



# Change Tools

## Emergency Allotments for SNAP Recipients

Supporting people as they navigate changes to their SNAP food benefits

For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact 503-945-5488 (all relay calls accepted) or [feedback@odhsoha.oregon.gov](mailto:feedback@odhsoha.oregon.gov).



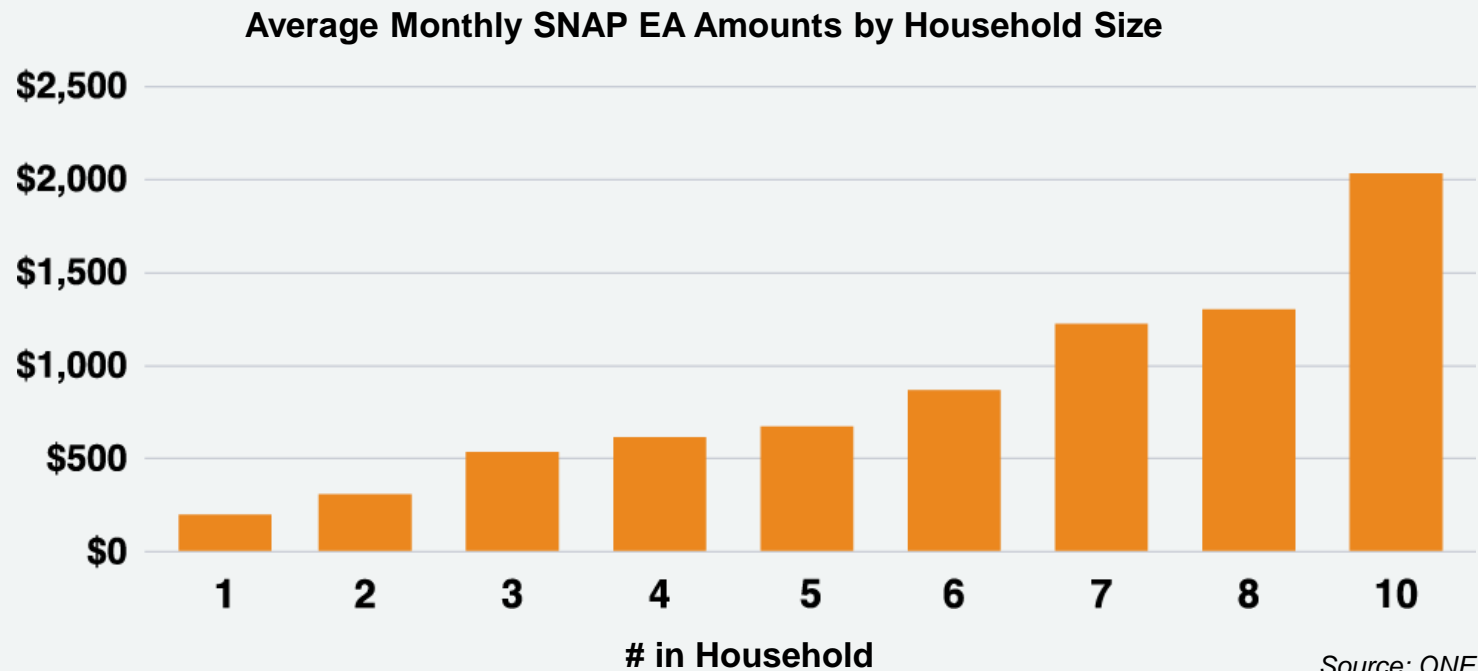
# Overview: Emergency Allotments (EA) for SNAP Recipients

Emergency Allotments (EA) were a temporary strategy and additional support authorized by Congress to help people experiencing low or no income and receiving SNAP benefits deal with the hardships of the COVID-19 pandemic.

As a result, people receiving SNAP also received emergency food benefits on their EBT card each month. These emergency food benefits have provided people in Oregon with \$1.9 billion in additional money for food since April 2020.

The Consolidated Appropriations Act (2023) law recently passed by Congress ends SNAP EA after the February 2023 issuance. **This means by March 2023, all SNAP households will return to only receiving their SNAP benefit at the beginning of the month, with no additional food benefit added mid-month.**

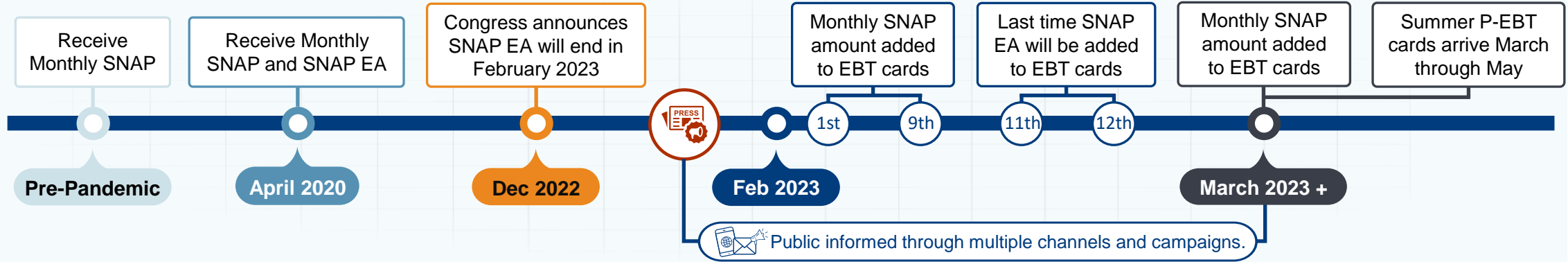
This chart shows the average monthly SNAP EA amount by the number of people in a household to provide a point of reference and is not exact.



