

# SNAP Emergency Allotments Ending

There are several changes that may affect SNAP household's benefit amounts over the coming months. The temporary boost to SNAP benefits put in place during the COVID-19 pandemic, known as emergency allotments, will end nationwide after the February 2023 issuance. – USDA

## More from USDA

Learn more about these benefit changes and view a list of FAQs on the [USDA website](#):

 [bit.ly/SNAPallotments](https://bit.ly/SNAPallotments)



## Message to SNAP Participants

- The amount of your SNAP benefits may go down in March. In 2020, Oklahoma temporarily raised SNAP benefits because of COVID. This increase will end after February 2023.
- The added benefits are called *emergency allotments*. When they end, you will return to your normal SNAP benefit amount, and you will only receive one payment to your SNAP account each month.
- In addition, households that receive both SNAP *and* Social Security benefits will see a decrease in SNAP benefits because of the cost-of-living increase to Social Security benefits that started in January 2023.

## → Why is this happening?

- The federal government provided the funds for emergency allotments in 2020 to help Americans who lost jobs, lost hours at work, or were otherwise impacted by the COVID pandemic.
- Many states have already stopped the added benefits, but Oklahoma continued to provide them as families and our economy were still recovering.
- At the end of February, the federal government will stop providing the funds for emergency allotments, so Oklahoma must stop providing them.

## → What should I do?

Continue reading on Page 2 for tips on how to prepare for this change in benefits.



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## How do I prepare for this change?

### → Learn what your SNAP benefits will be after February

- Review your SNAP “Notice of Approval” letter (08MP001E). This letter specifies your amount without emergency allotments, so check there first.
- Download the **Conduit app** or visit <https://www.connectebt.com/> and look for your transaction history.
- Review the current **income eligibility limits for SNAP** [here](#).
- Contact OKDHS at 405-522-5050 to review your case; please expect call delays.

### → Learn about other food resources

- *Double Up Oklahoma* matches the value (up to \$20 per day) of SNAP dollars spent at certain farmers markets and grocery stores for fruits and vegetables. This can help you stretch your food budget. To learn more, go to [doubleupoklahoma.org](http://doubleupoklahoma.org).
- Check **Hunger Free Oklahoma’s website** for more food resources.

### → Update your information

- Check that your information is up to date with OKDHS. This may help increase your benefit amount.
- Use **OKDHSLive!** or your **OKBenefits** account to change what you can.
- Call OKDHS at 405-522-5050 for other changes.

## Other Resources

- Call HFO's SNAP Hotline: 1-877-760-0114
- Call 2-1-1 or [visit the website](#).
- **Regional Food Bank of Oklahoma:** Call 405-972-1111 or [visit the website](#).
- **Food Bank of Eastern Oklahoma:** In Tulsa, call 918-585-2800. In McAlester, call 918-429-7755 or [visit the website](#).



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