

**SNAP COLA and ARRA Sunset
Recipient Focused
Client Correspondence Paragraphs
Final as of August 23, 2013**

Clients:

Your SNAP benefits are changing. On October 1, your SNAP benefit may go up slightly due to the cost of living. On November 1, your SNAP benefits will go down because extra benefits provided by the American Recovery and Reinvestment Act of 2009, sometime called the stimulus, will end.

You will be notified about changes to your benefits by your State, most likely via letter in the mail.

To find out your SNAP balance, call the toll free number on the back of your card. Or look at your last grocery receipt. *<If your State provides information for your SNAP account on-line, sign in and check your balance on-line. Call your [State's EBT customer service number](#) (<http://www.fns.usda.gov/snap/ebt/pdfs/state-lines.pdf>). Customer service numbers for clients are located in the left column of the chart.>*

If you need food right away, contact your *<[regional food bank](#) (<http://feedingamerica.org/foodbank-results.aspx>, see zip code search at top) and ask for the nearest food distribution site or call your [State's information line](#) (http://www.fns.usda.gov/snap/contact_info/hotlines.htm) and ask for the nearest food pantry or food distribution site>*.

Note: States can customize the italicized information between the brackets with their specific State phone numbers and referral sources.