

COVID SNAP Emergency Benefits Ending

What were the COVID SNAP benefits?

During COVID, New Hampshire households got extra SNAP (formerly known as Food Stamp) benefits added to their EBT cards each month to buy food. These benefits were called Emergency Allotments (EAs) and they end in February.



Starting in March, you will receive your regular SNAP benefit on the 5th of each month.

You can find out your regular amount by logging into your NH Easy account, looking at your most recent SNAP Notice of Decision or by calling DHHS at 1-844-275-3447.

Reminder: Unused SNAP benefits will roll over each month as long as you use your card once every 274 days. Change the PIN on your EBT card regularly to protect your benefits.

Report up-to-date information so that you are receiving all of the regular benefits you are eligible for, including:

- Out-of-pocket medical costs over \$35 a month for anyone in your SNAP household who is 60 or older or has a disability,
- The utilities you pay for, including heat and air conditioning (central or room air conditioner),
- Whether you received Fuel Assistance benefits in the past 12 months,
- Out-of-pocket child or dependent adult care costs,
- If your housing costs (rent/mortgage) go up, or
- If your household income goes down.



You can tell DHHS about the information by uploading a written note through NH Easy, mailing the note to your local district office or dropping it off in person.



The NH Food Bank can help you apply for benefits. You can call 603-669-9725 for help applying.



NH HUNGER
SOLUTIONS
ENDING HUNGER IN NEW HAMPSHIRE

For more food help:

WIC - If you have children under age 5 or are pregnant or breastfeeding, you may be eligible for the WIC nutrition program. Find a WIC clinic closest to you at www.signupWIC.com, or call the State WIC Agency at 1-800-942-4321.

New Hampshire Food Bank - www.nhfoodbank.org/food-bank/food-map/

UNH Extension works with the public assistance community to create the New Hampshire Food Access Map, an online platform that shows locations where free or low cost food is offered. Go to www.extension.unh.edu/resource/new-hampshire-food-access-map to find a location near you.

For cash help:

If you are caring for children or are pregnant and have no income or low income, you may be able to get cash assistance. Learn more and apply at www.nheasy.nh.gov/#/

For housing and utilities help:

For financial assistance to help pay for internet or a computer, go to GetInternet.gov or AccedeAInternet.gov.

Contact your local Community Action Program to complete applications for the Electric Assistance Program (EAP), the Fuel Assistance Program (FAP) and other programs that may be able to help with your energy costs. Use the information below to find your local Community Action Agency. Natural gas customers should also contact their utility to apply for the Gas Assistance Program, which provides a discount on your bill. Lastly, you might be eligible for assistance from your city or town to help maintain utility service.

Community Action Program Belknap-Merrimack Counties, Inc.

www.bm-cap.org

Tri-County Community Action

(Coos, Carroll & Grafton
Counties)

www.tccap.org

Southern New Hampshire Services, Inc.

(Hillsborough and
Rockingham Counties)

www.snhs.org

Community Action Partnership of Strafford County

www.straffordcap.org

Southwestern Community Services, Inc.

(Cheshire and Sullivan
Counties)

www.scshehelps.org

You can appeal DHHS's decisions in your case if you think an error was made, including the amount of your regular SNAP benefits. To file an appeal, contact the DHHS Administrative Appeals Unit at 1-800-852-3345, extension 4292. If you or anyone in your household needs free legal counsel, contact 603 Legal Aid at 1-800-639-5290 or online at www.603legallaid.org. DHHS will not pay your legal fees.

For updates from DHHS visit www.dhhs.nh.gov/financial-assistance-0/pandemic-related-benefits-changes/changes-supplemental-nutrition-assistance.