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P-EBT helped me put food on the table for my kids who were learning from home. No additional paperwork or qualifications needed, and you don't need to pay it back. It's just there to help you.

Franzene, La Puente

OVER 5 MILLION

California children are getting the food they need thanks to P-EBT.

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CALIFORNIA
DEPARTMENT OF
SOCIAL SERVICES

Learn more about P-EBT at ca.p-ebt.org



P-EBT 3.0

Quick Reference Guide

P-EBT (also known as "Pandemic EBT") 3.0 is a federal program that provides food benefits to families with eligible children who may have missed free or reduced-price meals at their school or childcare because of COVID-19. Two groups are eligible for benefits: young children and school-aged children.

Young Children

Who Is Eligible?

Young children are eligible if they:

- were under age 6 as of August 1, 2021;
- AND were part of a household getting CalFresh Food benefits from August 2021 through August 2022.

What Are the Benefit Amounts?

Young children will get an average of \$45 per month for each month they received CalFresh benefits during the 2021–2022 school year. Actual monthly amounts may vary. They will also get \$391 if they were eligible for summer 2022 P-EBT benefits.

When Will P-EBT 3.0 Cards Arrive?

Cards for young children eligible for benefits in August–December 2021 will be mailed starting in October 2022. Cards for young children eligible only for benefits in January–August 2022 will be mailed in November 2022. All cards will be mailed in alphabetical order by the eligible child's first name.

Eligible for CalFresh	Cards Will Be Mailed
August–December 2021	October 2022
January–August 2022	November 2022

All cards will be mailed in alphabetical order by the eligible child's first name.

School-Aged Children

Who Is Eligible?

School-aged children are eligible if, during the 2021–2022 school year, they:

- were eligible for free or reduced-price meals;
- AND were enrolled in a school participating in the National School Lunch Program (NSLP)/School Breakfast Program (SBP) or a Provision school;
- AND did not attend school in person or had five or more excused absences in any month due to COVID-19 (this includes students enrolled in virtual learning).

School-aged children who attended school **in person** during the 2021–2022 school year also may be eligible if, as of May 2022, they were eligible for free or reduced-price meals and enrolled in a school participating in the NSLP/SBP or a Provision school.

What Are the Benefit Amounts?

School-aged children will get \$7.10 for each day they didn't attend school in person because of COVID-19 during the 2021–2022 school year. They will also get \$391 if they were eligible for summer 2022 P-EBT benefits.

When Will P-EBT 3.0 Cards Arrive?

Cards for school-aged children eligible for benefits in August–December 2021 will be mailed starting in November 2022. Cards for school-aged children eligible only for benefits in January–August 2022 will be mailed in December 2022. All cards will be mailed in alphabetical order by the eligible child's first name.

Eligible for Benefits	Cards Will Be Mailed
August–December 2021	November 2022
January–August 2022	December 2022

Questions?

Call the P-EBT Helpline at **1-877-328-9677** (M–F, 6:00 a.m. to 8:00 p.m.), or use the **Live Chat** feature at ca.p-ebt.org.

P-EBT 3.0 Is Coming to Eligible Families!

These no-risk *additional* benefits will arrive in the mail soon.

Here's What You Need to Know

School-Aged Children

November
2022

Cards Mailed 

For benefit months: August–December 2021

School-Aged Children

December
2022

Existing Cardholders

Cards Reloaded

For benefit months: January–August 2022

New Cardholders

(school-aged children not eligible August–December 2021)

Cards Mailed

For benefit months: January–August 2022

Young Children

October
2022

Cards Mailed 

For benefit months: August–December 2021

Young Children

November
2022

Existing Cardholders

Cards Reloaded

For benefit months: January–August 2022

New Cardholders

(young children not eligible August–December 2021)

Cards Mailed

For benefit months: January–August 2022

All cards will be mailed in alphabetical order by the eligible child's first name. Each eligible child will get their own card.



Questions? Call the P-EBT Helpline at **1-877-328-9677** (M-F, 6:00 a.m. to 8:00 p.m.), or use the **Live Chat** feature at ca.p-ebt.org.



P-EBT 3.0 Is Coming to Eligible Families!

More breakfasts. More lunches. P-EBT 3.0 provides **more** food support to eligible families that have been impacted by COVID-19.

Here's What You Need to Know:

These benefits:

- Do NOT affect immigration, do not make you a public charge, and do not impact other benefits.
- Do NOT count as income and won't affect your taxes.
- Do NOT require an application. Families with eligible children will automatically get benefits.
- DO expire, so make sure you use them at least once every year.

