

Your SNAP Benefits Are Going Up!



Why are my benefits going up?

- There is a new law called the American Recovery and Reinvestment Act of 2009. You might have heard it called the **stimulus package**.
- Because of the law, you get more Supplemental Nutrition Assistance Program (SNAP) benefits. **SNAP is the new name for the Food Stamp Program**. SNAP may have a different name where you live. (In Maine it's called the FOOD SUPPLEMENT PROGRAM)



How can I use the extra benefits?

- Use your extra benefits to buy food at your grocery store.
- In some places, SNAP also offers **nutrition education** to help you and your family learn to choose healthy food on a budget and be more active.



How do I get the extra benefits?

- You get the extra benefits starting **April 2009**.
- The extra benefits will be **added automatically** to your EBT card. You do not have to do anything.



How much extra do I get?

- Some households with 1 or 2 people who get the minimum benefit of \$14 a month may get \$16 a month starting in April. Others may get more.
- **Look at the table** below to see how much more you may get each month.
- For example: If there are 3 people in your household and right now you get \$250 each month. In April, you will get \$313 each month. ($\$250 + \$63 = \313)



People in Household	Increase
1	+\$24
2	+\$44
3	+\$63
4	+\$80
5	+\$95
6	+\$114
7	+\$126
8	+\$144
Each extra person	+\$18

Note: This chart shows the additional amount most households in the lower 48 States and the District of Columbia will receive. Hawaii, Alaska, Guam, and the Virgin Islands have different tables.

