

1/23/2023

<<First Name>> <<MI>> <<Last Name>>
<<Mailing Address 1>> <<Mailing Address 2>>
<<City>>, <<State>> <<ZIP>>

Food benefit amounts will decrease in March 2023 because COVID-19 emergency food benefits are ending

You are receiving COVID-19 emergency food benefits every month. You get this extra amount on your EBT (Oregon Trail) card around the 11th or 12th day of the month.

February 2023 is the last month you will get COVID-19 emergency food benefits.

You will continue to get your *regular* SNAP benefits. You get these benefits on your EBT card between the 1st and the 9th day of the month.

Since 2020, hundreds of thousands of SNAP households have gotten COVID-19 emergency food benefits. Going back to the regular SNAP amount will be difficult and stressful for many.

You don't need to take action, but you can prepare:

- **Find out your regular SNAP benefit amount:**
 - Log into your ONE account at <https://one.oregon.gov/> or
 - View your transaction history on www.ebtEDGE.comIf you know your regular SNAP benefit amount it can help you budget.
- **Tell us if your income has gone down.** If it has, you may qualify for more SNAP benefits.
- **Tell us if there are more people in your household.** If there are, you may qualify for more SNAP benefits.

To report changes in income or people in your household:

- Update your ONE online account at <https://one.oregon.gov/>
- Call the ONE Customer Service Center at 1-800-699-9075
- Visit a local office:
 - Find an Aging and People with Disabilities Office:
<https://www.oregon.gov/dhs/offices/pages/seniors-disabilities.aspx>
 - Find a Self-Sufficiency Office:
<https://www.oregon.gov/dhs/Offices/Pages/Self-Sufficiency.aspx>
- Mail: ONE Customer Service Center, PO Box 14015, Salem, OR 97309
- Fax: 503-378-5628

- **Know the food supports in your area.** To find some near you:
 - Contact the Aging and Disability Resource Connection (ADRC) at 1-855-673-2372
 - Call 2-1-1
 - Visit www.oregonfoodfinder.org or
 - Connect with your local Community Action Agency using <https://caporegon.org/>.

Why is this happening?

COVID-19 emergency food benefits (also called emergency allotments) were **temporary food benefits** for people getting SNAP. This benefit came from the federal government in response to COVID-19.

Each month, Oregon must ask the federal government to let us give out COVID-19 emergency food benefits. The federal government decided Oregon cannot do so after February.

You can get this letter in other languages, large print, Braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 1-800-699-9075 or TTY 711. We accept relay calls.