- ☐ Copy of Driver's License or other picture I.D.
- ☐ Proof of residency—rent/mortgage receipt, utility bill
- ☐ Proof of all income, most current pay stubs, child support and alimony, Social Security award letters, unemployment/disability benefits, VA benefits. (Unemployment insurance benefits printout can be obtained by calling 1-800-300-5616)





- ☐ Verification of disability (if applicable)
- ☐ All current checking and savings account statements or passbooks brought up-to-date by bank
- ☐ Savings bonds, stock certificates, credit union statements, money market certificates, and retirement accounts
- ☐ Current vehicle registrations: include cars, trucks, motorcycles, trailers, motor homes, or boats. Include verification of balance owed on each vehicle
- ☐ Pregnancy verification (if pregnant)
- ☐ Immigration status: INS Registration Card, citizenship verification or passport

Your worker will tell you exactly what proof is needed, but bringing the above items may help us to grant your case more quickly.

Dial 2-1-1 for help finding child care, food pantries, volunteer services and more...

Office Hours:
Monday - Friday 8am to 5pm

East County

Brentwood
151 Sand Creek Rd.
Suite A - Bldg 6
Brentwood, CA 94513
925-513-3720

Antioch*
4545 Delta Fair Blvd.
Antioch, CA 94509
925-706-4980

West County

Hercules
151 Linus Pauling Dr.
Hercules, CA 94547
510-262-7700

Richmond*
1305 Macdonald Ave.
Richmond, CA 94801
510-412-3000

Central County*
400 Ellinwood Way
Pleasant Hill, CA 94523
925-602-9379

*General Assistance Applications are taken at these locations.

For additional information, visit the EHSD website at www.ehsd.org

For recorded information, call any of the office phone numbers above.

To utilize an online self-screening tool: www.contracostabenefits.org

To apply online: www.benefitscalwin.org