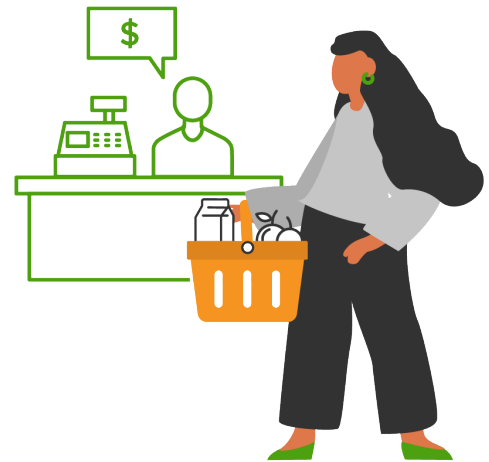


Important Changes to SNAP Benefits Starting March 1, 2023

Beginning March 1, many people enrolled in the Supplemental Nutrition Assistance Program (sometimes called “SNAP” or “food stamps”) will see a decrease in our monthly benefits.



In response to the pandemic, many SNAP participants received additional benefits each month, based on household size. **Now that the COVID-19 state of emergency is ending, federal funding for these SNAP “emergency allotments” will also expire** – and many Oregonians will see a decrease in our monthly benefits as a result.

Regular SNAP benefits received prior to the pandemic will not change. Everyone should receive their regular SNAP deposit between the 1st and 9th of the month, as usual. Only the “emergency allotments” will end. Log in at **[EBTedge.com](https://www.ebtedge.com)** to view the regular benefit amount, which is listed in transaction history at the beginning of each month.

For SNAP benefit questions

Please call ONE Customer Service at 1-800-699-9075 (711 TTY) or find an office near you at **one.oregon.gov/general/locateanoffice**.

To find food assistance

Know that food remains available to all who need it! Visit **[oregonfoodfinder.org](https://www.oregonfoodfinder.org)** or call 2-1-1 to find a pantry, free food market or meal site near you.

Learn more at **[oregonfoodbank.org/snapchanges](https://www.oregonfoodbank.org/snapchanges)**



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