

October 15, 2025

<<Case Number>>

<<HOH First Name>> <<HOH Last Name>>

<<Current Mailing Address 1>>

<<Current Mailing Address 2>>

<<Current Mailing City>>, <<Current Mailing State>> <<Current Mailing Zip Code>>

Your SNAP benefits will be lowered as of Nov. 1, 2025

Hello <<HOH First Name>> <<HOH Last Name>>,

Congress and the President made changes to the SNAP food program. We know this is stressful and we want to make things clear.

What is changing?

- Your SNAP amount will change starting Nov. 1, 2025.
- We cannot show you the new benefit amount in this letter but you can find the amount in your Applicant Portal account at one.oregon.gov

Why is this change happening?

According to the new federal law, households will get less SNAP food benefits if:

- You get energy assistance payments,
- You do not have extra energy costs that you pay yourself, and
- There are no individuals age 60 or older or who have a disability in your SNAP group.

Contact us if you think there has been a mistake:

Call us as soon as possible at:

- 800-699-9075 (Monday through Friday, 7 a.m. to 6 p.m.)
- Or email: Oregon.benefits@odhs.oregon.gov

Include in your message:

- Your full name.
- Your SNAP case number (top right of this letter).
- Your phone number or email.
- The best time to contact you.

What will happen to the benefits currently on your account

- Any benefit amount left on your Oregon Electronic Benefit Transfer (EBT) card at the end of the month is rolled over into the next month.
- If there's no activity on the card, SNAP benefits will expire 9 months after they are issued.
- You can check available SNAP benefits, check the day they were deposited, and take actions to protect your benefits using the ebtEDGE.com website.

Legal Information**Oregon Administrative Rules (OARs)**

The following OARs were used to make the decisions in this letter: 461-135-0665(4), 461-175-0050(4), 461-180-0006(2)(b). This change is made because of how utility allowances are calculated for households that receive energy assistance payments.

If You Do Not Agree with this Decision

If you do not agree with the decision in this letter or think we made a mistake, you can ask for a hearing. Go to the Hearing rights section in this letter to learn about your rights.