

## Food Stamp Emergency Allotment Ending



### I heard SNAP benefits will change in March 2023. Is that right?

Yes. During the pandemic, everyone receiving SNAP (or Food Stamps) got extra benefits at the end of each month. Starting in March, these extra benefits—called Emergency Allotments—will end, and households enrolled in SNAP will begin receiving their regular monthly amount.

The Department of Job and Family Services (JFS) will send SNAP households a letter to your last known address to let you know the Emergency Allotments are ending, so be sure to update your contact information, including address, phone number, and email address.



### What should I do when I get the letter from JFS?

- If you do not know your regular monthly SNAP amount, you can call the number on the back of your Ohio Direction Card to check your benefit amount and balance.
- You can also log into your JFS online Self-Service Portal if you have an account. Visit <https://ssp.benefits.ohio.gov/> or scan the QR code.
- Check the budget on your last SNAP approval notice. If your income, expenses, or household members have changed, update JFS via the Online Self-Service Portal, fax, email, or by dropping it off at your local JFS.
- Watch your mail for your interim report or reapplication notice as your certification period ends. **Be sure to respond on time, or your SNAP benefits could stop!**



### Can I ask for a state hearing about the end of Emergency Allotments?

No. Because Congress changed federal law, you will not have fair hearing rights.



### What if I do not have enough food for the month now?

For help finding local food banks, call your local 211 or visit [www.ohiofoodbanks.org/get-help](http://www.ohiofoodbanks.org/get-help).

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#### **How to contact SEOLS:**



**844.302.1800**

**[www.seols.org](http://www.seols.org)**

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