

Attention!

SNAP Benefits are Changing in March 2023!



Why is this change happening?

This change is happening because of the recent congressional action; the temporary increase to SNAP benefits is ending after February 2023. With this new change, SNAP households will see a reduction in monthly benefits to the pre-pandemic amount.

Where can I get help with food?

If you need help with food resources, you can visit bit.ly/CO-foodpantry to find the closest food pantry to you.



What can I do to help my family through this change?

We know this change may have a significant impact on many SNAP families.

A few tips for you are:

- If you are able to, you can roll over your EBT benefits to the next month. This may help “cushion” the impact of the reduction in benefits.
- You can stock up on non-perishable items now, while you have the additional benefits. Click on this link for tips on stocking your pantry: <https://tinyurl.com/md6sn348>
- Stretch your ingredients and plan to use them in more than one meal. This helps to save money and reduce food waste. Click for more tips: <https://tinyurl.com/2p8vcyjn>
- Consider freezing your produce to make fruit and vegetables last longer. <https://tinyurl.com/5bvjhw9a>
- Look at the Unit Prices to compare similar products at the grocery store. <https://tinyurl.com/59ub4c75>



Where can I find more information?

You can find more information by visiting <https://cdhs.colorado.gov/snap>



Disclaimer: The state and counties are not able to extend emergency benefits after the end of the federal emergency declaration



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