

Extra SNAP is Ending!

What you need to know

WHAT IS CHANGING?

The extra SNAP payment, officially called Emergency Allotments, will end in February 2023.

Starting in March, you will only get your regular SNAP payment loaded to your EBT card.

YOU DO NOT NEED TO SPEND ALL OF YOUR SNAP

You can keep SNAP benefits on your EBT card as long as you want, so long as you use the card once every 9 months to keep it active. If you can save benefits from January and February to spend in a later month it may help when the second payments end in March 2023.

REPORTING CHANGES MAY HELP YOU GET MORE SNAP

Your regular SNAP benefit amount is based on your income and expenses. **Your SNAP benefits could be increased if you had any of these changes:**

- **INCOME:** Did you lose work hours or have your pay cut?
- **SHELTER:** Did your rent, mortgage, or property taxes increase?
- **DEPENDENT CARE:** Are you paying more for child care or care of a disabled adult?
- **MEDICAL EXPENSES:** Does anyone in your household is 60 or older or has a disability have medical costs over \$35/month that are new or you never reported? You can learn more about medical expenses that count for SNAP at cutt.ly/deductions.
- **YOUR ADDRESS:** This will not impact your benefit level, but you may miss important updates if your local DSS office does not have your current address.

If you are already receiving the maximum amount of SNAP in your first monthly payment, reporting higher expenses won't increase your SNAP benefits.

Household Size	1	2	3	4
Maximum Amount	\$281	\$516	\$740	\$939

See next page for how to report changes and tips to prepare for this change



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REPORT A CHANGE IN ONE OF THE FOLLOWING WAYS:

- Contact the Maryland Food Bank SNAP Team at (888) 808-7327 or email us at snapteam@mdfoodbank.org to submit a Change Report Form.
- Call the DHS Customer Call Center at 1-800-332-6342.
- Use your MDThink account at <https://mymdthink.maryland.gov/>.
- Visit your local Department of Social Services Office (DSS) to report changes in person. Look up your DSS Office at <https://dhs.maryland.gov/category/local-offices/>.

ADDITIONAL RESOURCES

- Find local resources including food pantries by calling 211 or visiting <https://211md.org/>
- At <http://mdfoodbank.org/Find-Food/> you can find a Maryland Food Bank partner pantry near you.
- If you need assistance with your SNAP Application, Benefit Review Form, or Annual Recertification, call The Maryland Food Bank at (888) 808-7327 or email us at snapteam@mdfoodbank.org.
- Pregnant or have kids under the age of 5? If you receive SNAP, you qualify for WIC. Learn more and start the application process at <https://health.maryland.gov/phpa/wic> or by calling 1-800-242-4WIC(942).

