Don’t Go Hungry
Apply for CalFresh!

Eligibility for College Students
• Meet income requirements
• Be a US citizen (except if receiving SSI/SSP benefits) or a legal permanent resident
• Be enrolled at least half time
• Approved for work study OR work a minimum of 80 hours a month (work study can count towards the 80 hours). If you have a child under age 6 without adequate childcare you are exempt from this requirement.
• Enrolled in an approved LPIE (Local Program that Increases Employability) check with Basic Needs Coordinator or on the website.

To Apply
Obtain a CalFresh Application
• Pick one up from the Plumas County Social Services office located in the building next to the FRC dorms, OR
• Call 530-283-6350 to have an application mailed to you, OR
• Apply online at https://students.getcalfresh.org/?source=ccc

Print a copy of your Financial Aid Award Letter
• Login to MyFRC — click on “financial aid,” then “award offer,” select the current term and select the "print icon".

Print a copy of your Student Detail Schedule
• Login to MyFRC — click on “student profile,” then “student schedule,” then select the "print icon".

Get a Copy of your Lease Agreement
• If you live in the dorms, request a copy from the dorm office.
• If not a dorm resident, ask your landlord or property manager for a copy.

Additional Verification (if applicable)
Work Study Letter
• Apply for Student Employment job on campus on the FRC website
• You will then receive a Work Study Letter from HR@frc.edu.

LPIES (Local Programs that Increase Employability)
• Login to MyFRC — click on “Student profile”, make sure your “Degree” lists an eligible LPIE @ FRC, then print or screenshot.

Other Documents/Information Needed
• Driver’s License and/or FRC Student ID
• Prior CalFresh? Ask your parents if you are on any food assistance through them in California or any other state you reside in.

Once you have completed all paperwork and gathered all required documents, return everything to the Plumas County Social Services office. At that time you will be scheduled an appointment for verification.

If you need help, stop by the Student Wellness/Success Center and someone will assist you.