



Image	Platform	Text
Here-to-help.png	Facebook Instagram Nextdoor	We recently learned that February 2023 will be the last month the federal government will allow Oregon to issue SNAP emergency food benefits (formally called Emergency Allotments). Since April 2020, we have been able to provide these benefits to help families keep healthy food on their tables during the COVID-19 pandemic. We know this will be a difficult and stressful time for many households. If you received these benefits, we encourage you to prepare for this transition now by: - Finding out what your regular SNAP benefits are at one.oregon.gov or at ebtEDGE.com. - Creating a new budget based on your regular SNAP benefits that does not include emergency allotments. - Telling us if your income decreased or your household size increased. You may qualify for more regular benefits. - Knowing about available food supports in your area. Visit needfood.oregon.gov to learn about options.

		To learn more about why this change is happening or to find more tips to help you prepare, check out this news release: [LINK TO NR]
Here-to-help.png	Twitter (2 tweets)	Feb. 2023 will be the last month the federal government will allow Oregon to issue SNAP Emergency Allotments. We have been able to provide these benefits since April 2020 to help families keep healthy food on their tables during the COVID-19 pandemic. We know this will be a difficult and stressful time for many households. If you received these benefits, we encourage you to prepare for this transition now. Find tips and more information about why this change is happening in this news release: [LINK TO NR]
Budget.png	Facebook Instagram	SNAP emergency food benefits (formally called Emergency Allotments) are ending after February 2023. We know this will be a difficult and stressful time for many households. One way to prepare for this transition is to find out what your regular SNAP benefits are by logging in to one.oregon.gov or ebtEDGE.com. Using your regular benefit total, create a new food budget that does not include emergency allotments.
Budget.png	Twitter	SNAP Emergency Allotments are ending after Feb. 2023. Prepare now by finding out what your regular SNAP benefits are by logging in to one.oregon.gov or ebtEDGE.com. Using this amount, create a new food budget that does not include emergency food benefits.
Qualify.png	Facebook Instagram	SNAP emergency food benefits (formally called Emergency Allotments) are ending after February 2023. We know this will be a difficult and stressful time for many households. One way to prepare for this transition is to let us know if your income decreased or your household size increased. You may qualify for more regular SNAP benefits. You can report these kinds of changes: - Online at: ONE.Oregon.gov - By mail at: ONE Customer Service Center, PO Box 14015, Salem, OR 97309 - By fax at: 503-378-5628 - By phone at: 1-800-699-9075 or TTY 711, Monday through Friday, from 7 a.m. to 6 p.m. Pacific Time.

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Know.png	Facebook Instagram	SNAP emergency food benefits (formally called Emergency Allotments) are ending after February 2023. We know this will be a difficult and stressful time for many households. One way to prepare for this transition is to know what food supports are available in your area: - Find food resources in your community: needfood.oregon.gov - Find a food pantry: foodfinder.oregonfoodbank.org - Learn about government programs and community resources for older adults and people with disabilities: Aging and Disability Resource Connection of Oregon at 1-855-673-2372 or adrcoforegon.org. - Dial 2-1-1, or text your zip code to 898-211, 211info.org - Find local resources and support by contacting your local Community Action Agency: caporegon.org/find-services/
Know.png	Twitter	SNAP emergency food benefits (Emergency Allotments) are ending after Feb. 2023. We know this will be a difficult time for many of you. One way to prepare for this transition is to know what food supports are available in your area. Learn about options at needfood.oregon.gov