

ATTENTION SNAP CUSTOMERS:

Your SNAP benefits will be reduced in March as a result of federal policy changes.

WHAT CHANGES ARE HAPPENING

SNAP benefits increased during COVID-19 due to the public health emergency. Since April 2020, Illinois LINK households received their regular monthly benefit and an emergency SNAP issuance. You will receive your emergency SNAP issuance for the last time in February 2023.

SNAP participants will see their benefits go down by anywhere from \$55 to \$255 per person per month. The size of the cut each household will experience will vary greatly depending on income and household size. Households with little to no net income will see the smallest cut. Households with larger net income will receive larger cuts.

HOW TO GET IMMEDIATE FOOD HELP

If your SNAP benefits don't last you through the month, you can get groceries from a food pantry.

Find a nearby food pantry in Cook County: chicagosfoodbank.org/find-food

UNDERSTAND CHANGES TO YOUR SNAP BENEFITS

The Illinois Department of Human Services is here to help answer questions about changes to your SNAP benefits.

Visit abe.illinois.gov or call the hotline at 1-800-843-6154.

MAKE SURE YOUR SNAP DEDUCTIONS ARE ACCURATE

If you have experienced certain changes, you may be eligible for more in SNAP benefits:



The number of people in your household increased



Your income went down



Your housing, medical, or child care expenses went up

If you experienced one of these changes, call the Greater Chicago Food Depository's benefits hotline for help understanding the impact on your benefits and to learn how to report changes. Call **773-843-5416** or visit chicagosfoodbank.org/benefits-outreach to submit a form and have us call you back.

APPLY FOR OTHER PUBLIC BENEFITS

The Food Depository can also help you connect to other benefits like medical, LIHEAP, EITC and WIC.

