

# NJ SNAP Benefits Changes: What You Need to Know

## Extra SNAP Benefits Ended in February, 2023

Household Size	Maximum Monthly SNAP Benefit as of 10/1/22
1 person	\$281
2 people	\$516
3 people	\$740
4 people	\$939

As of March 1, 2023, the minimum benefit per SNAP household is \$95



## Every SNAP household saw a cut in SNAP benefits in March.

During the pandemic, New Jersey gave every SNAP household extra benefits. February 2023 was the last month this boost in benefits was available. As of March 1, eligible households will receive their basic SNAP benefits only. Under "regular" SNAP rules, benefit amounts are based on household size, income and certain expenses. To offset some of this, starting in March, 2023, New Jersey will increase the minimum SNAP benefit to \$95.00 per SNAP household.

To continue to receive all the SNAP you are eligible for, make sure you report if your income goes down or if you experience any increase in housing costs or expenses detailed below. You cannot get more than the maximum monthly benefit, even if you have high expenses.

**Medical Expenses:** If someone in your household is age 60 or older or has a disability, your benefit may go up if you share all your out-of-pocket medical costs, such as insurance premiums, medical equipment, and transportation. You will need to provide documentation of these expenses.

**Child Care Expenses:** If you pay for child or adult day care so that you can work, look for work, or attend school, your benefit may go up if you share all your out-of-pocket costs, including co-pays, after-school care, and transportation. You can self-certify your child care costs.

**If you need help with these deductions, call LSNJLAW<sup>SM</sup>,  
Legal Services of New Jersey's statewide, toll-free legal hotline,  
at 1-888-LSNJ-LAW (1-888-576-5529) for more information.**

## Other Resources

### FOR KIDS

#### School Meals

You can apply for free or reduced-price school meals at any time during the school year. Ask the food service director at your child's school.

#### WIC

New Jersey WIC Services provides supplemental nutritious foods to pregnant, breastfeeding, and postpartum women, infants, and children up to age five.

WIC services include nutrition education and counseling, breastfeeding promotion and support, immunization screening, and health care referrals.

WIC service agencies are located throughout New Jersey. To learn more, visit <https://nj.gov/health/fhs/wic> or call 1-800-328-3838.

#### Child Care Meals and Summer Meals

The Child and Adult Care Food Program (CACFP) and the summer meal programs provide nutritious meals and snacks to eligible participants enrolled for care at participating day care centers and day care homes.

For more information, call (609) 984-1250 to speak with the Nutrition Program Specialist for your county area.

### FOR SENIOR CITIZENS

#### Meals on Wheels and Congregate Meals

Meals on Wheels delivers prepared meals to your home. Congregate meals, open at senior centers, offer a place to enjoy a meal in a group setting where you can meet new people or sit down and eat with friends. For more information, contact your area Agency on Aging. You can find a directory of agencies at [www.state.nj.us/humanservices/doas/home/saaaa.html](http://www.state.nj.us/humanservices/doas/home/saaaa.html), or call 1-877-222-3737.

### FOR EVERYONE

#### Food Pantries

Dial 2-1-1 to find a food pantry or meal site in your area. 211 may be able to connect you with other kinds of resources in your community. You can also find a list of food pantries at <https://www.nj211.org/food-pantries-and-soup-kitchens>

#### Other Benefits and Services that Can Help Pay Your Bills

Go to NJ DCAID at <https://njdca-housing.dynamics365portals.us/en-US/are-you-eligible/> to find out about programs such as fuel assistance, energy assistance, and phone assistance.