



Planning for CalFresh Changes Due to H.R. 1

A Guide for California Food Banks

About 737K Californians Will Lose CalFresh Due to Time Limit & Immigrant Policy Changes

The Department of Social Services (DSS) estimates that 737,000 people will lose their benefits due to immigrant and time limit policy changes: 72,000 of these people will be Humanitarian Immigrants and 665,000 of these people will lose benefits due to the time limit changes. Unhoused individuals compose about 1/3 of those losing benefits because of the time limits.

People Will Start Losing CalFresh Benefits on April 1, 2026

April 1: Humanitarian Immigrants Start Losing Benefits

Over the subsequent 12 months, about 6,000 Humanitarian Immigrants will lose benefits each month.

September 1: People Start Losing Benefits Due to Time Limits

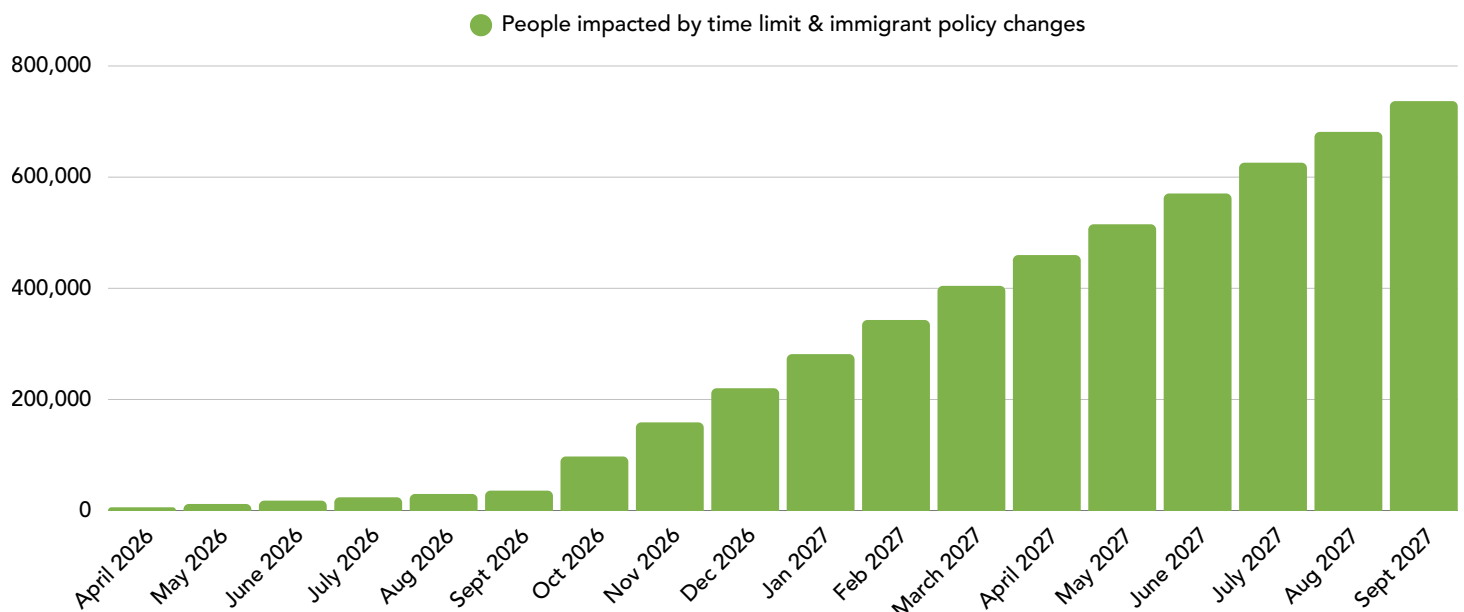
In September 2026, a small number of people will lose their benefits, and starting in October 55,400 people will lose their benefits each month over the subsequent 12 months.

How to Prepare for These Changes

Begin Planning for Increased Need

The amount of people visiting food banks after losing their CalFresh benefits will almost certainly increase. To better understand how many people will lose their CalFresh benefits in your area over time, talk to your county administrator and check out the [CalFresh page](#) of CAFB's Economic Indicators Dashboard for modeled projections of how many people in each county may lose benefits due to H.R. 1.

Number of People Cut Off From CalFresh Over Time





Frequently Asked Questions

What is the CalFresh Time Limit and How Was it Worsened by H.R. 1?

The time limit policy is a federal rule that applies to adults aged 18–64. People who are considered time-limited can only get 3 full months of CalFresh benefits every 3 years. They can get benefits for longer than 3 months if they are earning \$217.50 a week, working, volunteering, or in a training program for 20 hours a week, [excused from the work requirement](#), or are living in a county that is waived from the work requirement. H.R. 1 expanded the groups of people impacted by the time limit.

Who is Newly Subject to the Time Limit?

People newly subject to the timeline include veterans, people experiencing homelessness, people age 24 or younger and in foster care on their 18th birthday, adults age 55–64, and parents whose youngest child is 14 or older. To see a list of exemptions that can excuse an individual from the time limit, visit the [DSS website](#).

How Does H.R. 1 Affect Immigrants Getting CalFresh?

Currently, CalFresh is available to certain lawfully present immigrants. Starting on April 1st, 2026, H.R. 1 removes eligibility for a variety of immigrant groups, such as asylees, refugees, many parolees, battered noncitizens, trafficking survivors, and several other categories of noncitizens

Is My County Exempt from the Time Limit Policy?

Exempt counties are as follows: Alpine, Colusa, Imperial, Merced, Monterey, Plumas, and Tulare. CDSS has received federal approval to waive 7 counties from the time limit requirements through October 31, 2026. For these counties, individuals will not lose their benefits before February 1, 2027.

How Can I Advocate for Change?

Join CAFB in advocating for policy changes to mitigate the harm of H.R. 1. Right now our [policy team is advocating](#) in a number of ways to mitigate the harm of H.R. 1. Our priorities include increasing funds for CalFood for food banks, protecting the CalFresh Outreach Program, and establishing state-funded benefits for those cut off CalFresh due to the time limits (AB 2299 Calderon). Join us by letting your assembly members and senators know you support these priorities.

Where Can I Get Updates and Ask Questions?

For updates about CalFresh changes due to H.R. 1 implementation, [visit this page](#) that CAFB regularly updates. To learn more about the time limit policy, [visit this DSS page](#). For questions, reach out to the CAFB Policy Team at policy@cafoodbanks.org.

