

SNAP is Being Cut: What You Can Do in Illinois

What is changing?

When COVID-19 hit, SNAP gave each family extra benefits. They were called “Emergency Allotments.” The average family got \$80 a month in extra benefits.

These Emergency Allotments are ending beginning in February 2023. Starting in March, SNAP benefits will go back down to pre-pandemic levels. Benefits will be loaded to your EBT card. You will get it on your usual issuance date beginning in March.

Should I contact the Illinois Department of Human Services (IDHS)?

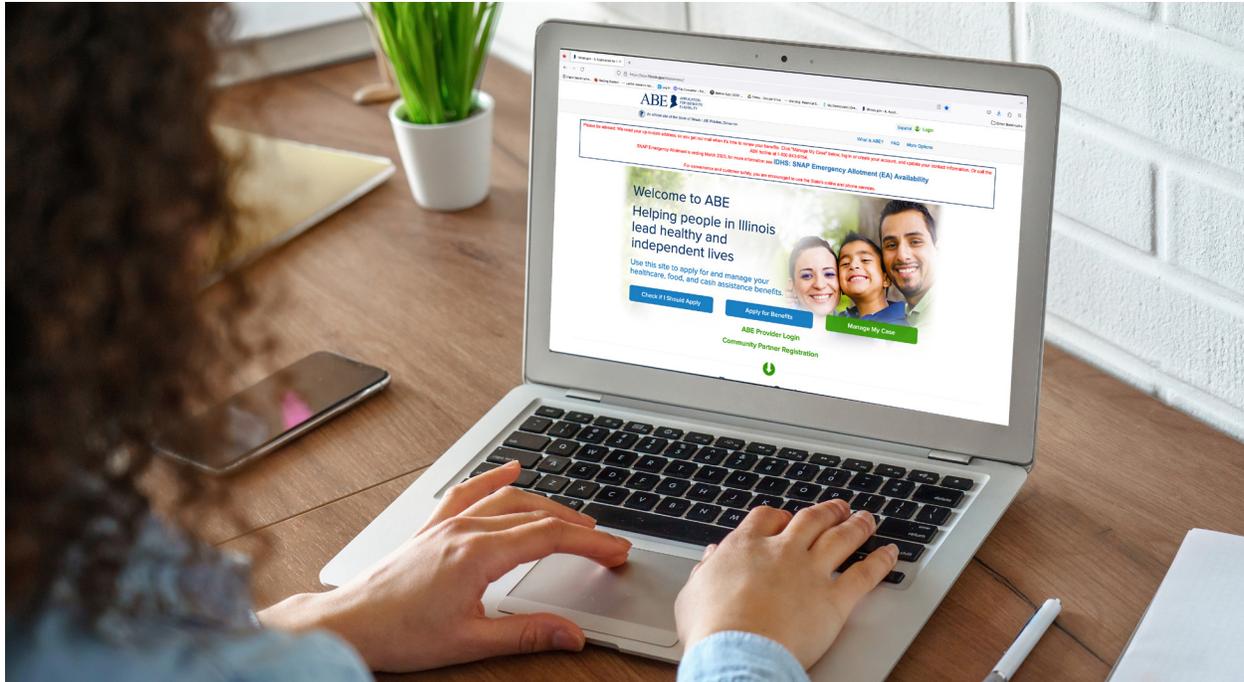
Yes! Give them information about your family. That can help you get the most possible SNAP benefits.

Here’s what to tell IDHS:

- **Your address.**
 - If they can’t reach you, you might miss important information about your SNAP benefits.
- **Your income.**
 - If your income went down, you may get extra SNAP benefits.
 - Tell the county about everyone’s income who lives in your home.
- **Your expenses.** If your expenses went up, you might be able to get extra SNAP benefits.

So, tell the county about:

- Your rent, mortgage, and property taxes
- Your costs for childcare or dependent care
- Your medical expenses, if you are over age 59 or if you have a disability



How do I reach IDHS and report changes?

You can give this information to the county by phone or in person.

- To call the IDHS Helpline, dial 1-800-843-6154
- Visit abe.illinois.gov

Can I save my unused SNAP benefits to buy food later?

Yes! If you don't use all your SNAP money for the month, the rest of it stays on your EBT card. You can use it in a later month. Just be sure to use your card once every nine months.

How can I find free food from a local food bank?

To find a food bank near you, visit go.illinois.edu/findfood