

State Extra SNAP Benefits

What is the state extra SNAP?

During COVID, households got extra SNAP at the beginning of each month to buy food. Due to federal action, the last payment was March 2, 2023. The state is funding extra SNAP benefits for 3 more months.



When will I get the state extra SNAP?

Date	Month it is for
April 7	March benefits
May 2	April benefits
June 2	May benefits



How much will I get in state extra SNAP?

You will get up to 40% of the difference between your normal monthly SNAP benefit amount and the maximum amount for your household size, with a minimum amount of \$38 a month.

You may be able to increase your normal SNAP benefits by telling DTA about:

- Medical costs over \$35 a month for anyone in your SNAP household who is 60 or older or has a disability,
- If your housing costs have gone up (rent/mortgage), and
- Child or disabled adult care costs.

Tell DTA About These Costs:



Upload a written note on DTA Connect



Call the DTA Assistance Line at 877-382-2363



Visit a DTA office or work with a community SNAP outreach partner: [Mass.gov/ContactDTA](https://www.mass.gov/ContactDTA)

If you get SNAP, you can automatically participate in HIP!



HIP puts money back on your EBT card when you use SNAP to buy fruits and vegetables from HIP farm vendors. Depending on household size, you can get \$40 to \$80 a month.



[Mass.gov/ExtraCOVIDSNAP](https://www.mass.gov/ExtraCOVIDSNAP)



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The **last extra SNAP payment is in June 2023**. Starting in July, you will get only one monthly payment. That is your normal benefit. Find the amount on DTA Connect or by calling 877-382-2363.

For more food help:

Community food resources

- Call or text Project Bread's FoodSource Hotline: 1-800-645-8333
- Greater Boston Food Bank: <https://www.gbfb.org/need-food/>
- Worcester County Food Bank: <https://foodbank.org/find-food/>
- The Food Bank of Western Massachusetts: <https://foodbankwma.org/get-help/covid-19-food-pantry-meal-program-schedule/>
- Merrimack Valley Food Bank: <https://mvfb.org/member-agencies/>

Nutrition Programs

- If you have children under age 5/are pregnant or breastfeeding, you may be eligible for the WIC nutrition program: [Mass.gov/WIC](https://www.mass.gov/WIC) or call 800-942-1007
- All K-12 students can get free school meals this school year

For cash help:

- Get help with 2022 taxes and any COVID stimulus or Child Tax Credit money you are owed: [FindYourFunds.org](https://www.findyourfunds.org)
- If you have children/are pregnant and have no income or low income, you may be able to get TAFDC. If you are 65 or older or disabled with no or very low income, you may be able to get EAEDC. Learn more and apply: [DTAConnect.com](https://www.dtaconnect.com)

For housing and utilities help:

- Rent or mortgage help: [Mass.gov/covidhousinghelp](https://www.mass.gov/covidhousinghelp) or call 2-1-1
- Fuel Assistance help paying for heat: <https://www.toapply.org/MassLIHEAP> or call 800-632-8175
- Money to help pay for the internet or a computer: [GetInternet.gov](https://www.getinternet.gov), [AccedeAInternet.gov](https://www.accedeinternet.gov)



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