



Massachusetts
Councils On Aging

SNAP EA Resources

updated 1/13/23

For updates: www.mcoaonline.com/programs/malnutrition

March 2, 2023 is the last day households will receive SNAP emergency allotments (EA). In April, SNAP households will receive their regular SNAP awards, a significant decrease of at least \$95/month. This is a federal decision and cannot be appealed.

Since this significantly impacts over 240,000 older adults in Massachusetts, MCOA created this guide for councils on aging to use and share. If you have any questions, please contact Tara Hammes at tara@mcoaonline.com or 413-923-2160.

Action Steps

1. Maximize SNAP benefits if:
 - [medical costs are over \\$35 a month](#) for anyone in their SNAP household who is 60 or older or has a disability. Use this [form](#) to list your out-of-pocket medical expenses. Right now, you can self-declare monthly medical costs up to \$190 monthly (no itemized list is necessary). Payments to one's local ASAP for home care services can be included.
 - housing costs have gone up (rent/mortgage)
 - if one is working, looking for work, or in school, tell DTA about any child or disabled adult care costs
 - you are eligible for Medicare Savings Program ([Medicare buy-in](#)) to cover Part B (\$164.90)

Residents can use DTAconnect.com, call the DTA Assistance Line at 877-382-2363, visit a local DTA office, or work with one of the department's over 100 [SNAP outreach partners](#).

2. Create a tailored food resource guide using MCOA's [Nutrition Community Checklist](#)
3. Visit [average SNAP and hunger cliff data](#) to learn how many older adults will be affected in your community. These will be updated with December 2022 data soon.
4. Encourage SNAP recipients to use their Healthy Incentives Program ([HIP](#)) funds monthly. Monthly HIP funds can be up to \$40, \$60 or \$80 (depending on household size) to buy fruits and vegetable. Unlike SNAP, they do not roll over. Enrollment in HIP is automatic for SNAP recipients.
5. Learn about [reclaiming skimmed SNAP benefits](#) and share this experience with/receive updates from Massachusetts Law Reform Institute by [completing this form](#) or emailing vnegus@mlri.com. Encourage recipients to re-PIN their EBT each month to protect from theft of benefit.
6. Attend an information session on how become a [SNAP outreach partner](#). Partners, remember to claim SNAP EA outreach activities on your quarterly submissions.

7. Know that the 2023 Supplemental Security Income (SSI) cost of living increase is 8.7%, and will impact SNAP monthly awards.
8. Know that Veterans or survivors may be entitled to additional benefits through changes and expansions under the [PACT Act](#).
9. Become familiar with [DTA communications](#). DTA will issue texts, letters, etc. to help communicate these updates. Uses these example to confirm validity with older adults and share widely.

Additional Resources

- Community Food Resources: call or text Project Bread's FoodSource Hotline, 1-800-645-8333
- If you have children under age five, you may be eligible for WIC: [Mass.gov/WIC](#) or call 800-942-1007
- All K-12 students can get free school meals this school year
- Rent or mortgage help: Call 2-1-1 or go to [Mass.gov/covidhousinghelp](#)
- Fuel Assistance help paying for heat: go to [Toapply.org/MassLIHEAP](#) or call 800-632-8175
- Money to help pay for the internet or a computer: [GetInternet.gov](#), [AccedeAInternet.gov](#)
- Get help with 2022 taxes and any COVID stimulus or Child Tax Credit money you are owed: [FindYourFunds.org](#)
- If you have children/are pregnant and have no income or low income, you may be able to get TAFDC cash benefits. If you are 65 or older or disabled with no or very low income you may be able to get EAEDC cash benefits. Learn more/apply: [DTAConnect.com](#)

More Information

Review the new website [Mass.gov/ExtraCOVIDSNAP](#) for more details on planning for the end of these temporary federal benefits.