

Why did my SNAP benefits change?

Your benefits may have changed for two reasons. On October 1, your benefits may have gone up a little bit due to changes in the costs of living. On November 1, your benefits went down due to the end of the extra benefits provided by a law called the American Recovery and Reinvestment Act of 2009 (ARRA), sometimes called the stimulus.

How do I check the balance for my SNAP benefits?

Different States offer different ways to check your balance. However, a couple of easy ways are:

- Check the SNAP balance on your last grocery receipt.
- If your State provides information for your SNAP account on-line, sign in and check your balance on-line.
- Call the toll-free number on the back of your EBT card.

***This piece can be customized by tense (before, during, or after the changes) in the first question and to be State specific in the second.