Who Gets a P-EBT 3.0 Card:

Young children are eligible if they:

- were under age 6 as of August 1, 2021;
- AND were part of a household getting CalFresh Food benefits from August 2021 through August 2022.

School-aged children are eligible if, during the 2021–2022 school year, they:

- were eligible for free or reduced-price meals;
- AND were enrolled in a school participating in the National School Lunch Program (NSLP)/ School Breakfast Program (SBP) or a Provision school;
- AND did not attend school in person or had five or more excused absences in any month due to COVID-19 (this includes students enrolled in virtual learning).

School-aged children who attended school in person during the 2021–2022 school year also may be eligible if, as of May 2022, they were eligible for free or reduced-price meals and enrolled in a school participating in the NSLP/SBP or a Provision school.

How to Use Your Card:

When your P-EBT 3.0 card arrives in the mail, you will need to create a PIN (instructions will be sent with the card). Then use your card just like a debit card at the same places that take CalFresh Food benefits:

1. Pay by selecting "EBT" at checkout.
2. Swipe the card.
3. Enter the private PIN.

CALIFORNIA

P-EBT 3.0

1234 5678 0000 0000

Cardholder Name
123456789000

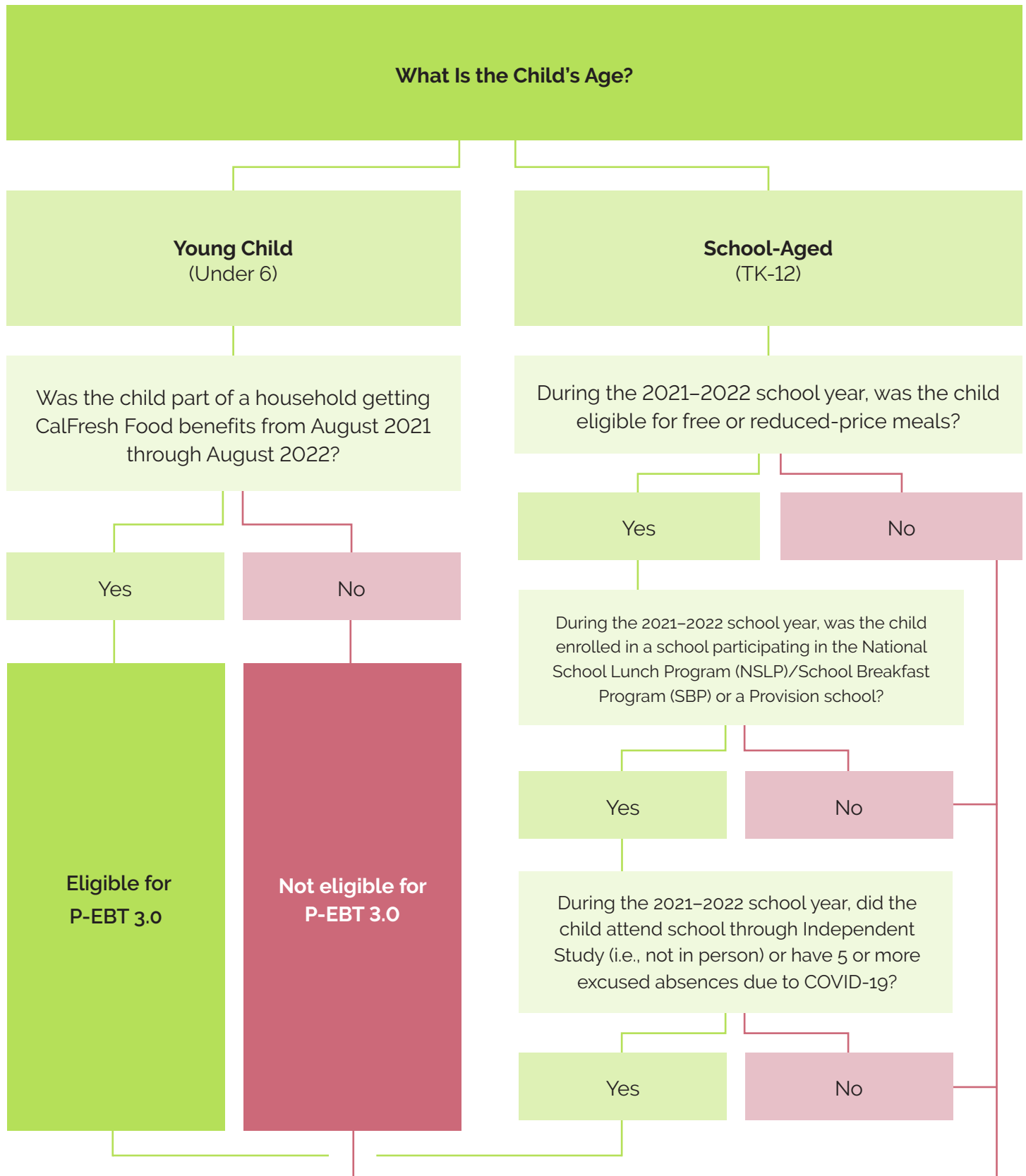
Use the QR code to learn
what foods are covered.



