



Your SNAP Benefits Are Being Reduced

2009 Federal Stimulus Coming to an End on November 1st

On November 1, there will be a reduction in your federal SNAP benefits. This is a result of federal stimulus money – provided under the American Recovery and Reinvestments Act of 2009 – coming to an end.

Your current monthly benefit amount depends on many things like income, household size and expenses. It's hard to say exactly how your benefits will change. The chart below shows how maximum benefit allotments will change.

SNAP Reductions by Household Size Beginning November 1, 2013			
Household Size	ARRA Maximum Benefits Through Oct. 2013	Maximum Benefits Beginning Nov. 2013	Monthly Decrease
1	\$200	\$189	-\$11
2	\$367	\$347	-\$20
3	\$526	\$497	-\$29
4	\$668	\$632	-\$36

Source: U.S. Department of Agriculture, "SNAP – Fiscal Year 2014 Cost-of-Living Adjustments and ARRA Sunset Impact on Allotments," August 1, 2013.

To find out your SNAP balance, call the toll free number on the back of your Families First card. If you have any questions regarding your benefits, the federal changes to your benefits or if you need help with meal planning, shopping strategies, nutritional advice, recipes please visit www.njsnap.org. For a list of local food pantries, please visit www.endhungernj.com.



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