# Journey Map: Emergency Allotments (EA) for SNAP Recipients



## JOURNEY



## STAGES

### Pre-Pandemic

Before April 2020, individuals and families received monthly SNAP benefits based on their income and other factors, like the number of people in their households.

### Emergency Food Benefits Begin

To help during the COVID-19 pandemic, the federal government allows states to provide extra food benefits to eligible SNAP households. These extra benefits are formally known as EAs.

### Congress Sets End Date For SNAP EA

Congress passes the 2023 Consolidated Appropriations Act in December 2022, which ends SNAP EA in February 2023.

### Emergency Food Benefits End

In February 2023, individuals and families receive:

- Notice via mail that temporary SNAP EA benefits will end and how to prepare.
- Monthly SNAP benefits between the 1<sup>st</sup> and 9<sup>th</sup> day of the month.
- Final SNAP EA benefits around the 11<sup>th</sup> or 12<sup>th</sup> day of the month.

### Regular SNAP Continues

- Individuals and families continue to receive SNAP benefits on their EBT (Oregon Trail) card and are notified 45 days before benefits will end (15 days prior to final month) that it is time to re-apply.
- Eligible families begin receiving cards with a one-time sum of retroactive 2022 Summer Pandemic EBT benefits (\$391 per child).



## ACTIONS

### To prepare for the end of emergency food benefits, people can:



Check their regular SNAP benefit amount so they can budget.



Report changes in income or # of people in household which may increase their regular SNAP food benefits.



Know what food supports are in their area and contact state and local partners.



[Visit page 5 for details](#)

# Sample Scenarios and Common Challenges

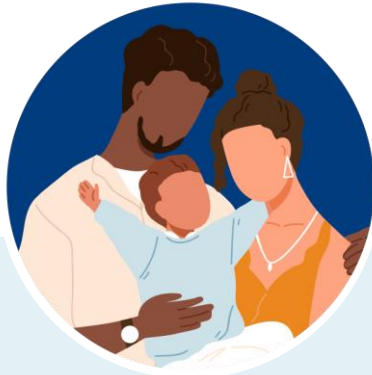


## Scenario 1: Individual

An individual applies for SNAP during the pandemic and begins receiving \$233 every month in combined SNAP and SNAP EA benefits. Under normal circumstances, this person would only receive \$23 in regular SNAP benefits. When emergency allotments end, this person will experience a sharp decrease in their monthly benefits and may not understand why.

### Anticipating needs

Unless this individual's address is up-to-date and they receive advance notice directly through the mail or indirectly through social or other media, they will likely be surprised and confused by the decrease in their monthly food benefits and will contact the state for help.



## Scenario 2: Family of three

A family of three receives a monthly SNAP benefit of \$500 per month. Due to the COVID-19 emergency, this family begins receiving an additional \$530 in SNAP EA for a monthly total of \$1,030 to put toward food, freeing up money for other necessities, like rent and utilities. When emergency allotments end, this family's monthly food budget will be reduced by \$530.

### Anticipating needs

This family may need help accessing other ways to pay for their housing and energy costs so they can shift their budget to accommodate a steep drop in monthly food benefits. They may benefit from state and federal programs that provide rental, housing, and utility bill assistance.

## CHALLENGES



### Confusion over drop in food benefits

People may not know SNAP EAs are extra food benefits, especially if they began receiving SNAP during the COVID-19 pandemic when these temporary emergency supports were already in place.



### Little or no time to adjust to decrease in food benefits

People may not have enough time to understand what's happening and ask questions. Others may not receive direct notice in the mail if their mailing address is out of date.



### Hard to find benefit amounts

People will not be told how much of the extra benefits they will lose but can use [ebtEDGE.com](https://www.ebtEDGE.com) or the ONE system to find their monthly SNAP amount. This can be challenging for people who lack access to or struggle with technology.



### Difficulty accessing critical food supports

People living in food deserts or who need help finding and accessing food banks and similar resources may struggle to fill the gaps in their food benefits once SNAP EAs end.



### High cost of living and related factors

Rising prices for food, goods, and services only worsen the challenges people will face when they lose their SNAP EAs.

# How SNAP Households Can Prepare

**1** Check monthly SNAP benefit amounts at [ebtEDGE.com](http://ebtEDGE.com) or log into your ONE account at [benefits.oregon.gov](http://benefits.oregon.gov).

**2** Report any changes in income or # of people in household:

- **Online:** [benefits.oregon.gov](http://benefits.oregon.gov)
- **Call** the ONE Customer Service Center at 1-800-699-9075 (ODHS accepts all relay calls), Monday through Friday, from 7 a.m. to 6 p.m. Pacific Time.
- **Visit a local office:**
  - Find an ODHS Office at <https://www.oregon.gov/dhs/Offices/Pages/one-services.aspx>
- **Mail:** ONE Customer Service Center, PO Box 14015, Salem, OR 97309
- **Fax:** 503-378-5628

**3** Access local food resources and support:

- Find food resources in the community: [needfood.oregon.gov](http://needfood.oregon.gov) or [alimentos.oregon.gov](http://alimentos.oregon.gov)
- Find a local food bank or pantry: [foodfinder.oregonfoodbank.org](http://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](http://www.adrcoforegon.org).
- Dial 2-1-1, or text your zip code to 898-211, [www.211info.org](http://www.211info.org)
- Connect with a local Community Action Agency: [www.caporegon.org](http://www.caporegon.org)