Questions? Call the **P-EBT Helpline** at (877) 328-9677 or use the **Live Chat** feature at ca.p-ebt.org.



Is Your Child Eligible for P-EBT 3.0?





Fact Sheet

P-EBT 3.0 Is on the Way!

Hard times don't have to be hungry. If your child qualifies for P-EBT benefits, you will automatically receive a card in the mail. Here's what you need to know about P-EBT 3.0.

Get More Money for Groceries With P-EBT 3.0

P-EBT (also known as "Pandemic EBT") 3.0 is a federal program that provides food benefits to families with eligible children who could not attend school or childcare because of COVID-19.

Healthy Meals for All Eligible Children

Young children are eligible if they:

- were under age 6 as of August 1, 2021;
- AND were part of a household getting CalFresh Food benefits from August 2021 through August 2022.

School-aged children are eligible if, during the 2021–2022 school year, they:

- were eligible for free or reduced-price meals;
- AND were enrolled in a school participating in the National School Lunch Program (NSLP)/School Breakfast Program (SBP) or a Provision school;
- AND did not attend school in person or had five or more excused absences in any month due to COVID-19 (this includes students enrolled in virtual learning).

School-aged children who attended school *in person* during the 2021–2022 school year also may be eligible if, as of May 2022, they were eligible for free or reduced-price meals and enrolled in a school participating in the NSLP/SBP or a Provision school.

P-EBT 3.0 Benefit Amounts

Young children will get an average of \$45 per month for each month they received CalFresh Food benefits during the 2021–2022 school year. Actual monthly amounts may vary.

Benefit Month(s)	P-EBT Allotment
August 2021	\$ 39
September 2021	\$ 43
October 2021	\$ 52
November 2021	\$ 37
December 2021	\$37
January 2022	\$59
February 2022	\$44
March 2022	\$32
April 2022	\$43
May 2022	\$44
June – August 2022	\$391

School-aged children will get \$7.10 for each day they didn't attend school in person because of COVID-19 during the 2021–2022 school year. Both groups of children will also get \$391 if they are eligible for summer 2022 P-EBT benefits.

You Don't Need to Apply for P-EBT 3.0

Families with eligible children don't need to apply or do anything else to get their benefits. They will automatically be mailed a new P-EBT 3.0 card with benefits already loaded. Each eligible child will get their own card.

P-EBT 3.0 Card Mailing

Cards for children eligible for benefits in August 2021–December 2021 will be mailed starting in:	Cards for children eligible only for benefits in January–August 2022 will be mailed in:
October 2022 for young children	November 2022 for young children
November 2022 for school-aged children	December 2022 for school-aged children

All cards will be mailed in alphabetical order by the eligible child's first name. It may take a few months for all cards to arrive as we are mailing out 5 million cards statewide.

How to Use the Card

When your P-EBT 3.0 card arrives in the mail, you will need to create a PIN (instructions will be sent with the card). Then use your card just like a debit card at the same places that take CalFresh Food benefits:

- Pay by selecting "EBT" at checkout.
- Swipe the card.
- Enter the private PIN.

Payment Accepted In Store and Online

Use P-EBT 3.0 cards to buy food in most grocery stores and many farmers markets where CalFresh Food benefits are accepted and online at participating retailers. Just like with CalFresh, P-EBT 3.0 benefits can't be used at restaurants or to buy foods that are served hot or already prepared (like takeout or food bars).

Cards Are Automatically Reloaded

P-EBT 3.0 cards will be reloaded in November 2022 for young children and December 2022 for school-aged children to cover benefits in January–August 2022. Don't throw away your P-EBT 3.0 card.

Using P-EBT Won't Affect Immigration, Public Charge Status, or Other Benefits

Using P-EBT will not affect immigration or make you a public charge. The program does NOT report your information to immigration services. P-EBT also doesn't count as income, and it doesn't affect your eligibility for school meals or other benefit programs.



Questions? Call the P-EBT Helpline at **1-877-328-9677** (M–F, 6:00 a.m. to 8:00 p.m.), or use the **Live Chat** feature at ca.p-ebt.org.