

News Release

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SNAP benefits will increase permanently in October, most Oregonians receiving SNAP will continue to receive additional emergency SNAP benefits

Need to know

- Oregonians who receive SNAP benefits will see a permanent average increase of about \$36 per person, per month to their regular SNAP benefits.
- Most Oregonians who receive SNAP benefits will continue to receive emergency benefits in October.
- Find resources to meet your basic needs: Dial 2-1-1, or text your zip code to 898-211, www.211info.org
- [Support and resources from the Oregon Department of Human Services](#)

(Salem) – Starting Oct., 1, Oregonians who receive Supplemental Nutrition Assistance Program (SNAP) will see a permanent average increase of about \$36 per month, per person to their regular SNAP benefits. This permanent increase is the result of federal changes to the [Thrifty Food Plan](#).

In addition, most SNAP recipients in Oregon will continue to receive additional emergency SNAP benefits in October.

The federal government has approved emergency allotments every month since March 2020. This gives SNAP recipients additional support during the COVID-19 pandemic.

In October, approximately 408,000 SNAP households will receive approximately \$64 million in extra food benefits in addition to their regular SNAP benefits.

“We are grateful to have the opportunity to increase regular SNAP benefits and to provide additional emergency benefits to most SNAP households in Oregon,” said Dan Haun, director of the Oregon Department of Human Services (ODHS), Self-Sufficiency Program. “We also know that many Oregonians are still struggling to

meet their basic needs due to the COVID-19 pandemic, and we encourage them to contact our partners at 211 and the Oregon Food Bank for support during this difficult time.”

Emergency food benefits will be available on Oct. 12 for current SNAP households. New SNAP households will receive the emergency allotments Oct. 29 or Nov. 2.

SNAP recipients do not have to take any action to receive these benefits as they will be issued directly on their EBT cards.

More information about emergency allotments is available at

<https://www.oregon.gov/dhs/ASSISTANCE/FOOD-BENEFITS/Pages/About-SNAP.aspx>.

Questions about your SNAP benefits should be directed to the ONE Customer Service Center at 1-800-699-9075.

If you are a SNAP household and your income or the number of people in your household has changed, it could impact your benefits. It is important to make sure ODHS has the most up-to-date information.

You can report any changes to your income or household in many ways:

- Online at: [ONE.Oregon.gov](https://www.oregon.gov/dhs/ASSISTANCE/FOOD-BENEFITS/Pages/About-SNAP.aspx)
- By mail at: ONE Customer Service Center, PO Box 14015, Salem, OR 97309
- By fax at: 503-378-5628
- By phone at: 1-800-699-9075 or TTY 711

Resources to help meet basic needs

- Find a food pantry: [foodfinder.oregonfoodbank.org](https://www.foodfinder.oregonfoodbank.org)
- Learn about government programs and community resources for older adults and people with disabilities: Aging and Disability Resource Connection of Oregon at 1-855-673-2372 or www.adrcoforegon.org.
- Dial 2-1-1, or text your zip code to 898-211, www.211info.org
- [Oregon Department of Human Services Resources](#)

Administered by ODHS, SNAP is a federal program that provides food assistance to approximately 1 million eligible, low-income families and individuals in Oregon, including many older adults and people with disabilities. Oregonians in need can apply for benefits, including SNAP, child care, cash assistance and Medicaid. Learn

more at <https://govstatus.egov.com/or-dhs-benefits>. For local resources in your area, such as food or shelter, please call 2-1-1 or reach out to the state's Aging and Disability Resource Connection (ADRC) at 1-855-ORE-ADRC or 1-855-673-2372.

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