

Supplemental Nutrition Assistance Program (SNAP) and COVID-19 Frequently Asked Questions

Will I receive additional SNAP benefits due to COVID-19?

When the federal government declared a public health emergency at the beginning of the COVID-19 pandemic, it allowed for additional monthly Supplemental Nutrition Assistance Program (SNAP or Food Stamps) benefits. The U.S. Congress recently passed a bill (the Consolidated Appropriations Act of 2023) to end all remaining federally-funded temporary emergency aid programs. **Beginning in March 2023, SNAP customers will no longer receive additional COVID-related benefits.**

- As of March 2023, customers will receive the monthly allotment they are eligible for based on household size and income.
- One allotment will be issued per month.

Note: Eligibility for SNAP benefits has not changed. If you need food assistance you can apply online at jobs.utah.gov/mycase.

Will the extra COVID-related benefits I received before February be removed from my EBT card?

No. The benefits will remain on your card unless you are not actively using your EBT card. Find more information on using your EBT card at jobs.utah.gov/customereducation/services/financialhelp/family/ebtinstructions.html.

Will there be any change to when my benefits are issued?

There is no change to when benefits are issued. To check the balance on your EBT card, or if you have questions about using your card, call 1-800-997-4444. For every month that you receive SNAP benefits, your benefits will be automatically deposited into your EBT account based on the first letter of your last name:

- A - G available on the 5th of the month
- H - O available on the 11th of the month
- P - Z available on the 15th of the month

How do I know if I am eligible for SNAP benefits?

To determine whether you qualify to receive SNAP benefits, Workforce Services will add together your household's countable income and then subtract certain deductions. The income after deductions must fall below a certain dollar amount for your household to qualify for SNAP benefits.

Households need to meet income tests unless all members are receiving Family Employment Program (FEP), Supplemental Security Income (SSI) or General Assistance. Most households must meet both the gross and net income tests, but a household with an elderly person or a person who is receiving certain types of disability payments only has to meet the net income test. [Click here](#) to view the income chart.

The household's total income per month cannot be more than 130% of poverty based on the household size. Gross income is your household's total income each month before taxes or any deductions have been made. Net income means gross income minus allowable deductions.

What amount of SNAP benefits am I eligible for each month?

The amount of SNAP benefits a household receives per month is called an allotment. The allotment is based on the number of people in the household and the amount of money the household earns each month.

You can view your current month's allotment on [myCase](#). You can also view the notices you have received from Workforce Services.

How do I check my SNAP EBT card balance?

You may check your SNAP EBT card balance at any time by calling the EBT help desk at 1-800-997-4444, using the connectEBT mobile app, or by visiting [connectEBT.com](#). You can also check by logging in at [jobs.utah.gov/mycase](#).

What if my SNAP benefits do not last until my next issuance date?

SNAP offers nutrition assistance to buy healthy food. Most households must spend some of their own cash along with their SNAP benefits to buy the food they need. Make sure to plan your spending to account for your next issuance date.

If you are a senior you may be eligible for the Commodity Supplemental Food Program at [www.utahfoodbank.org/csfp/](#).

If you are pregnant, postpartum or have children under the age of 5 in your household, you may qualify for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). More information is at [wic.utah.gov](#).

Is the Able-Bodied Adults Without Dependents (ABAWD) time limit exemption still active?

This exemption is still active for Able-Bodied Adults Without Dependents (ABAWD) which allows participation in SNAP beyond the 3 months of SNAP benefits over any 3-year period.

I am a student, will I still be able to receive SNAP?

The Consolidated Appropriations Act 2021 temporarily expanded SNAP eligibility for certain types of students. These COVID student exemptions are still active.