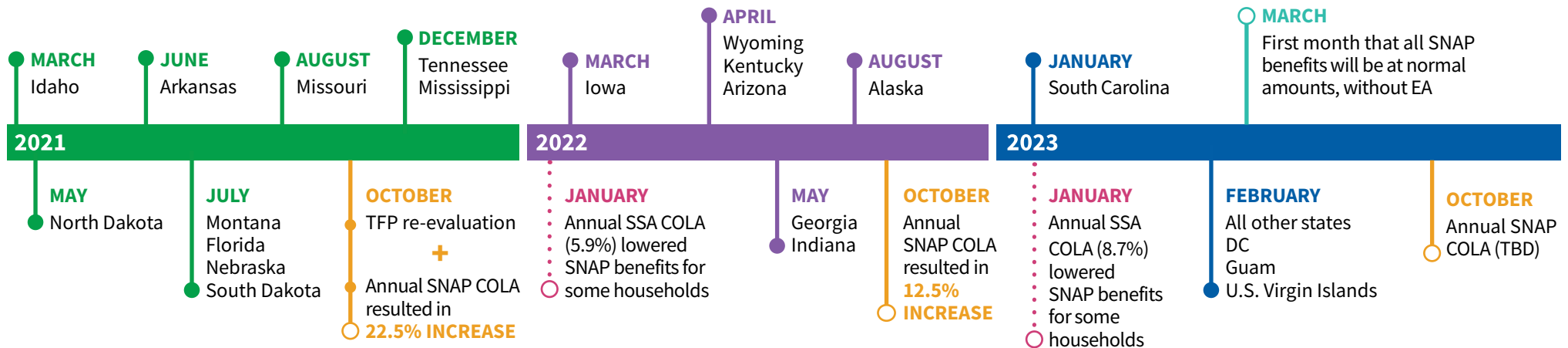


RECENT CHANGES TO SNAP BENEFIT AMOUNTS

Beginning in March 2020, USDA approved states to provide SNAP households with extra pandemic-related SNAP benefits known as [emergency allotments](#) (EA). Since then, a variety of state and federal changes have impacted SNAP benefit amounts as shown in the timeline below.

- By law, EA benefits will end for all states by March 2023. However, 18 states already ended EA. States and territories are listed below by the final month that benefits included EA.
- The 2021 Thrifty Food Plan re-evaluation and annual SNAP cost-of-living adjustments (COLA) bolstered SNAP benefits to support a nutritious diet reflective of today's food costs.
- Approximately half of SNAP households also receive Social Security and/or Supplemental Security Income benefits. Therefore, the Social Security Administration (SSA) annual COLA resulted in higher income for many SNAP households, which may have lowered their SNAP benefits.



States that ended EA in 2021 —●—

States that ended EA in 2022 —●—

States and territories ending EA in 2023 —●—

Annual SNAP cost-of-living adjustment —○—

Annual Social Security cost-of-living adjustment —○····—

All states back to normal benefit amounts —○—