



MARYLAND
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End of the SNAP Emergency Allotments: Frequently Asked Questions

1. **What is EA (emergency allotments), also known as maximum allotments (MA)?**

Maryland SNAP households have been getting an extra amount of benefits every month since March 2020 because of the COVID-19 pandemic. These extra benefits are called “Emergency Allotments or Max Allotments” and most households have been getting this on top of their regular SNAP benefits. These Emergency Allotments were authorized by Congress, but they are temporary, and will be ending in March, 2023.

2. **Why is the emergency/max allotment ending?**

SNAP Emergency or Max Allotment is ending with the benefit month of February 2023 due to recent congressional action. Maryland was approved to issue additional SNAP benefits due to the State and Federal emergency declarations that were in place during the pandemic. There is nothing the state or counties can do to extend the emergency allotment benefits once they have ended.

3. **How will this impact me?**

A final Emergency Allotment will be issued in February 2023. You will see a reduction in your monthly SNAP benefits beginning March 2023. This may have a significant impact on families.

4. **Will I still get SNAP benefits after the emergency/max allotment ends?**

Yes, you will continue to receive your regular SNAP benefits as long as you remain eligible for this program. Your benefit amounts are based on several factors, including household size, income, and your specific circumstances.

5. **When will SNAP emergency allotments end?**

February 2023 will be the last month households will receive max allotment/emergency allotments. Beginning in March 2023 SNAP households will see a reduction in monthly SNAP benefits.

6. **I received a notice that my SNAP benefits will be reduced/closed. Can I appeal?**

Maryland DHS and County Department of Social Services offices cannot continue the additional benefits once maximum allotments have ended in March 2023, even if you appeal the action to end the additional benefits. You are able to appeal if you believe the base benefit calculation is incorrect.

7. **How much will my benefits be after maximum allotment ends?**

You should receive a notice any time your benefit changes to inform you of your current benefit level. You should receive this notice in the mail, or you can access your notices via the [Maryland MDThink website](#).



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8. What can I do to help my family through this change?

First, make sure your benefits are up-to-date with DHS. Your regular SNAP benefit amount is based on your income and expenses, so changes in those areas could qualify you for additional benefits. Your SNAP benefits could be increased if you had any of these changes:

- INCOME: Did you lose work hours or have your pay cut?
- HOUSEHOLD SIZE: Has the number of people you buy and prepare food with increased?
- SHELTER: Did your rent, mortgage, or property taxes increase?
- DEPENDENT CARE: Are you paying more for child care or care of a disabled adult?
- MEDICAL EXPENSES: Does anyone in your household that is 60 or older or has a disability have medical costs over \$35/month that are new or you never reported? You can learn more about medical expenses and SNAP at <https://cutt.ly/deductions>.
- YOUR ADDRESS: This will not impact your benefit level, but you may miss important updates if your local DSS office does not have your current address.

You can report a change to your income or expenses:

- Online at <https://mymdthink.maryland.gov>
- By calling the DHS Customer Call Center at 1-800-332-6342
- By visiting your local social services office, or
- By contacting the Maryland Food Bank SNAP Team at (888) 808-7347 or by email at snapteam@mdfoodbank.org.

If you are pregnant or have kids under the age of 5, you are likely to qualify for WIC if you also receive SNAP. WIC provides food and other supports for young families. Learn more and start the application process at <https://health.maryland.gov/phpa/wic> or by calling 1-800-242-4942.

A few additional tips are:

- If you are able to, you can roll over your EBT benefits to the next month. This may help “cushion” the impact of the reduction in benefits.
- You can stock up on non-perishable items now, while you have the additional benefits. Click on this link for tips on stocking your pantry: [English](#) ; [Spanish](#)
- Stretch your ingredients and plan to use them in more than one meal. This helps to save money and reduce food waste. Click for more tips: [English](#) ; [Spanish](#)
- Consider freezing your produce to make fruit and vegetables last longer [English](#) ; [Spanish](#)

9. Who can I contact for additional information or questions?

SNAP participants can call the DHS Customer Call Center at 1-800-332-6342 or their local county department of social services office for questions about their benefits. Find your local office at <https://dhs.maryland.gov/local-offices/>. For more information and updates please visit <https://dhs.maryland.gov/2023-covid-19-benefits-update/#easnap>.