

General talking points for partners on the end of SNAP COVID-19 emergency food benefits (SNAP Emergency Allotments)

A note for partners: These talking points are provided as a conversation guide and should not be distributed. The conversation should be customized to address an individual's specific needs and questions. Resources for help are listed below.

- Since April 2020, most people in Oregon who receive SNAP have also received extra emergency food benefits each month on their EBT (Oregon Trail) card. This benefit was created by the federal government to help with the COVID-19 public health emergency.
 - Emergency food benefits are an extra amount that is added to EBT cards around the 11th or 12th day of the month.
- **February will be the last month emergency food benefits are allowed. People receiving SNAP will continue to get their SNAP benefit in March 2023 and every month after March.**
 - The SNAP benefit is the amount that people get on their cards between the 1st day and the 9th day of every month.
- For two years, ODHS has been issuing emergency food benefits to hundreds of thousands of households receiving SNAP.
 - These benefits have significantly increased peoples' ability to get enough healthy food for themselves and their families.
 - Without these emergency food benefits some in Oregon may experience hardship and struggle to meet their basic needs.
- People can check their ONE account or EBT Edge account to see how much their SNAP food benefit is without the emergency food benefits:
 - On their ONE account dashboard page – The regular SNAP amount will be listed under “Monthly Benefit Amount”
 - In their EBT Edge account activity – The regular SNAP amount will be the amount added to your card between the 1st and the 9th of each month.
- Affected individuals and families should contact state and local partners as soon as possible so they can make a plan to meet their food needs after receiving their last month of emergency food benefits. Resources include:
 - 211 Info: Dial 2-1-1 or visit www.211info.org/
 - Aging and Disability Resource Connection of Oregon (ADRC): Dial 1-855-673-2372 or visit www.adrcforegon.org/
 - Oregon Food Bank's www.oregonfoodfinder.org/
 - Your local food bank or pantry

- Community Action Agencies in your area: www.caporegon.org/
- Any other local resources you typically recommend for people who are having trouble affording enough food.
- Households may also benefit from these state and federal programs to pay for their other costs:
 - **The Low Income Home Energy Assistance Program** (LIHEAP) helps keep people safe and healthy through initiatives that assist individuals and families with energy costs. Visit EnergyHelp.us or call 1-866-674-6327 for information on how to apply for energy assistance.
 - **Additional utility bill assistance** is provided by Oregon Housing and Community Services (OHCS) through local agencies. You can apply with a local agency on their website: <https://www.oregon.gov/ohcs/energy-weatherization/Pages/utility-bill-payment-assistance.aspx>.
 - **The Affordable Connectivity Program** offers at least a \$30 monthly discount on internet service for qualifying households. If you are receiving benefits from ODHS, you may automatically qualify. To check your eligibility or submit a free no-risk application, visit GetInternet.gov or call 1-877-384-2575.
 - **Rental and housing assistance** is offered through OHCS. Visit the OHCS website at <https://www.oregon.gov/ohcs/housing-assistance/Pages/housing-assistance.aspx>.