



COMING SOON



Changes to CalFresh Work Requirements

Effective 6/1/2026

These rules apply to you if you:

- Are between the ages of 18 and 64;
- Do not have a disability; and
- Do not have a dependent child under 14 years old.
- Work 20 hours per week or 80 hours per month on average
- Do volunteer work or community service 20 hours per week or 80 hours per month on average
- Participate in an employment or training program

You can be excused from work registration if you are:

- Younger than age 16, or age 60 or older.
- Caring for a dependent child under age 6 (they do not have to live with you).
- Caring for a person with a disability (they do not have to live with you).
- Earning at least \$217.50 a week before taxes or working at least 30 hours a week.
- Getting or applying for unemployment benefits.
- Getting or applying for disability benefits from any source (disability benefits include, but are not limited to pensions, workers' compensation, disability insurance, Social Security, Supplemental Security Income, and veteran's benefits).
- Disabled.
- Going to school, college, or a training program at least half-time (additional student eligibility rules may apply).
- Meeting the work rules for another program, like CalWORKs.
- In a drug or alcohol abuse treatment program



Able Bodied Adults Without Dependents Effective 6/1/2026



The ABAWD work requirement applies to you if you:

- Are between the ages of 18 and 64 years old;
- Do not have a dependent child under 14 years old;
- Are considered physically and mentally able to work at least 20 hours per week; and
- Are not excused from the rule.
- You may be excused from the ABAWD work requirement if you are:
 - Under age 18 or over age 64
 - A parent or responsible for a dependent child under the age of 14

You are excused from the general CalFresh work requirements

- Unable to work at least 20 hours per week or a total of 80 hours or more per month because of a physical or mental health issue.
- Unable to work because you are struggling with drug or alcohol addiction or a victim of domestic violence or experiencing chronic homelessness. The condition must be tied to a physical or mental health issue.
- Pregnant (any stage of pregnancy).
- Identify as an Indian, Urban Indian or California Indian under the Indian Health Care Improvement Act (IHICIA).
- Participating in an Office of Refugee Resettlement (ORR) training program for at least half-time.
- Living in an area where the ABAWD work requirement is waived.

Office Locations



Scan to view all exemptions



Apply and submit verifications via BenefitsCal.com

