



Free help most people don't know to ask for.

Twelve real California programs for food, bills, health, phones, taxes and legal problems, and where to start each one.

1 211



- Call or text 211, or search 211ca.org
- Food, rent help, utility help and job resources
- Free, from United Ways of California

2 CalFresh



- Monthly help buying groceries
- Apply at BenefitsCal or GetCalFresh.org
- You can start before you have every document

3 WIC



- For pregnancy, new parents and kids under 5
- On Medi-Cal or CalFresh? You may already qualify
- Call 1-800-852-5770 to find an office

4 LIHEAP energy help



- Help paying heating or cooling bills
- Crisis help when a shutoff notice arrives
- Find your local agency at csd.ca.gov

5 CARE and FERA



- CARE: 30 to 35% off electric, 20% off gas
- FERA: 18% off electric with SDG&E, SCE or PG&E
- Sign up on your utility's website

6 California LifeLine



- Discounted home phone or cell service
- CalFresh, Medi-Cal or WIC can qualify you
- Find providers at californialifeline.com

7 Food banks and pantries



- San Diego: Find Food map at feedingsandiego.org
- LA County: Pantry Locator at lafoodbank.org
- Call ahead to confirm days and hours

8 Medi-Cal and Covered California



- Medi-Cal: apply any time, at BenefitsCal
- Covered California: help paying the premium
- Lost job coverage? You have 60 days to enroll

9 Unemployment insurance



- For work lost through no fault of your own
- File at EDD's UI Online in the first week
- Certify every two weeks to keep it coming

10 Free legal aid



- LawHelpCA.org lists legal aid by county
- Housing, debt, work and benefits problems
- Self-help guides in Spanish and more

11 Free tax prep (VITA)



- Returns done free by IRS-certified volunteers
- Mainly for incomes of about \$70,244 or less
- Find a site: call 800-906-9887

12 Your library card



- Free to California residents at SD Public Library
- Job listings, resume help and online courses
- Borrow a Wi-Fi hotspot or a Chromebook

Asking is not a failure. It is how these programs were meant to be used.

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