

# Your SNAP Benefits Are Changing

## Why are my benefits changing?

Your benefits are changing for two reasons. First, your benefits are changing due to the cost of living. These changes happen every year. Second, your benefits are changing because increased benefits provided by a law called the American Recovery and Reinvestment Act of 2009 (ARRA) are expected to expire on November 1, 2013.



## When are my benefits changing?

On October 1, your benefits may go up a little bit due to changes in the cost of living. On November 1, your benefits will go down due to the end of the extra benefits provided by the 2009 law.



## How much are my benefits going down on November 1?

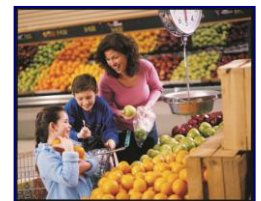
Your benefits depend on many things like income, household size and expenses. So it is hard to say exactly how your benefits will change. But if you live in a household of 4 and nothing else changes, your benefit would go down about \$36.



## How can I eat healthy on a low budget?

Here are some places you can find tips to help you prepare healthy meals on a low budget:

- [10-Tips Nutrition Series](http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html) (<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>)
- [ChooseMyPlate.gov](http://www.choosemyplate.gov/) (<http://www.choosemyplate.gov/>)
- [Plan, Compare and Prepare](http://blogs.usda.gov/2013/03/28/healthy-eating-on-a-budget/) (<http://blogs.usda.gov/2013/03/28/healthy-eating-on-a-budget/>)
- [Eat Right When Money's Tight](http://snap.nal.usda.gov/resource-library/eat-right-when-moneys-tight). (<http://snap.nal.usda.gov/resource-library/eat-right-when-moneys-tight>)



The USDA [Recipe Box](http://www.fns.usda.gov/fncs-recipe-box) (<http://www.fns.usda.gov/fncs-recipe-box>) helps you find healthy low cost recipes and create cookbooks and shopping lists. Use it to search for recipes based on total cost or cost per serving.

## What should I do if I need food right away?

Contact your [regional food bank](http://feedingamerica.org/foodbank-results.aspx) (<http://feedingamerica.org/foodbank-results.aspx>, see zip code search at top) and ask for the nearest food distribution site. Or call your [State's information line](http://www.fns.usda.gov/snap/contact_info/hotlines.htm) ([http://www.fns.usda.gov/snap/contact\\_info/hotlines.htm](http://www.fns.usda.gov/snap/contact_info/hotlines.htm)) and ask for the nearest food pantry or food distribution site.

