



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 \$95.



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
- 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
for food resources

HAVE QUESTIONS?



Visit 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

