



File taxes + Get Tax Credits

Why should I file my taxes? (even if my income is low or even \$0):

- Filing your taxes, even if you don't have any income, allows you to receive tax credits, which means more money in your pocket that you can use to cover any need. This is money that belongs to you and your family. Tax credits are either "refundable" meaning the government sends you a check or "non-refundable" meaning you pay less taxes, and it is likely you may be eligible for both types.
- Many families do not claim all of the tax credits that they are eligible for, leaving money on the table. Research shows that having extra cash from tax credits improves baby's weight when they are born, helps pay for health-related needs like food and electricity, improves mental health for parents, and just improves overall parents health. Tax credits are great because they let YOU choose what is important, and what you need to buy to improve your and your child's health.

This tax season you may be eligible for:

- **California's Young Child Tax Credit (YCTC)** -\$1,117 per eligible household with income less than \$31,000 and a child under 6 years old. If you have no income this year you might still be eligible
- **Child Tax Credit:** Up to \$2000 per eligible household with a child under 17 years old. Use the IRS Interactive Tax Assistant to see if you qualify.

Where can I file my taxes for free?

- The **IRS Volunteer Income Tax Assistance (VITA) program** can help you file your taxes for free (if your household makes less than \$67,000/year), meaning you get to keep your whole refund! Find a VITA site near you here: https://www.ftb.ca.gov/help/free-tax-help/VITA_Locator/
- **IRS Free File** allows you to file online with the IRS directly if your income is less than \$79,000/year. (link available January 2025)
- If you want to take part in a **SHARK research study on tax filing**, and get a free online tax filing service meant to help low-income parents get the most back on their tax returns, click here. **You can earn up to \$90 for participating in this study, in addition to your tax refund. [LINK]**



File taxes + Get Tax Credits

Why should I file my taxes? (even if my income is low or even \$0):

- Filing your taxes, even if you don't have any income, allows you to receive tax credits, which means more money in your pocket that you can use to cover any need. This is money that belongs to you and your family. Tax credits are either "refundable" meaning the government sends you a check or "non-refundable" meaning you pay less taxes, and it is likely you may be eligible for both types.
- Many families do not claim all of the tax credits that they are eligible for, leaving money on the table. Research shows that having extra cash from tax credits improves baby's weight when they are born, helps pay for health-related needs like food and electricity, improves mental health for parents, and just improves overall parents health. Tax credits are great because they let YOU choose what is important, and what you need to buy to improve your and your child's health.

This tax season you may be eligible for:

- **California's Young Child Tax Credit (YCTC)** -\$1,117 per eligible household with income less than \$31,000 and a child under 6 years old. If you have no income this year you might still be eligible
- **Child Tax Credit:** Up to \$2000 per eligible household with a child under 17 years old. Use the IRS Interactive Tax Assistant to see if you qualify.

Where can I file my taxes for free?

- The **IRS Volunteer Income Tax Assistance (VITA) program** can help you file your taxes for free (if your household makes less than \$67,000/year), meaning you get to keep your whole refund! Find a VITA site near you here: https://www.ftb.ca.gov/help/free-tax-help/VITA_Locator/
- **IRS Free File** allows you to file online with the IRS directly if your income is less than \$79,000/year. (link available January 2025)
- If you want to take part in a **SHARK research study on tax filing**, and get a free online tax filing service meant to help low-income parents get the most back on their tax returns, click here. **You can earn up to \$90 for participating in this study, in addition to your tax refund. [LINK]**