

## End of SNAP Emergency Allotments | Social Media Toolkit

### ABOUT

SNAP benefits are decreasing for families across the U.S., for two reasons:

- COVID SNAP benefits are ending. When COVID began, SNAP gave people extra benefits. They were called “Emergency Allotments.” The average family got \$80 a month in extra SNAP money. These “Emergency Allotments” are now ending.
- SNAP is falling for SNAP recipients who get Social Security. In January, Social Security gave a cost-of-living increase, sometimes called a “COLA.” People who get both SNAP and Social Security now have more Social Security income. That cuts their SNAP benefits.

### HOW TO USE THIS TOOLKIT



Use this toolkit to alert SNAP recipients that their benefits may be impacted.

### SOCIAL MEDIA POSTS

Tags:

- #SNAP or local SNAP-related hashtags
- #AffiliatesUnidos
- @WeAreUnidosUS on Facebook, Instagram, and Twitter

Download assets here: [In Spanish](#), [In English](#)

Copy
<p>If you find yourself needing additional help to feed your family, you can contact the hunger hotline any time from 7 am to 10 pm EST to learn about the resources available to you.</p> <p>📞 For English, call 1-866-HUNGRY. That’s 1-866-348-6479.</p>
<p>Si necesitas ayuda para alimentar a tu familia, puedes comunicarte con la línea directa contra el hambre entre las 7 am y las 10 pm EST para averiguar sobre los recursos disponibles para tu familia.</p> <p>📞 Para español, llama al 1-877-8-HAMBRE. Es 1-877-842-6273.</p>
<p>Find the contact for your local SNAP office here </p> <p><a href="https://www.fns.usda.gov/snap/state-directory">https://www.fns.usda.gov/snap/state-directory</a></p>
<p>Encuentra el contacto de tu oficina local de SNAP aquí </p> <p><a href="https://www.fns.usda.gov/snap/state-directory">https://www.fns.usda.gov/snap/state-directory</a></p>