



Changes to SNAP (Food Assistance) Benefits in March 2023

What do I need to know?

Extra SNAP payments (called Emergency Allotments) are ending in February 2023.

These payments were connected to the national COVID-19 public health emergency.

In most cases, the last maximum benefits will be distributed on February 10th. In March 2023, many people will see a lower amount on their EBT cards. The new amount will be based on your household income and other expenses like rent and utilities. On average, SNAP payments are estimated to decrease by about \$190 per household in Maine.



What should I do to prepare?

- Update your mailing address with the Maine Department of Health and Human Services (DHHS) so you don't miss important notices!
- Report any changes in your income or work hours
- Report changes in your expenses and allowable deductions. Allowable deductions include:
 - Shelter costs, like rent
 - Utilities, like heat
 - Payments for childcare or child support
- If you're over 60 or have a disability and pay more than \$35 out-of-pocket for medical costs a month, you can show proof of these expenses and get more money in SNAP. Allowable medical deductions include: prescription drugs, medical supplies and equipment, hospitalization, service animals, nursing care, dental care, and medical care including mental health and rehabilitation services when prescribed by qualified health professionals

How do I report a change to DHHS?

- Call the Office of Family Independence at 1-855-797-4357
- Log into your account at www.mymaineconnection.gov
- Go into a DHHS [district office](#) location

Can I save any of my SNAP?

Yes! You *don't* have to spend all your SNAP in one month! If you don't need to use all your SNAP dollars in January and February, you can save some of your benefits to stretch them into March or beyond.

Where else can I get help with food?

If you're having a hard time getting enough to eat, or if you want to stretch your SNAP a little further, try these resources:

- Call 211 and ask about food resources
- Search Good Shepherd Food Bank's [Food Finder Map](#) for a list of food pantries and meal sites in your area
- Visit a participating farmer's market to earn extra SNAP dollars to buy fresh fruits and vegetables from local farmers
- Contact your regional [Agency Area on Aging](#) or call 1-877-353-3771 for information about additional supports including [home-delivered meals](#) for those who are homebound and cannot prepare food for themselves
- For income-eligible older adults, learn more about the [Maine Senior FarmShare Program](#) at (207) 287-3491 or SeniorFarmShare.AGR@maine.gov