

SNAP Benefit Changes: October 1, 2021

How and when will SNAP benefits change?

Starting in **October**, almost all SNAP households will see a modest increase in their SNAP benefits—generally between \$12 to \$16 per person per month. The exact amount for individual households may be different. States will automatically make these changes for all SNAP households. **You do not need to take any action.**

Some households with children may also see P-EBT (“Pandemic-EBT”) benefits on their EBT cards. **If you have questions about your SNAP benefit amount, please contact your local SNAP office.**

Why are SNAP benefits going up just a little?

Starting in October, almost all SNAP households will see a modest increase in their SNAP benefits because of two changes that will happen at the same time:

1. SNAP benefit amounts are based on the [“Thrifty Food Plan \(TFP\).”](#) USDA recently re-evaluated the TFP based on current data to reflect the cost of a healthy diet. This **increased the purchasing power of regular SNAP benefits for the first time since 1975.** Congress directed USDA to update the TFP. As a result, starting in October, maximum SNAP benefit amounts (excluding pandemic-related increases) will be 21 percent higher than they would have been if USDA had not re-evaluated the TFP.
2. However, at the same time, the pandemic-related **15 percent increase to SNAP benefits that has been in place since January will end.**

Another pandemic law increased households’ SNAP benefits to the maximum amount for their household size. This pandemic-related boost is called an **“Emergency Allotment.”** Households in most states are still getting Emergency Allotments as a supplement on top of their regular benefit amount every month. Idaho, North Dakota, South Dakota, Montana, Florida, Nebraska and Missouri have already ended Emergency Allotments for households. The last month for Emergency Allotments in Maryland is September 2021. Emergency Allotments will stop in other States as states end them or when the federal public health emergency ends. When Emergency Allotments end, benefits will drop by at least \$95 per month per household and more for some. Again, if you have questions about when or how much your benefits will change, contact your local SNAP office.

I read that SNAP benefits are going to increase by 25 percent or more. Is that true?

Not exactly. The change to the Thrifty Food Plan (TFP), which is used to set SNAP benefits, will increase the average **regular** SNAP benefit amount (not counting pandemic-related increases like the 15 percent increase or Emergency Allotments) by about 27 percent compared to what it would have been. But, because the 15 percent pandemic increase will end at the same time the TFP is changing, SNAP participants will not see a 27 percent increase in their benefits in October. Nearly all households will see a modest increase in their October SNAP benefits, generally between \$12 and \$16 per person per month.

How much will my SNAP benefits increase?

The table below shows the amount SNAP benefits will increase starting in October 2021 in states that are still providing temporary Emergency Allotments in September and October.

A few states have ended Emergency Allotments. In households in those States, SNAP benefit changes will generally be close to the amounts shown in the table but may differ slightly because of other annual adjustments that will take effect at the same time. The biggest difference in these states is that SNAP households of one or two people who received the minimum benefit of \$16 per month in September will see their benefits increase \$4 in October 2021.

Monthly SNAP Benefit Increase

48 Contiguous States and the District of Columbia

Household Size	Amount of SNAP Increase, starting October 2021
1	\$16
2	\$29
3	\$42
4	\$53
5	\$63
6	\$76
7	\$84
8	\$96

*In states that have ended Emergency Allotments (ID, ND, SD, MT, FL, NE, MO), the benefit changes that households will see in October will generally be similar to the amounts shown above but may be slightly different because of other annual adjustments that will also take effect in October. However, in these states, SNAP households receiving the minimum benefit of \$16 per month in September will only see their benefits increase \$4 per month in October.

When will my benefits change?

Households in most states will see a modest increase in their monthly benefit in October 2021, and a decrease when the temporary pandemic-related Emergency Allotments end. The changes in States that have already ended Emergency Allotments will be different. If you have questions about your SNAP benefit amount, contact your local SNAP office.

Are these changes permanent?

Yes, **the increase to the non-pandemic SNAP benefit amounts is permanent.** In general, your SNAP benefit amount may change based on your household's circumstances. Additionally, your benefit allotment amount may change again this coming year if Emergency Allotments end in your state.

Again, if you have questions about when or how much your benefits will change, contact your local SNAP office.