



## Frequently Asked Questions (FAQ) Changes to CalFresh Benefit Amounts

### 1. Why are emergency allotments ending?

CalFresh emergency allotments were a temporary strategy authorized by Congress to help low-income individuals and families deal with the hardships of the COVID-19 pandemic. The Consolidated Appropriations Act, 2023 law recently passed by Congress ends emergency allotments after the February 2023 issuance, which will be issued out to households in Mid-March 2023.

### 2. Will the end of the emergency allotments impact my CalFresh benefits?

As of March 2023, all CalFresh households will see a decrease in their benefits due to CalFresh households' benefits returning to their normal amounts.

### 3. How much will my benefits change by when emergency allotments end?

Emergency allotments allowed all CalFresh households to receive an additional \$95 in benefits or an additional benefit valued up to the maximum benefit for their household size, whichever value is greater. When emergency allotments end, you will return to your normal benefit amount which, depending on your household income, may be less than the maximum benefit for your household size.

### 4. How does the Social Security Administration (SSA) cost of living adjustment (COLA) impact CalFresh benefits?

The 2023 SSA COLA is the largest in 40 years and all individuals receiving SSA benefits will get an increase in them. When emergency allotments end in February 2023, households that receive CalFresh and Social Security benefits may see a decrease in their CalFresh benefits as of March 2023 because of a significant increase to their Social Security benefits.

### 5. Will some households no longer be eligible to CalFresh because of the Social Security increase?

It is possible that some households may no longer receive CalFresh benefits due to the Social Security increase if they are no longer income eligible.

### 6. Why are Social Security benefits treated as income when computing CalFresh benefits?

By law, all income (both earned and unearned) is included when determining CalFresh eligibility and benefit amounts, unless explicitly excluded by statute. Social Security payments are not excluded under the law, so states must count them as income.

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