



# IMPORTANT UPDATE

IF YOU GET SNAP FOOD ASSISTANCE BENEFITS



## EMERGENCY SNAP EXTRA BENEFITS ARE ENDING IN FEBRUARY 2023

Due to a recent change in federal law, the extra temporary benefits you have received known as SNAP Emergency Allotments are ending. This means you will receive your regular SNAP benefit starting March 1, 2023. The minimum monthly SNAP benefit in New Jersey is now \$50.



### WHERE CAN I GET MY BENEFIT DETAIL?

The regular benefit and the EA extra benefit are listed separately. If you remain eligible for SNAP, you will only receive your regular benefit beginning in March. You will receive a letter in the mail in February indicating your regular benefit amount, or you can:

- Log in to the **ConnectEBT** mobile application
- Go online to [www.njfamiliesfirst.com](http://www.njfamiliesfirst.com)
- Call the number on the back of your EBT Families First Card – **1-800-997-3333**

### NEED HELP WITH FOOD ASSISTANCE RESOURCES?



Text your zip code to  
**898-211**

Go online to  
[nj211.org/njsnap](http://nj211.org/njsnap)  
for food resources

? **HAVE QUESTIONS?**



Visit [NJSNAP.gov](http://NJSNAP.gov)



Contact your local  
board of social services



State of New Jersey  
Phil Murphy, Governor | Sheila Oliver, Lt. Governor



Department of Human Services  
Sarah Adelman, Commissioner

